

# Effect of Work Pressure on Mental Health

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**ABSTRACT** - The work stress have increased the death rate of individuals and also hamper there professional and personal life events. High work stress is also due to higher expenses. There are many risk factors for mental health that might be available in the workplace. A solid working environment can be depicted as one where workers and managers effectively add to the workplace by advancing and ensuring the wellbeing, security and prosperity everything being equal. Aim or objective of the study was chosen which was to find and study the relationship between Work pressure and its effect on mental health of an individual. Item construction was done on the basis of the two variables independent variable being Work pressure and dependent variable being mental health and a questionnaire was developed with 20 items. The responses were on the basis of 5 point liker scale. A sample was then selected from the population which consisted of 30 people, 15 male and 15 female of the age group 18-24 years. It was found that out of 30 individual's 15 males and 15 females the MEAN count of 'STRONGLY AGREE' in males was 3.53 and the MEAN count of 'STRONGLY AGREE' in females was 3.46 which clearly shows that males are more prone to mental illnesses caused by work pressure as compared to females. From the result of present study it is also revealed that people does caught up with more work pressure could be because of improper guidance or improper timings and even that they are provided with bulk by their seniors assuming that they could cope up with it. Hence, an individual should have flexible work timing and should be provided with a proper guidance

**Keywords**- stress, personal life, professional life, flexible, time and guidance.

## I. INTRODUCTION

For a great many people, work can be both testing and requesting. Meeting difficulties can advance development and increment strength for workers and associations. Be that as it may, requests and difficulties may likewise bring about high stress, which can be expensive.

## Stress in employees

Over the top work environment stress causes an amazing 120,000 deaths and results in about \$190 billion in social insurance costs each year.1 This speaks to 5% to 8% of national medicinal services spending, got fundamentally from levels of popularity at work (\$48 billion), absence of protection (\$40 billion), and work-family strife (\$24 billion).

These are a portion of the unsafe wellbeing impacts from exorbitant stress:

- Harm to key cerebrum structures and circuitry,
- Diminished capacity to adapt to future stress and expanded nervousness and constant gloom;
- The beginning of post-traumatic stress disorder (PTSD);
- Diminished immune system working; and
- Increased inflammation and depression.

High hands on requests and lacking assets add to stress. Likewise, an exertion rewards unevenness with impression of high exertion and low pay or acknowledgment can likewise add to work stress. Objectives saw as exceedingly troublesome, as opposed to feasible difficulties, are likewise factors in unreasonable stress, outrage, and anxiety.

## Work-related risk factors for health

There are many risk factors for mental health that might be available in the workplace. Most dangers identify with connections between kind of work, the authoritative and administrative condition, the aptitudes and capabilities of representatives, and the help accessible for representatives to complete their work. For instance, an individual may have the right stuff to finish undertakings, yet they may have too not many assets to do what is required, or there might be unsupportive administrative or authoritative practices.

- Dangers to psychological wellness include:
- Insufficient wellbeing and security approaches;
- Poor correspondence and the executives rehearses;

- Constrained interest in dynamic or low authority over one's zone of work;
- Low degrees of help for representatives;
- Unbendable working hours; and
- Indistinct tasks or hierarchical goals.

### Creating a healthy workplace

A significant component of accomplishing a sound work environment is the advancement of administrative enactment, techniques and polices as featured by the European Union Compass work around there. A solid working environment can be depicted as one where workers and managers effectively add to the workplace by advancing and ensuring the wellbeing, security and prosperity everything being equal.

- A scholarly report from 2014 recommends that intercessions should adopt a 3-pronged strategy:
- Ensure emotional wellness by lessening business related hazard factors.
- Advance emotional wellness by building up the positive parts of work and the qualities of representatives.
- Address mental health problems regardless of cause.

Expanding on this, a guide from the World Economic Forum features steps associations can take to make a solid work environment, including:

- Awareness of the work environment and how it can be adjusted to advance better psychological wellness for various employees.
- Gaining from the inspirations of authoritative leaders and employees who have made a move.
- Not re-evaluating wheels by monitoring what different organizations who have made a move have done.
- Understanding the chances and needs of individual employees, in assisting with growing better approaches for working environment emotional wellness.
- Attention to wellsprings of help and where individuals can discover help.

Mediations and great practices that secure and advance psychological wellness in the working environment include:

- execution and requirement of wellbeing and security approaches and works on, including distinguishing proof of pain, unsafe utilization of psychoactive substances and ailment and giving assets to oversee them;
- Advising staff that help is accessible;
- Including employees in dynamic, passing on a sentiment of control and cooperation;

hierarchical practices that help a sound work-life balance;

- Programs for profession advancement of employees; and
- Perceiving and compensating the commitment of employees.

## II. MATERIALS REQUIRED-

Pen, Pencil, Questionnaire, Sampling of 30 people and Manual for scoring.

### METHODOLOGY:

**SAMPLE-** A sample of 30 individuals was collected (males and females) of age group 18 to 24 and the work pressure and mental health relations were gathered from each individual. The procedure is through measuring both the data collected from every individual.

### INSTRUCTIONS-

The questionnaire contains 20 questions as well as some column for personal details in order to organize data according to age and gender. The data was collected from the sample of age group from 18 to 24 in both the genders. The question sampling was based on collection of data that a person might feel at his or her workplace.

### PROCEDURE

First a broad topic was chosen for this study which was effect of work pressure on mental health. After that another variable was chosen to form the topic of the study which was relationship between Work pressure and its effect on mental health of an individual. Aim or objective of the study was chosen which was to find and study the relationship between Work pressure and its effect on mental health of an individual. Item construction was done on the basis of the two variables independent variable being Work pressure and dependent variable being mental health and a questionnaire was developed with 20 items. The responses were on the basis of 5 point liker scale. A sample was then selected from the population which consisted of 30 people, 15 male and 15 female of the age group 18-24 years. The questionnaires were then filled by the sample and the responses were recorded for each question for each individual. Then according to the responses mean was taken out by calculating the total of the responses for each question. Pie charts and graphs were then constructed from the data to form the result. From the result then conclusion and discussion were drawn.

