

# Prevalence of Work-Related Stress and Addiction Due To It among Indians

Ravi Kumar, Divyam Sharma, Sufiya Akil Khan, Somya Singh, Rakhi Pandey

**Abstract**—Work Related Stress (WRS) is one of the common types of mental health and stress disorder among Indian that affects the physical, psychological as well as social health of people and has the capability to lead a person to different kinds of addiction. As the name suggests, this research was conducted to investigate the presence of work-related stress and addictive personality among Indians. This cross-sectional study was conducted with the help of Google Form. A specific personalized questionnaire was developed by using Work Stress Questionnaire, job satisfaction questionnaire and self-administered question to assess level of addiction. The Snowball sampling technique was used to spread questionnaires to 200 randomly selected participants. The form was circulated using different social media platforms. In the results, out of 200 selected participants 186 responded to the questionnaire. From total responses 55.4% were male and 44.6% were female. And 31.4% were in mild levels of stress, 43.2% were in moderate, 17.8 % were in severe stress, and 7.6 % were in extreme levels of stress. In the overall response, 68.6% respondents were in moderate to severe levels of stress due to their work. mobile phone and food addiction were shown higher in respondents.

**Index Terms**—Work Related Stress, Job Satisfaction, Addiction, Alcohol, WRS Questionnaire.

## I. INTRODUCTION

Work-related stress is a common mental health disorder among the majority of Indian. People's mental, physical, and social health are adversely affected by work-related stress.

According to the study by payroll and HR firm ADP on 1908 workers, seven out of 10 Indian workers (70 %) were experiencing acute stress on a regular basis for their work. Additionally, this study reveals that stress levels of Indians were greater than the Asia-Pacific average of 60%.<sup>[1]</sup>

Work related stress can happen due to many reasons such as heavy workload<sup>[2]</sup>, tight deadlines, changes to duties, job insecurities. and poor relationships with colleagues or bosses and inadequate working environment<sup>[3]</sup>. Work-related stress can influence an employee's productivity as well as their physical and psychological health.<sup>[4]</sup> It can also affect his/her professional as well as personal life. It may also lead to a variety of addictions such as drug intake, smoking or alcohol

misuse is one of the most debilitating and dangerous addictions.

Work stress conflicts can influence serious addictions and have always been disputable. People often attribute stress in job, stress in school/college or depression as reasons for illegal drug use or alcoholism and thus leading to alcohol and drug addiction. Some people tend to have an addiction to alcohol<sup>[5]</sup> and cigarettes because of the easy access and low price.

## II. METHODOLOGY

### A. Study design And Data collection

This descriptive cross-sectional survey was conducted on Indian student, part time and full-time employees employed in private and government organizations working or studying in India. A customized e-questionnaire was developed in Google Form by using Work Stress Questionnaire (Holmgren et al.) [6] and sent to 200 participants. The participants belonged to an age group of 18-45 years. The survey questionnaire was divided into four-part; first part of questionnaire contained a consent form, second part of this questionnaire contains question related to socio-demographic of participants, third part of questionnaire contains Work Stress Questionnaire (Holmgren et al.) [6] and job satisfaction questionnaire [9] and fourth part of questionnaire contain self-administered question to access level of addiction among participants. The response rate is 93%. Response rate was calculated by a given formula.

**Response Rate = Responses Returned / Surveys Sent Out \*100**<sup>[7]</sup>

### B. Tool

Work Stress Questionnaire (Holmgren et al.) [6] and job satisfaction questionnaire [9] are used to access work related stress and job satisfaction among participants. and a self-administered Questionnaire were used to access the level of addiction.

### C. Ethical issues

This study was approved by a reputed university of India and follows all of the principles of the Helsinki Declaration and National Ethical Guidelines [8] for Biomedical and Health Research Involving Human Participants.

Participants' data were kept confidential and accessible only to the authors and research guide.

