AN EMPIRICAL STUDY ON WORK RELATED STRESS AMONG THE ACADEMIC LIBRARIAN WITH SPECIAL REFERENCE TO PRIVATE ARTS AND SCIENCE COLLEAGES, CHENNAI

S. SELVARAJU
RESEARCH SCHOLAR,
BHARATHIAR UNIVERSITY,
COIMBATORE.

ABSTRACT

Stress is a normal psychological and physical reaction to the ever increasing demands of life. There have been several studies related to stress. Very few of them have been conducted in higher education. The present paper provides empirical evidence to ascertain the work related stress among the academic librarian across the private Arts and Science College in Chennai, Tamilnadu state. Data was obtained from 120 academic librarians. Results indicate that stress does not progressively increased or decreased with demographical background of the respondents as might be expected. Out of the 15 aspects of the stress examined, and 7 aspects of the demographical background only 6 aspects, namely age, gender, income and experience has significantly correlated with the overall stress of the respondents and 3 aspect that is marital, highest degree and family types not correlated with stress level of the respondents.

KEY WORDS: Academic librarians, emotional stress, Psychological stress, work related Stress.

REFERENCE