Statistical Analysis:

**MEAN**

**FOR MALES-**

Mean= No. of Males with ‘Strongly Agree’ response/ Total no. of Males

$$= \frac{5+6+2+1+3+0+3+1+4+4+1+4+1+3+3+2+2+4+3+1}{15} = 3.53$$

Mean= No. of Males with ‘Agree’ response/ Total no. of males

$$= \frac{3+1+2+3+3+4+3+4+3+5+2+4+3+4+2+3+0+2+6+4}{15} = 4.06$$

Mean= No. of Males with ‘Sometimes’ response/ Total no. of males

$$= \frac{4+7+7+4+5+5+4+8+6+5+4+5+6+2+3+5+5+4+5+5}{15} = 6.6$$

Mean= No. of Males with ‘Disagree’ response/ Total no. of males

$$= \frac{2+0+2+4+3+4+3+2+1+0+6+1+1+5+3+2+2+2+1+5}{15} = 3.26$$

Mean= No. of Males with ‘Strongly Disagree’ response/ Total no. of males

$$= \frac{1+1+2+2+1+2+2+0+1+1+2+1+4+1+4+3+6+3+0+0}{15} = 2.46$$

**FOR FEMALES-**

Mean= No. of Females with ‘Strongly Agree’ response/ Total no. of Females

$$= \frac{3+1+2+2+2+2+4+3+4+2+1+3+1+3+2+3+4+3+3+4}{15} = 3.46$$

Mean= No. of Females with ‘Agree’ response/ Total no. of Females

$$= \frac{2+5+2+4+2+0+2+6+4+6+4+5+2+5+4+4+0+1+4+1}{15} = 4.2$$

Mean= No. of Females with ‘Sometimes’ response/ Total no. of Females

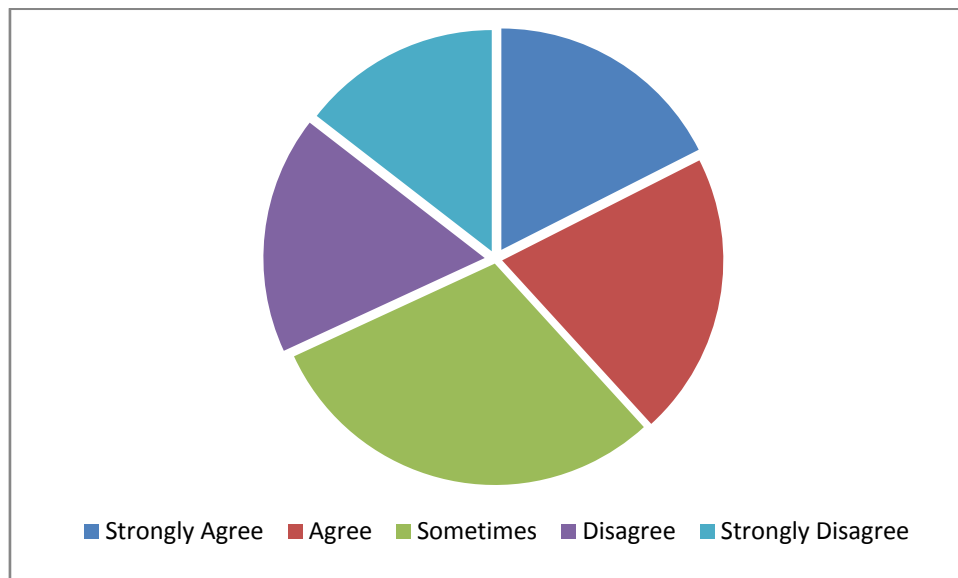
$$= \frac{4+2+8+1+4+5+5+3+2+4+5+5+4+2+6+4+4+4+3+5}{15} = 5.33$$

Mean= No. of Females with ‘Disagree’ response/ Total no. of Females

$$= \frac{2+3+2+5+5+4+2+2+2+2+1+3+4+2+2+2+2+4+4}{15} = 3.66$$

Mean= No. of Females with ‘Strongly Disagree’ response/ Total no. of Females

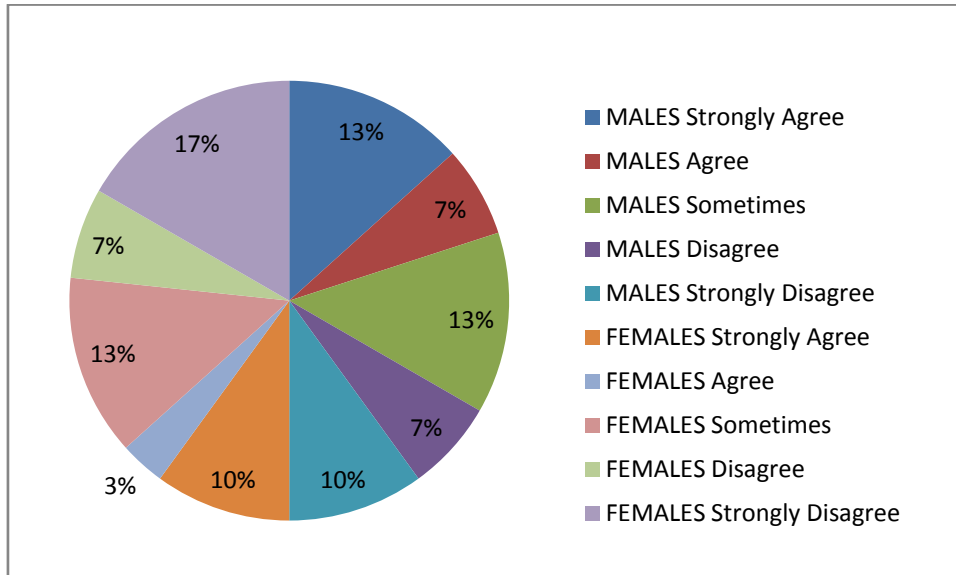
$$= \frac{4+4+1+3+2+4+2+1+3+1+3+1+5+1+1+2+5+5+1+1}{15} = 3.33$$