### D. Statistical Analysis

The statistical analysis was done by using the SPSS

Ravi kumar, Department of Physiotherapy, Galgotias University, Greater Noida, Uttar Pradesh, India

Divyam Sharma, Department of Physiotherapy, Galgotias University, Greater Noida, Uttar Pradesh, India

Sufiya Akil Khan, Department of Physiotherapy, Galgotias University, Greater Noida, Uttar Pradesh, India,

Somya Singh, Department of Physiotherapy, Galgotias University, Greater Noida, Uttar Pradesh, India,

Rakhi Pandey, Department of Physiotherapy, Galgotias University, Greater Noida, Uttar Pradesh, India,

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program [10]. Descriptive analysis was conducted as a frequency analysis for sociodemographic variables such as age, gender.

### III. RESULT

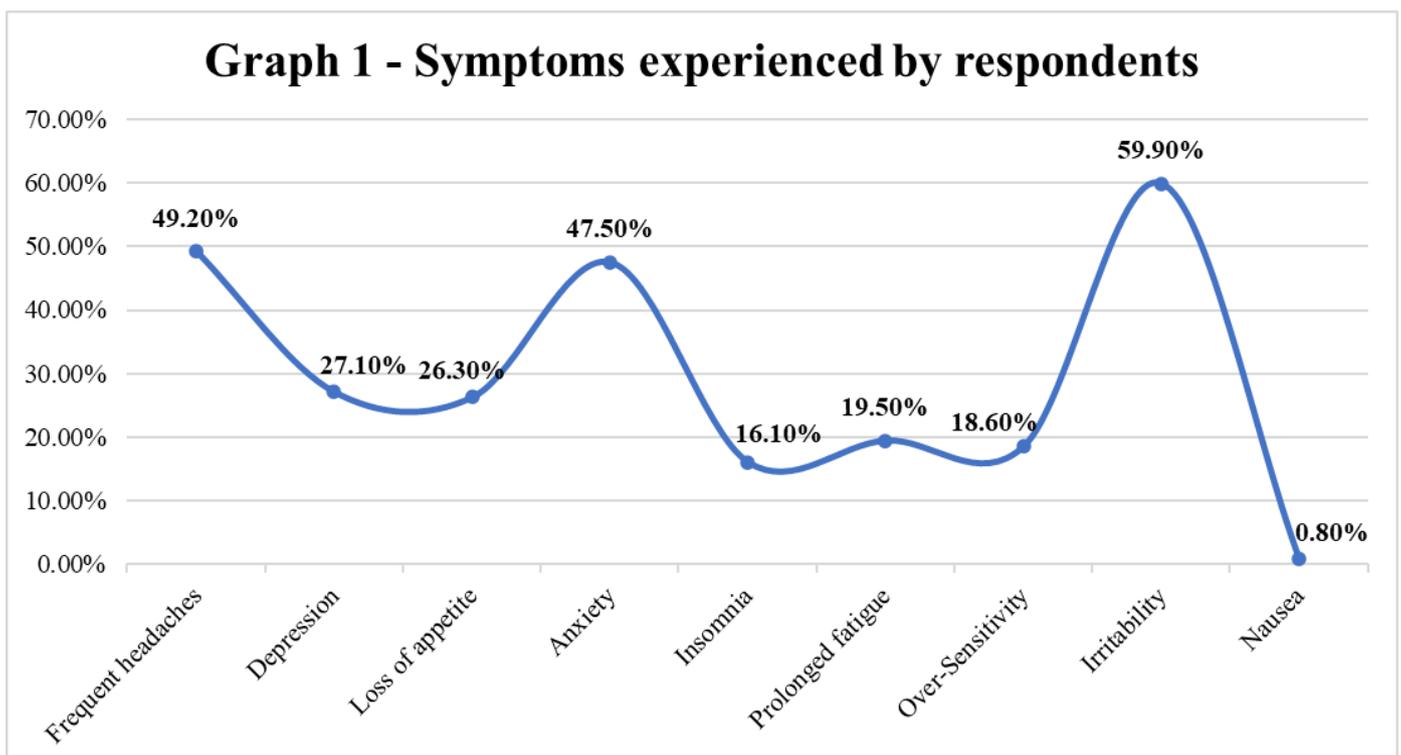
Total one hundred eighty-six responses were analysed in this study. Out of a total 186 responses, 44.6% were female and the rest 55.4% were male. and 92.5% respondents were from the age group 18 to 35, 3.2% respondents were from 36 to 45, 2.7% respondents were less than 18 and the rest 1.6% respondents were above 45. Table 1 contains socio-demographic data including age, gender profession and getting stress at the workplace. Table 2 shows the level of stress among 118 participants who are feeling stress at the workplace. Graph 1 shows symptoms participants were getting due to stress. Irritability, frequent headache and anxiety were most common symptoms reported by respondents. Graph 2 shows mean and standard deviation of cause of stress among respondents and Table 3 shows addiction among participants. 39.9% respondent reported that they were getting addicted to the internet, and 29.5% respondent stated that they were getting addicted to alcohol and 17.9% respondent reported that they were getting addicted to smoking.

