



PROJECT ON STRESS MANAGEMENT
AND WORK LIFE BALANCE



INTRODUCTION:

Stress has become significant due to dynamic social factor and changing needs of life style. Work related stress affects persons life and has implication on the person’s mental and physical well being . Health is very important in people’s life, therefore stress among healthcare can bring harm to all population.sickness,absenteeism,serious neglect or clinical errors are commonly associated with work in highly stressful environment . The study highlights the need for better understanding and management of work related stress both at the organizational and individual level.

OBJECTIVES:

- 1. To assess and evaluate the stress levels among the healthcare professionals in a FORTIS ESCORT hospital. Jaipur.
- 2. To study the impact stress on medical and non-medical employee.

METHODOLOGY:

Study Design:

Descriptive and Analytical study

Study Area:

Fortis Escort Hospital ,Jaipur

Tools:

Likert scale used for medical and non-medical staff.

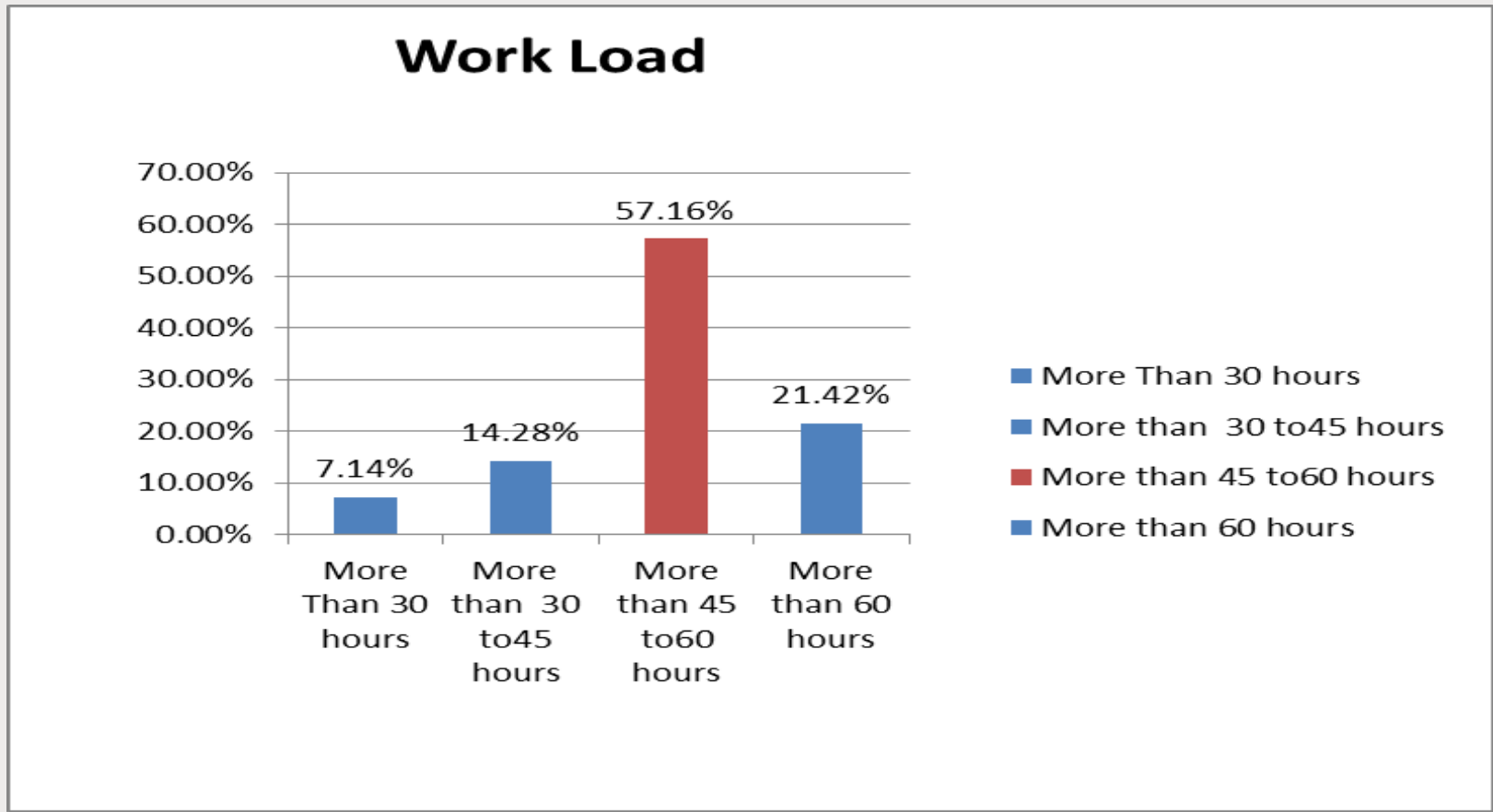
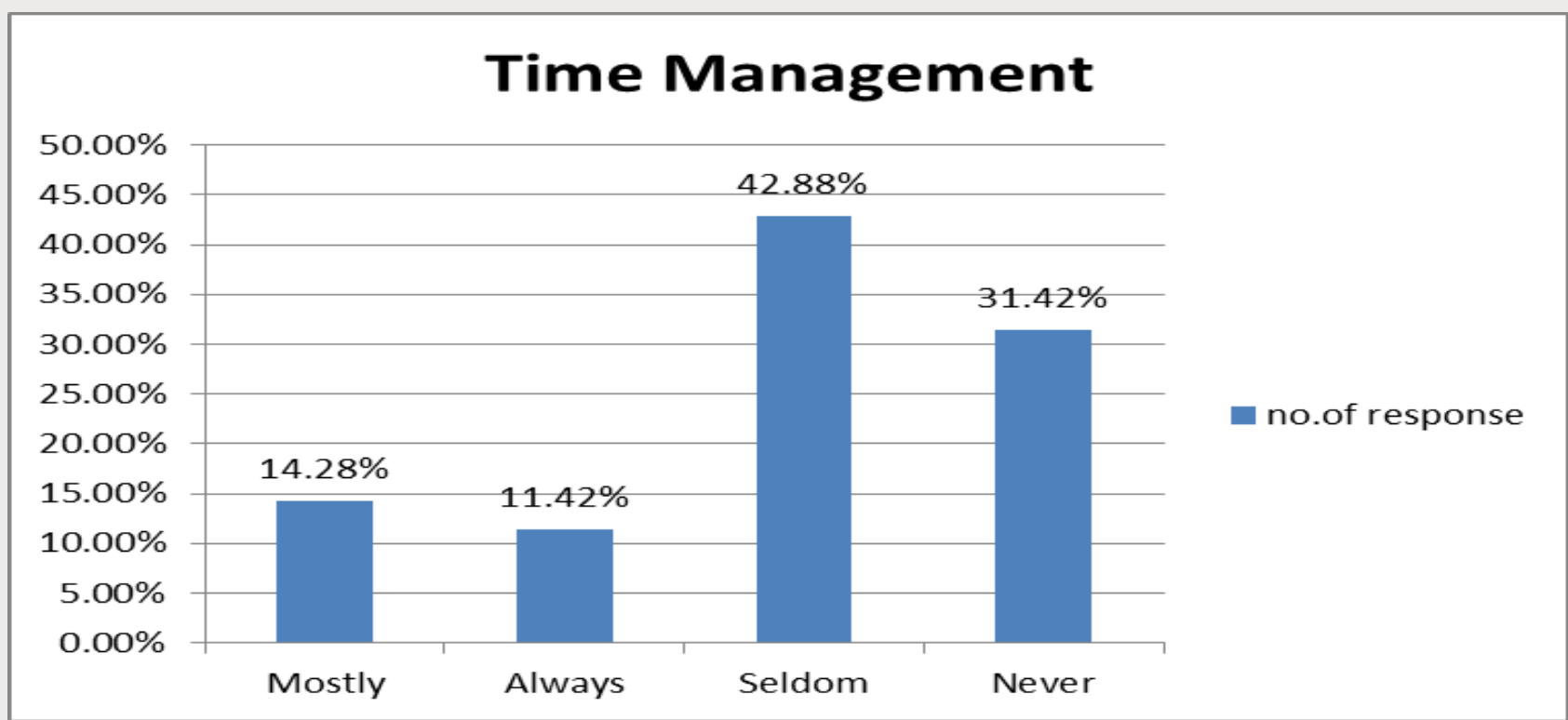
Sample Size:

Sample size: 150

FINDINGS ON MEDICAL STAFF:

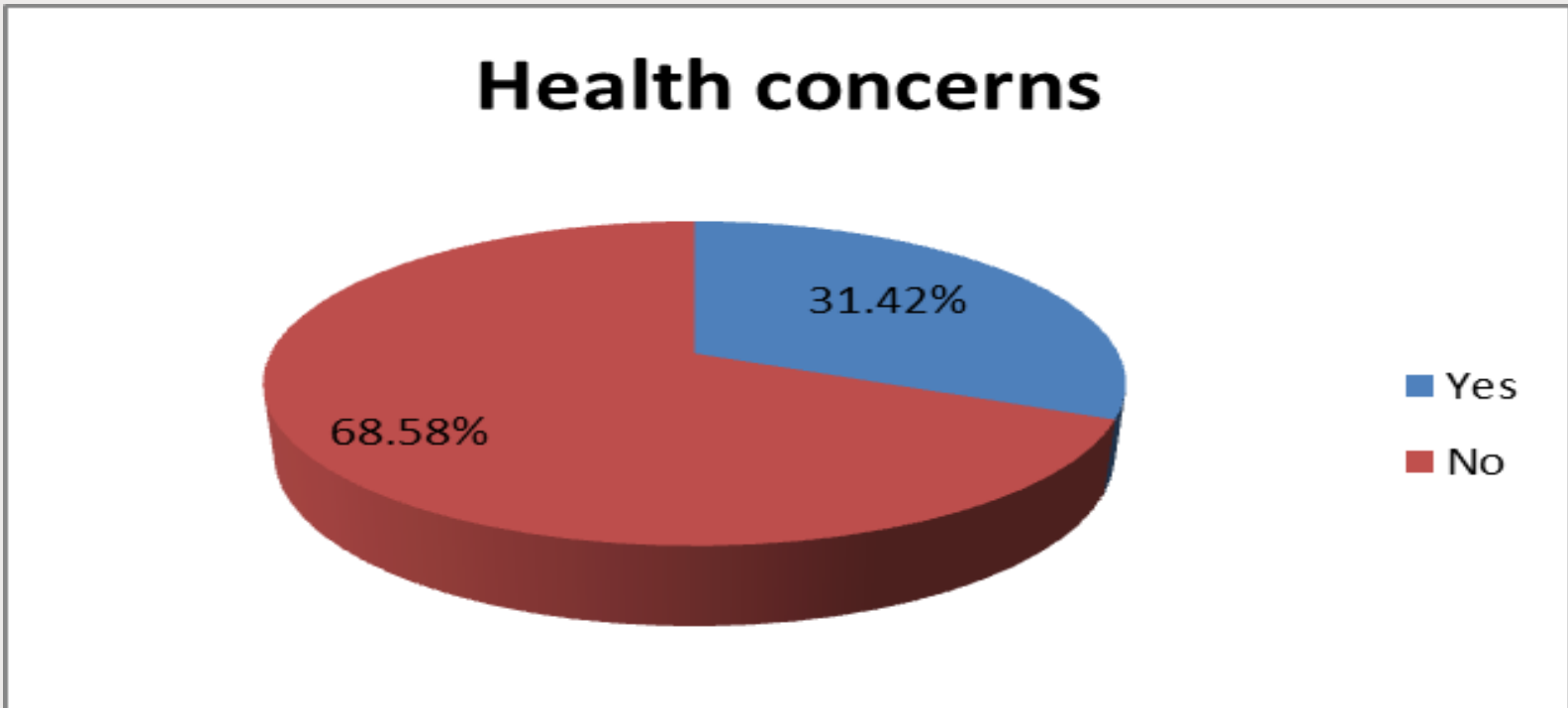
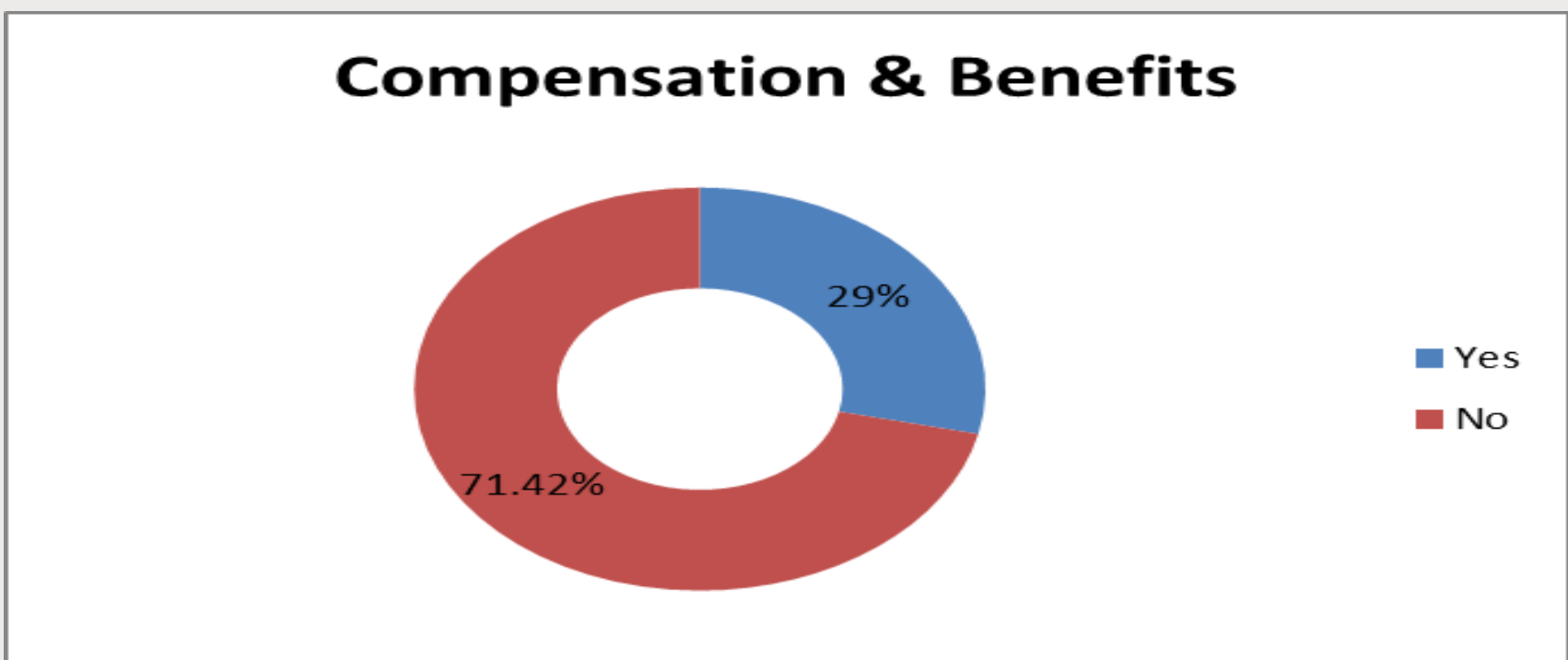
- 1. According to this graph 75% people don't have time for their family life as well as personal life and that factor increase absenteeism level among medical staff. in this there are two parameter : 1) get free on weekends. 2) get enough time to spend with your family .