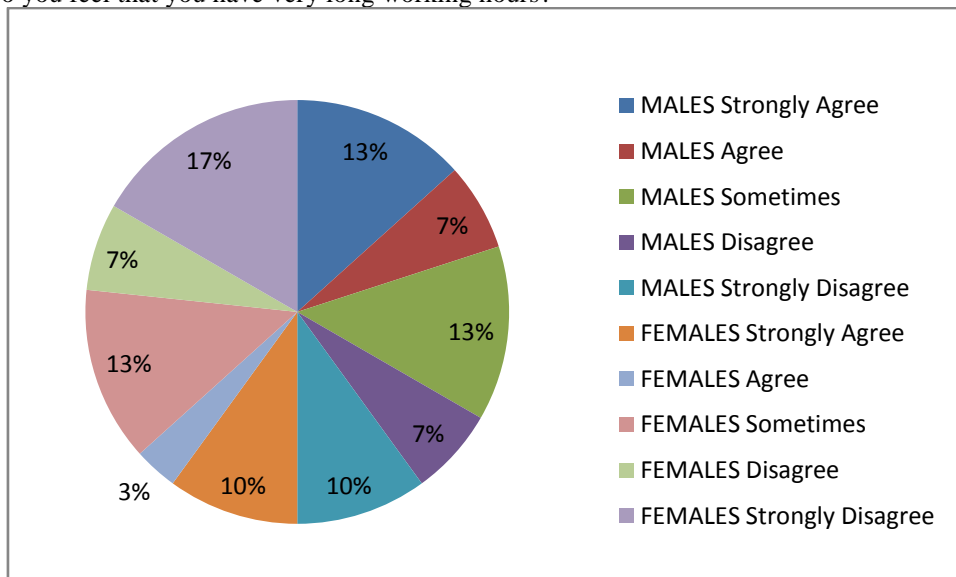
**III. RESULT**

➤ **PIE CHART:**

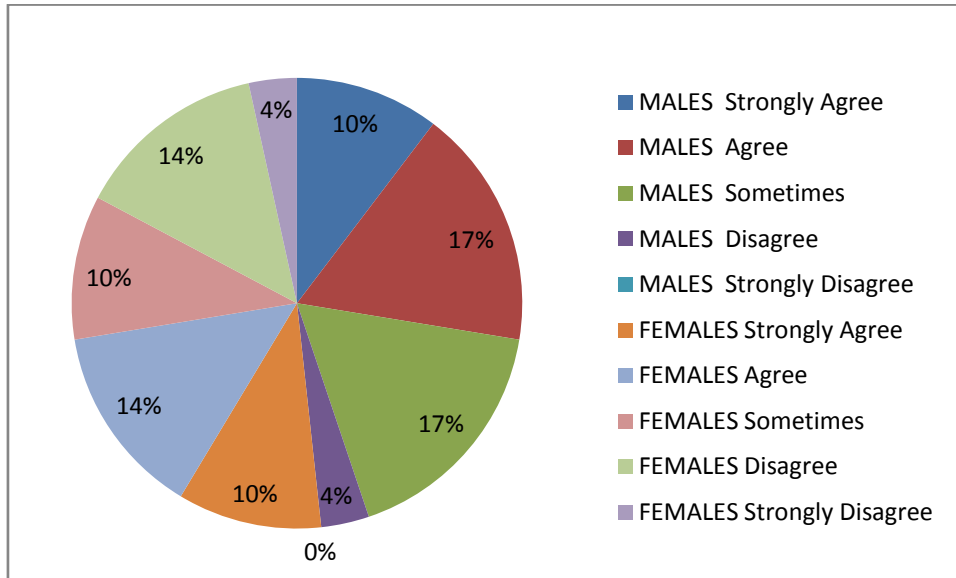
1. Do you feel that sometimes you are allotted with so much work?



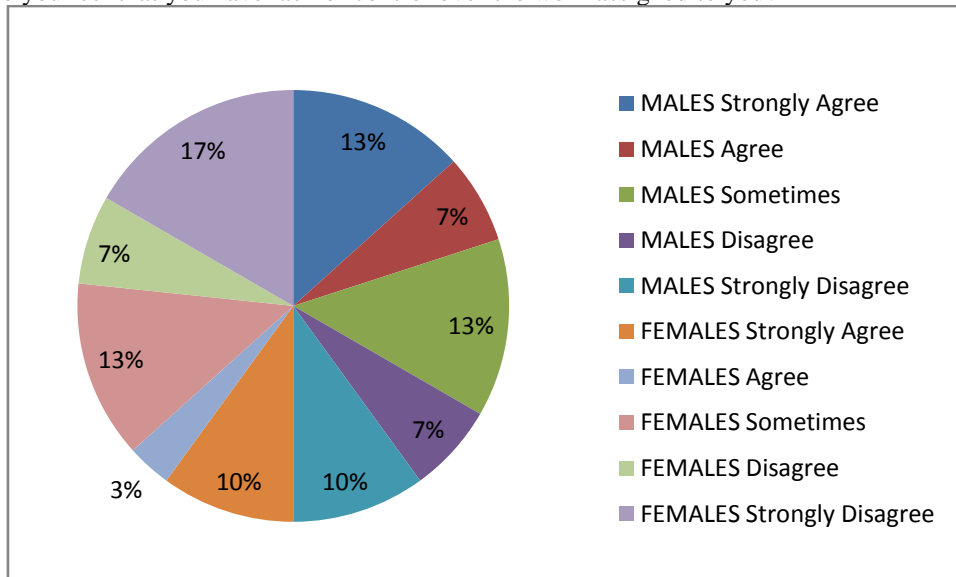
2. Do you feel that you have very long working hours?



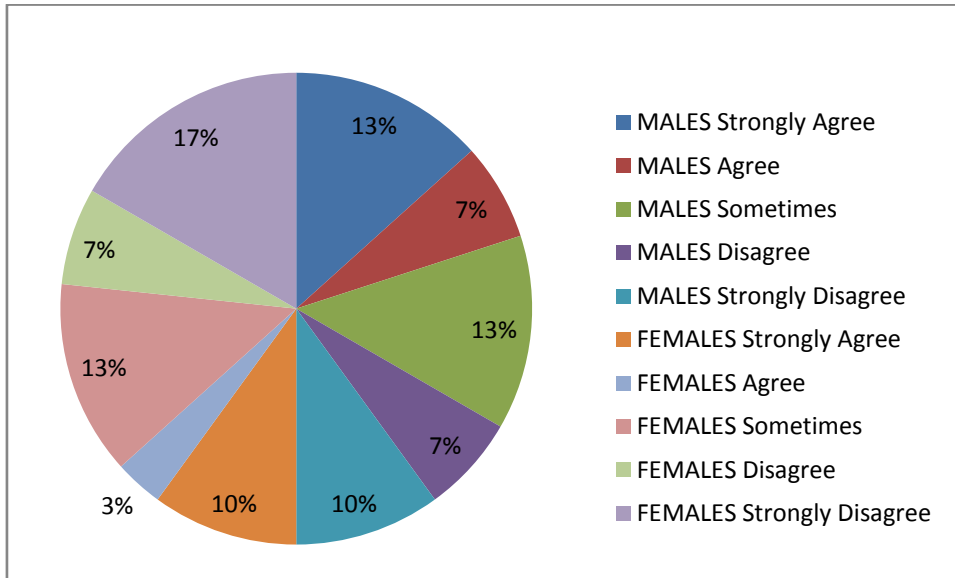
3. Do you think that you have enough time to relax in between work?