TABLE 1- SOCIO-DEMOGRAPHIC VARIABLES

Variables	Frequency	Percentage
<b>Age</b>		
Below 18	5	2.7
18- 35	172	92.5
36-45	6	3.2
Above 45	3	1.6
<b>Gender</b>		
Male	103	55.4
Female	83	44.6
<b>Profession</b>		
Trades/skilled labor	15	8.1
Education/academia	70	37.6
Full time student	41	22
Technical	25	13.4
Health/medical care	22	11.5
Banking	9	4.8
Other	4	2.6
<b>Getting stress at workplace</b>		
Yes	118	63.4
No	68	36.6
<b>Getting addicted to anything because of stress</b>		
Yes	83	70.3
no	35	29.7

Table 2- level of stress

Level of stress	Frequency	Percentage
Mild	37	31.4
Moderate	51	43.2
Severe	21	17.8
Extreme	9	7.6



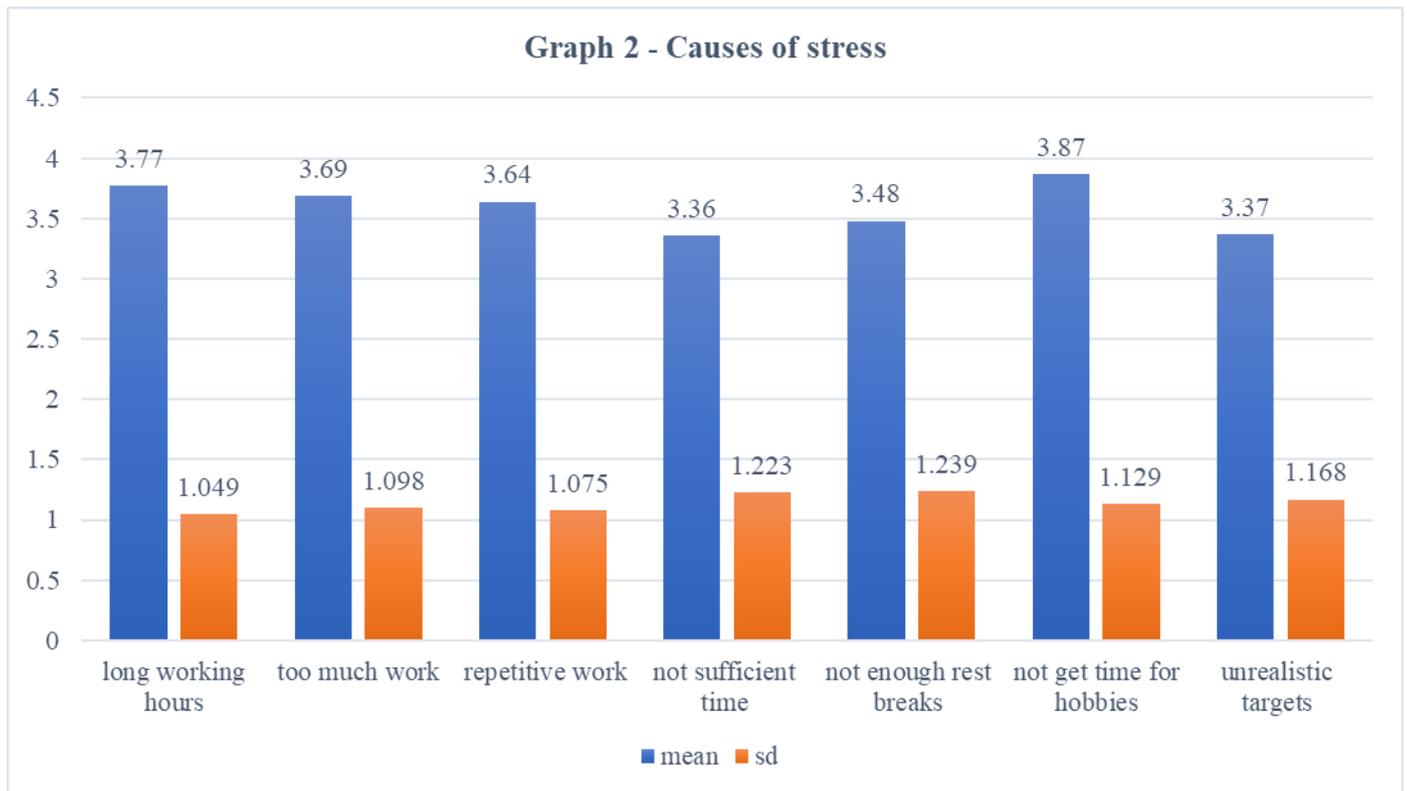


Table 3 - Addiction among participants

Addiction of	Frequency	Percentage
Smoking	20	17.9
Listening music	2	1.8
Food	7	6.2
Tobacco and Nicotine	2	1.8
Alcohol	33	29.5
Video Games	4	3.6
Internet addiction	44	39.3

#### IV. DISCUSSION

Work related stress is a silent, and usually ignored factor that affects employee health and productivity. In a study on 2570 participants from six different professions and para-professional of Singapore by Chan et al. (2000) [11] revealed that Performance pressure, work-family conflict and poor job prospects were the most stressful elements of the job by the participants.

According to Rao (2012) [12], the feeling of occupational stress experienced by junior employees may be due to their position in the industry and the expectation placed on them by their superiors to perform to a high level. This stress may be brought on by overload, personal responsibilities, and managerial responsibilities

According to a study, the stress levels of Indians who work in India and abroad by Gaur et al. [13] revealed that the stress levels of people who work in India were found to be higher

than others, and the stress level in younger generations was found to be significantly higher than the stress levels of people in older generations.