- 2. Due to work load 79% people feel physical exhaustion and that thing create disturbance in their personal life and



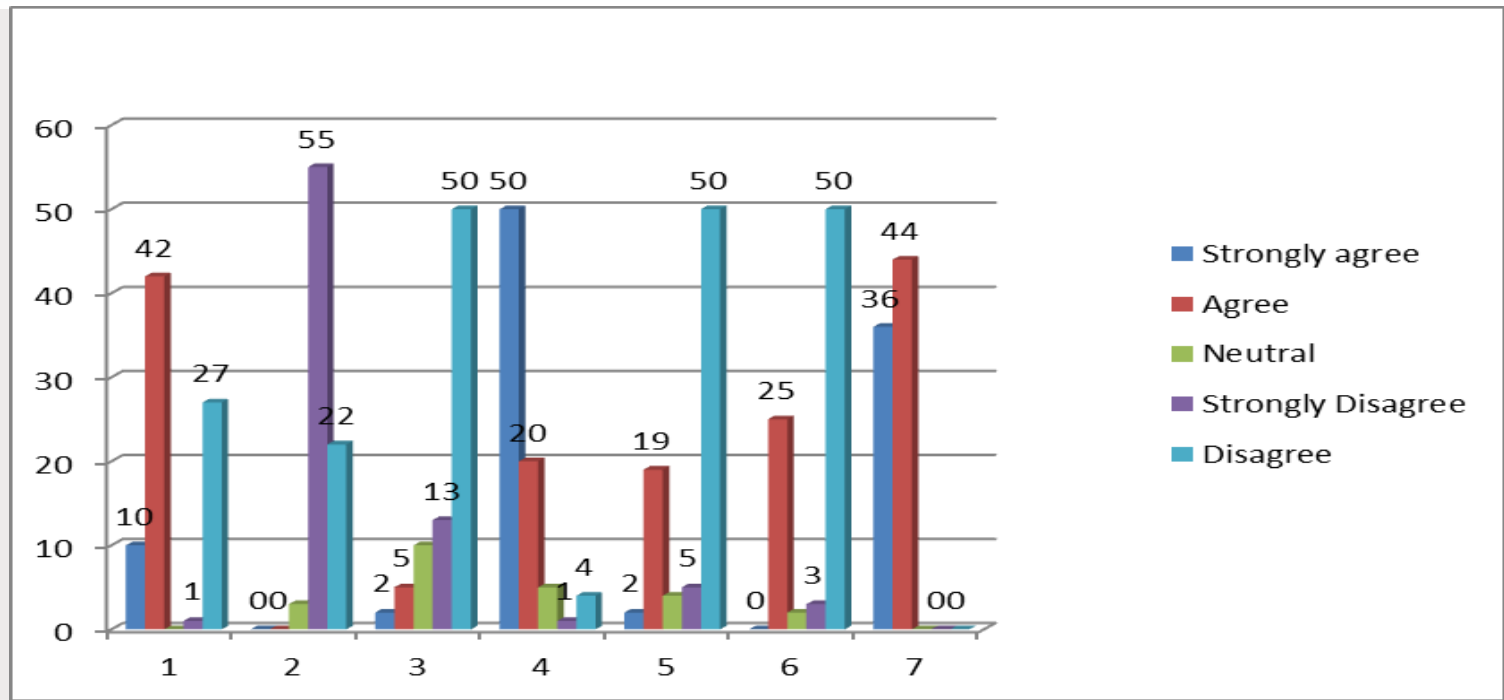
- 3. Most of the people said that they are not satisfy with their salary package And benefits specially nurses are disappointed with this because they are not able to fulfil the requirements of family members .Due