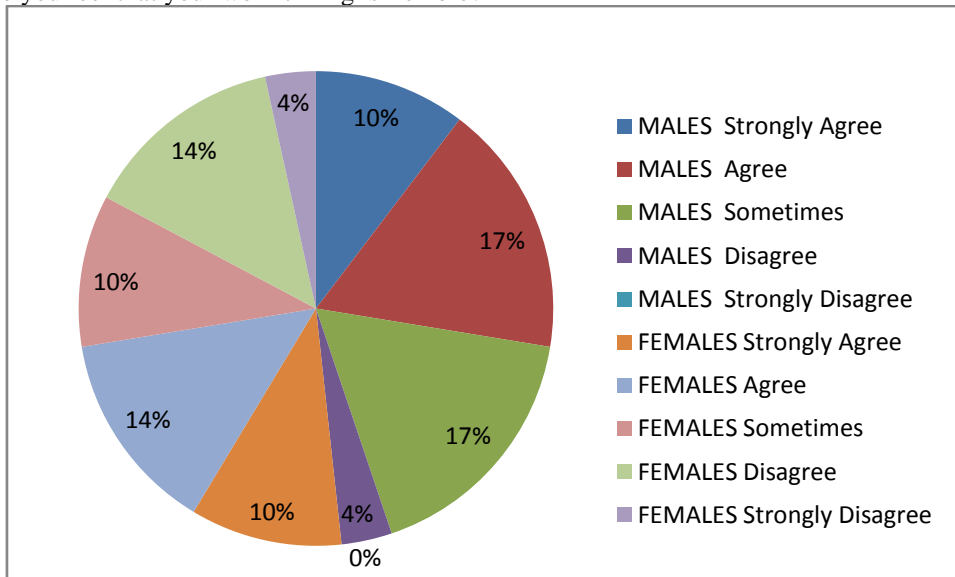
4. Do you feel that you have lack of control over the work assigned to you?



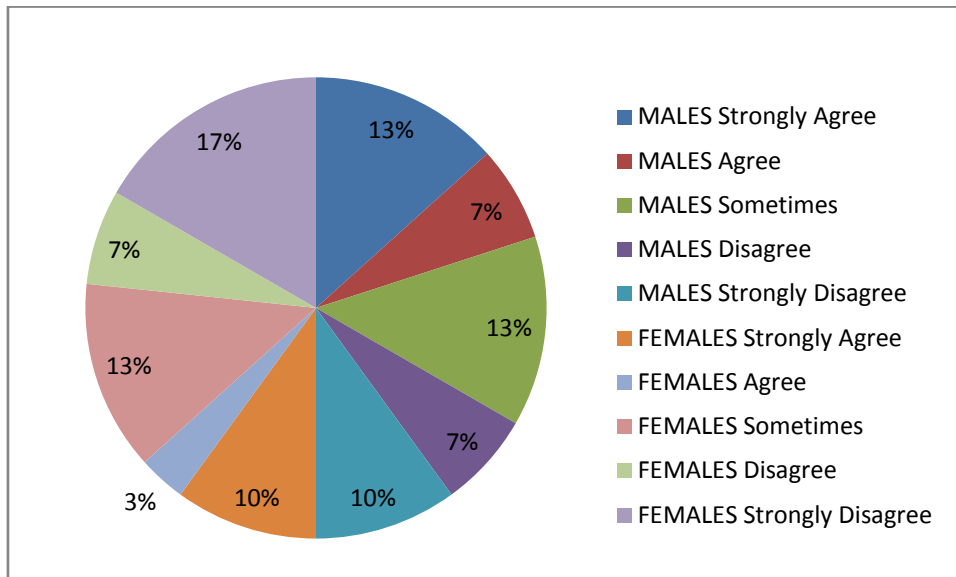
5. Do you think that work load is impairing your personal relations?



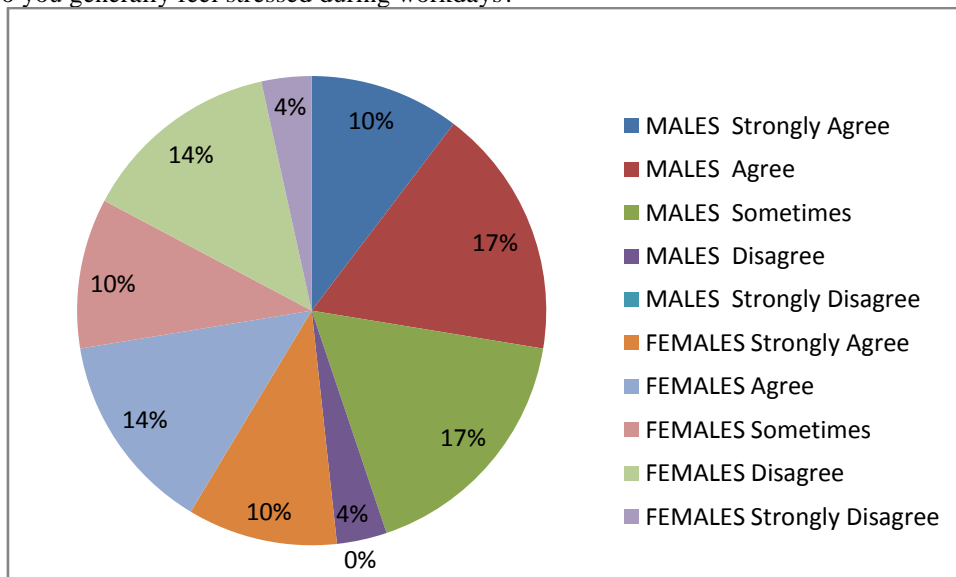
6. Do you feel that your work timing is flexible?