In this study, we attempted to establish a link between work-related stress and addiction. We found that 68.6% of respondents suffer from moderate to severe stress as a result of their work, with the stress level being significantly higher among those between the ages of 18 and 35. Respondents reported that they are experiencing a variety of symptoms, with headaches, anxiety, irritability, and loss of appetite being the most common. They also reported that they were under stress from a variety of sources, including repetitive work, unrealistic goals, too much labor, and excessive working hours are more common.

According to the findings of this research, people engage in a variety of activities to relieve stress, such as exercising, using social media, drinking alcoholic beverages, smoking, and listening to music, and they end up becoming addicted to them. 70.3 percent of respondents reported they are addicted to something or other, with internet and alcohol addiction being the most prevalent addictions. Respondents stated that online addiction is the most frequent kind of addiction in 39.9 percent of respondents, and that internet addiction is also a factor that leads to stress since they spend more time on the internet and have less time to fulfill their work.

#### V. CONCLUSION

Individuals with greater levels of stress reported smoking and drinking alcoholic beverages in order to alleviate their symptoms of stress and anxiety. Consuming alcohol is detrimental to one's health and has a negative impact.

## LIMITATIONS

This study is limited to the people who had smartphones and e-mail id and having an understanding of English, so it should not be generalized to the whole population of India. We used a web-based survey method to avoid coronavirus infections.

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