to this reason they are under the stress to work more or switching to another organization

- 4. Health concern among medical staff are less people think that they don’t have enough time to take care of their health and due to their busy working life they are not able to do any physical exercises.



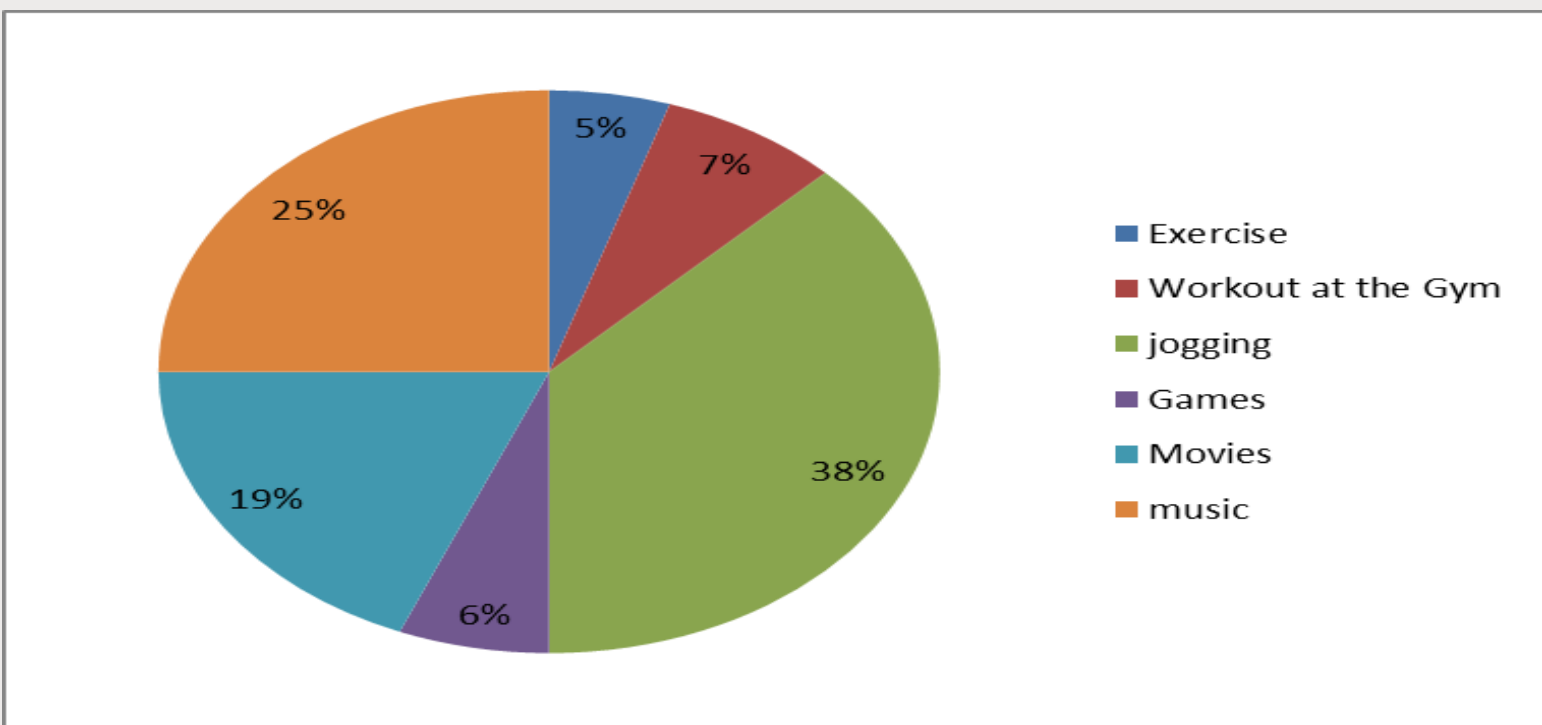
FINDINGS ON NON-MEDICAL STAFF:

1. Likert scale used for non-medical staff:

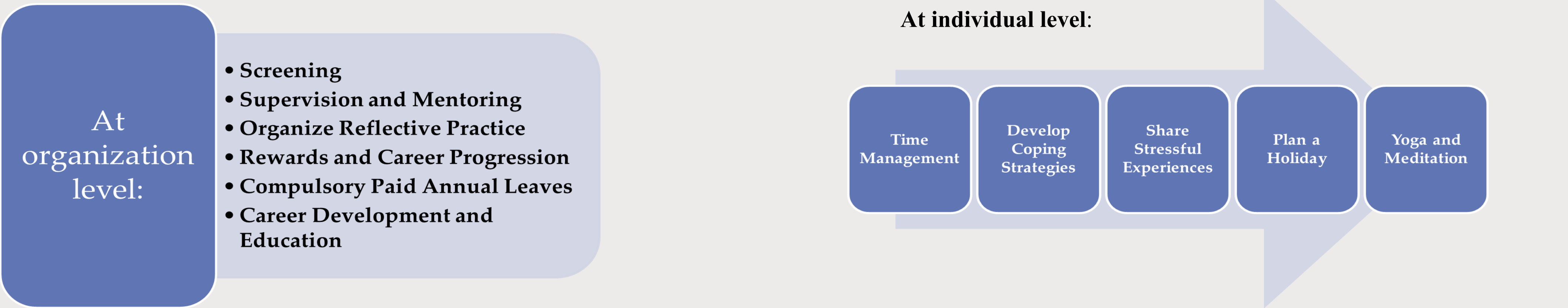


- 1. Their role is interfere with family life
- 2. Work load is too heavy
- 3. Conflicting demands of their peers or juniors
- 4. Little scope for personal growth
- 5. Working pressure when given deadline
- 6. Additional work at home
- 7. Not get enough sleep per day

2. An activity helps to combating stress on daily basis



SUGGESTION & RECOMMENDATIONS :



CONCLUSION:

The level of work-stress among the FORTIS ESCORT hospital staff seems to be high. This was due to absence of appreciation, long working hours, and short breaks. In addition, the older the employee and the more experience he/she has the less work-stress is experienced. Good quality management requires hospital management to show appreciation whenever a good work is performed. Without such appreciation good performance employees will tend –by time— to develop more stress and consequently decrease the quality and volume of their work. Providing enough break-time during the working hours is expected to reduce stress and therefore increases the productivity of hospital staff, otherwise stress leads to job dissatisfaction which is a major factor in the use of sick time. Providing enough break-time may automatically help in solving the problem of long working hours

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