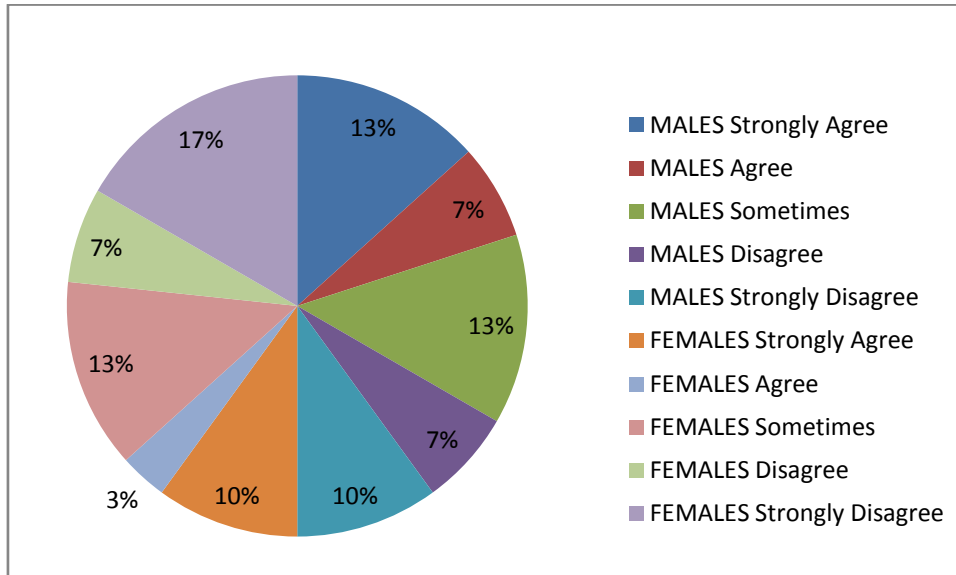
7. Do you feel that your work is repetitive or boring?



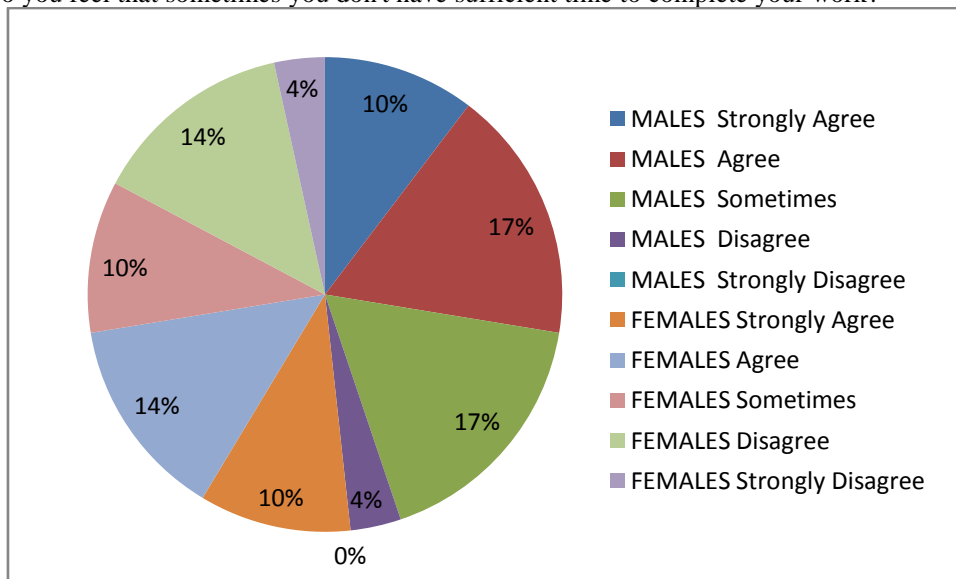
8. Do you generally feel stressed during workdays?



