

OCCUPATIONAL STRESS MANAGEMENT AMONG INFORMATION TECHNOLOGY PROFESSIONALS IN INDIA

✉ V. Sricharan¹ & S. Gautami²

^{1&2}. Associate Professors, Rayalaseema Institute of Information and Management Sciences, Tirupati, Andhra Pradesh, India.

ABSTRACT

In the current lifestyle of utmost complexities, the stress level is raising at a phenomenal rate. The factors that contribute to stress not only differ between cultures, but also within the culture itself, from a sophisticated to a normal class family, the ultimate necessity is the job, may it be a business or a salaried job.

This research work is an analytical, empirical study based on survey of IT professionals in India. The sample was drawn from the various IT hubs in India to make it more representative of the IT professional's population. Through the pre-tested questionnaire used in the survey, data were generated on the respondents' demographics, their perceived organizational stressors, their self-assessed stress levels, job satisfaction and intention to quit.

The findings of this study would contribute significantly in better understanding of the stress in IT sector by the academicians and the practitioners. Finally, this study enriches the literature on stress management with respect to the sunshine industry of India.

KEY WORDS: IT professionals, organizational stressors, stress management