9. Do you feel that lack of supervision increases your workload?

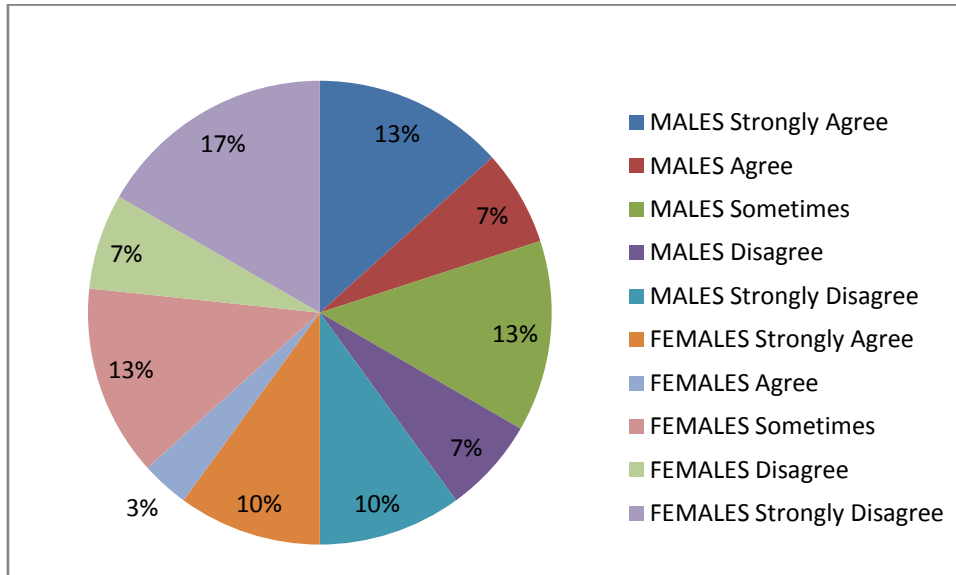


10. Do you feel that sometimes you don't have sufficient time to complete your work?

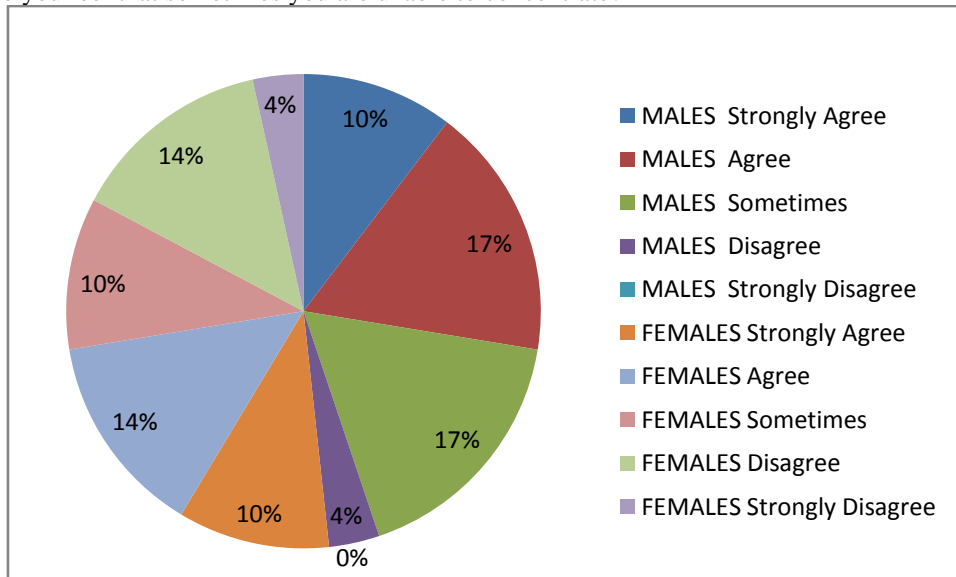


11. Do you feel Insomnia due to workload?

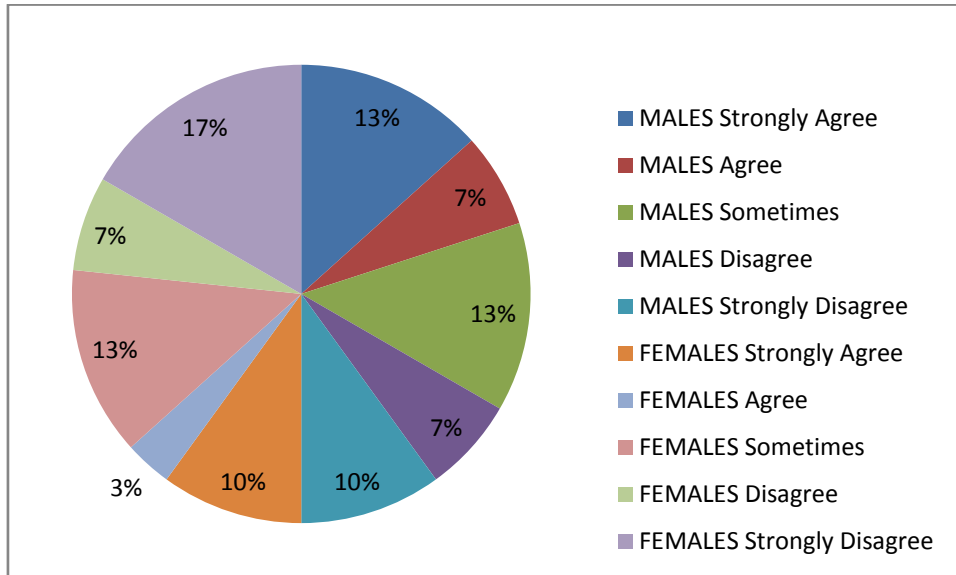




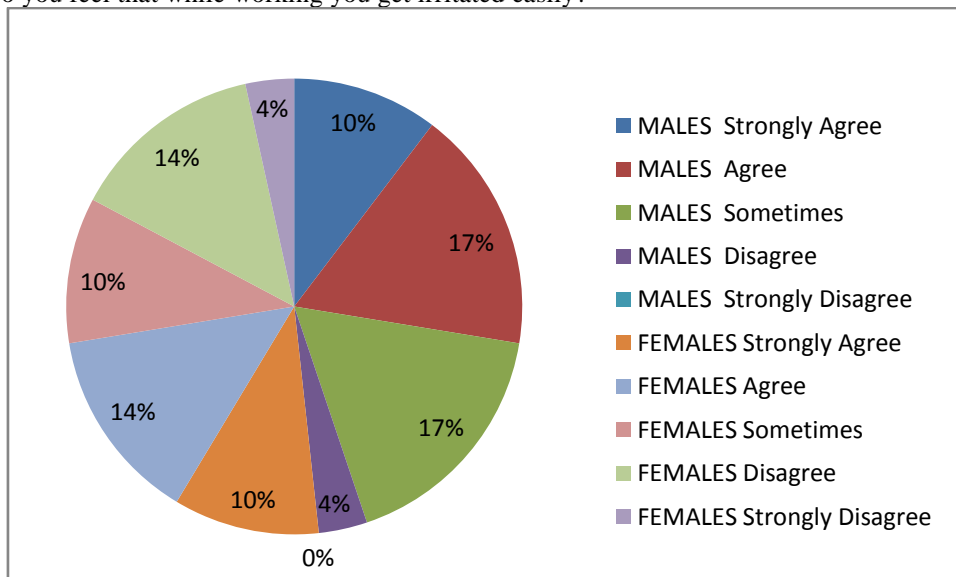
12. Do you feel that sometimes you are unable to concentrate?



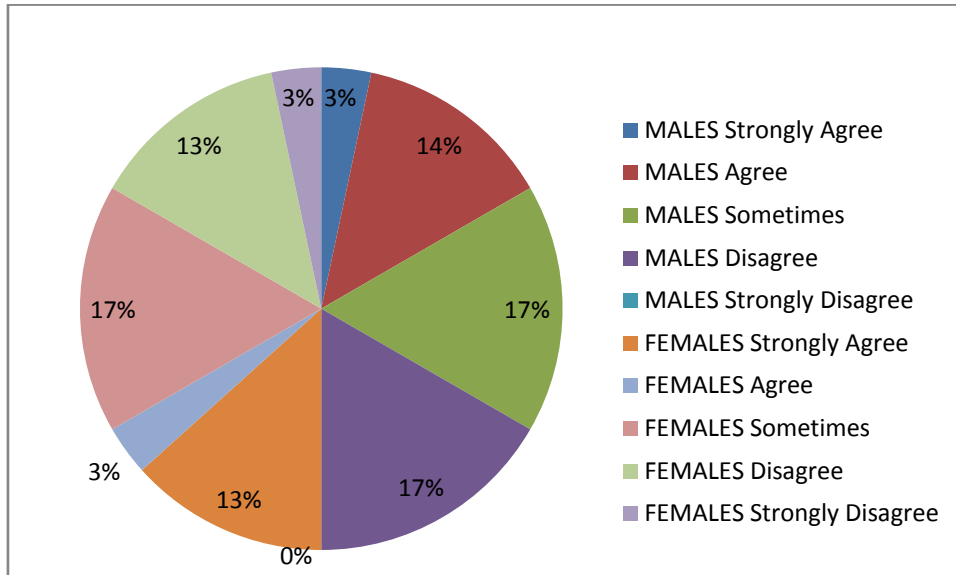
13. Do you feel that excessive work cause you loss of appetite?



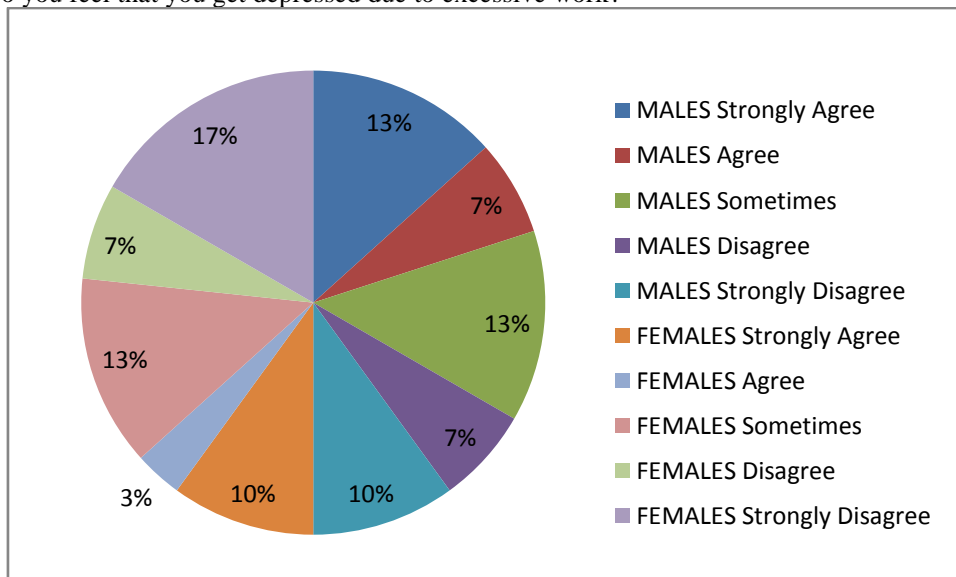
14. Do you feel that while working you get irritated easily?



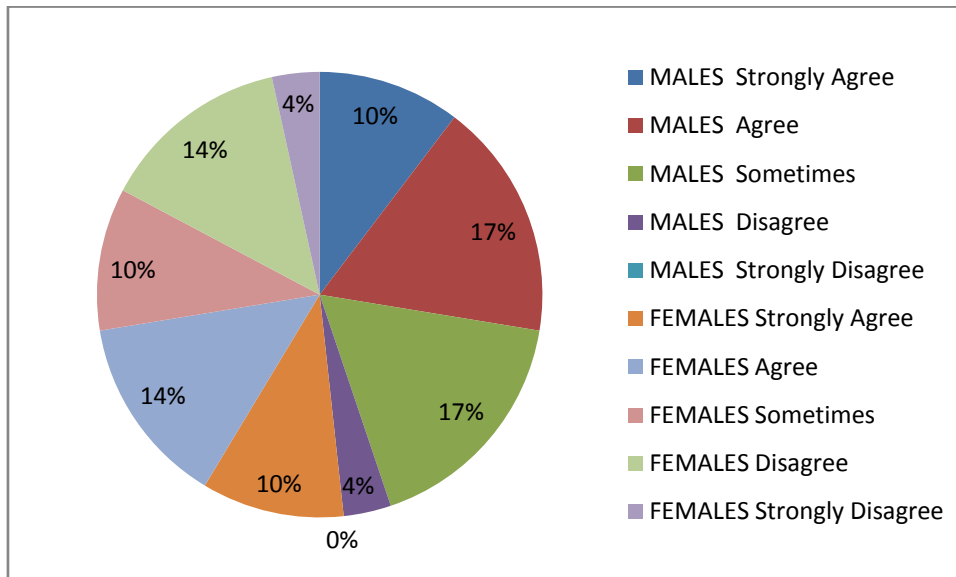
15. Do you feel that excessive work cause you recurrent headaches?



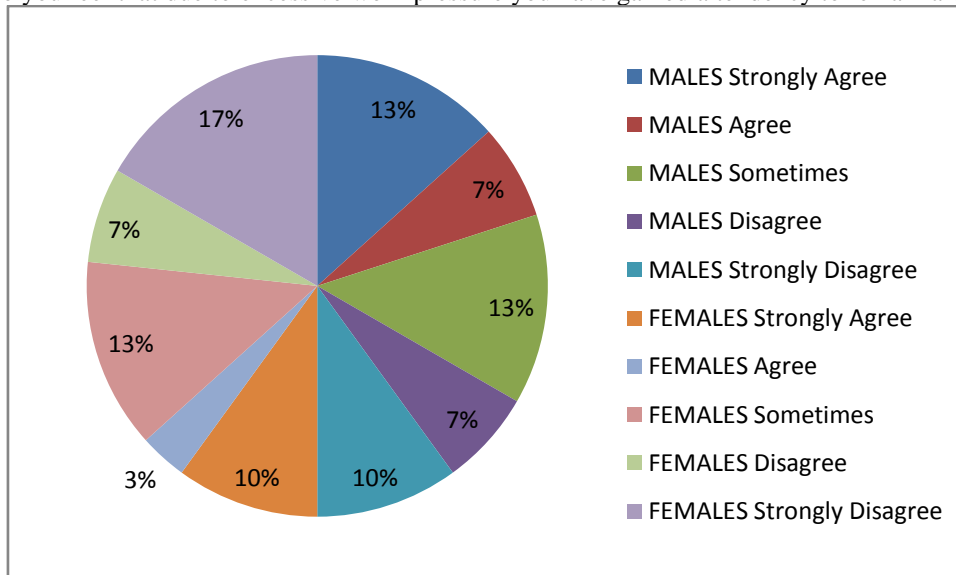
16. Do you feel that you get depressed due to excessive work?



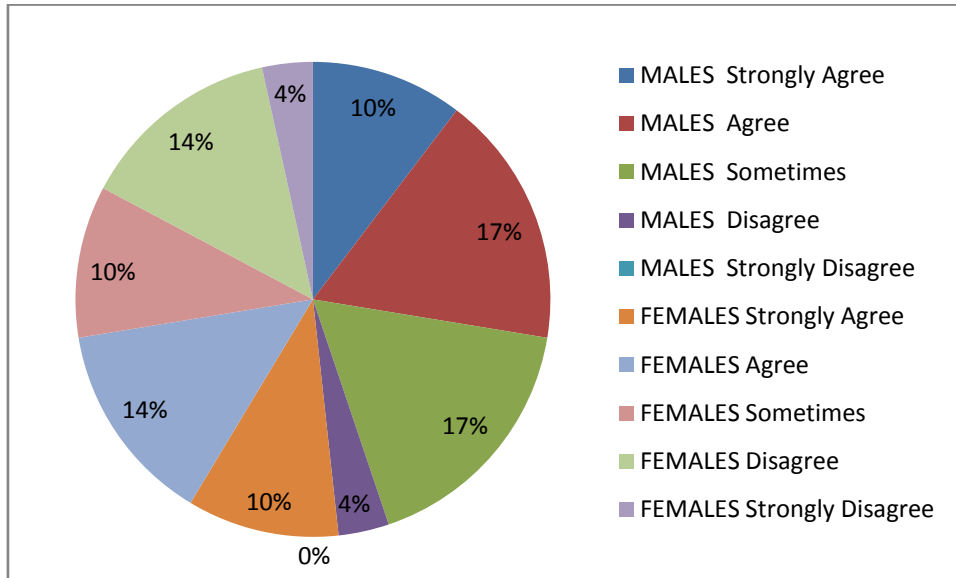
17. Do you feel that work pressure has increased your smoking/drinking uptake?



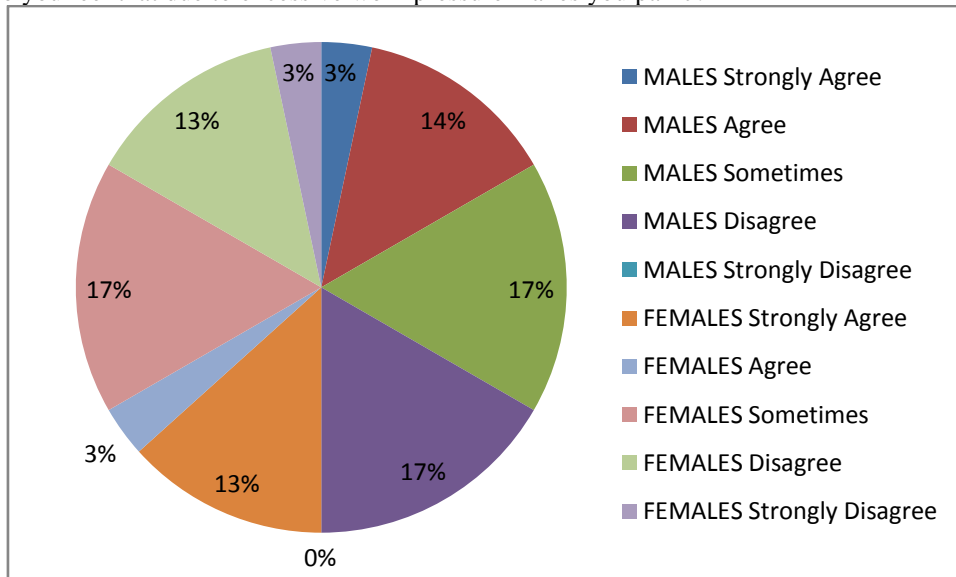
18. Do you feel that due to excessive work pressure you have gained a tendency to remain alone?



19. Do you feel that you get nervous due to excessive work pressure and make a sudden decision?



20. Do you feel that due to excessive work pressure makes you panic?



➤ MEAN:  
FOR MALES-

|                   |      |
|-------------------|------|
| Strongly Agree    | 3.53 |
| Agree             | 4.06 |
| Sometimes         | 6.6  |
| Disagree          | 3.26 |
| Strongly Disagree | 2.46 |

FOR FEMALES-

|                   |      |
|-------------------|------|
| Strongly Agree    | 3.46 |
| Agree             | 4.2  |
| Sometimes         | 5.33 |
| Disagree          | 3.66 |
| Strongly Disagree | 3.33 |

#### IV. DISCUSSION

The issue of work and mental health has been explored in two different perspectives. The first emphasizes on the people with some past work stress related history. And the second addresses to the persons who were never loaded with that amount of work, or certainly couldn't handle it. And mental health and stress has become an issue among people and it is majorly because people are more prone to stress and anxiety. Through my research I have got to recollect about some past researches to which has given me an idea that how people are suffering through so many issues due to work load only and it has been in increasing status only. Like people put more work load on youth believing that they'll be able to cope up with it but in actual they couldn't lead them towards depression, anxiety and many other mental illnesses. Work pressure affects the physical health of people, as well like cardiac diseases or it may the metabolism of an individual or can people may involve into the habit of overeating causing increase in cholesterol level or obesity and may more physical and mental illnesses which a person cannot even count at once. Work pressure also harms the personal relationships of an individual and people may end up from isolating themselves from their loved ones. It is said that the work done under pressure or in dash never brings good results. Similarly, work done under pressure degrades the quality of work as well as prosperity. And in this survey, people of age group 18-24 years were selected. Through this survey our aim was to know that how many people from our sample of 30 are having excessive work pressure which has a certain chances of harming their mental health too. And it was found that out of 30 individual's 15 males and 15 females the MEAN count of 'STRONGLY AGREE' in males was 3.53 and the MEAN count of 'STRONGLY AGREE' in females was 3.46 which clearly shows that males are more prone to mental illnesses caused by work pressure as compared to females.

#### V. CONCLUSION

And from this it is concluded that males have more chances to face mental illness caused by work pressure than females. Every individual has

its own way to cope up with their work load but it is necessary for an individual to make sure that its work life shouldn't affect his/ her health or even his personal life. There must be a line between personal and professional life and also should be maintained properly. From the result of present study it is also revealed that people does caught up with more work pressure could be because of improper guidance or improper timings and even that they are provided with bulk by their seniors assuming that they could cope up with it. Hence, an individual should have flexible work timing and should be provided with a proper guidance and a proper and healthy work environment, with a better help if needed, and should not be just imposed with lot of work. And people should start to consider a health work environment among them too.

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