

COPING WITH WORK-RELATED STRESS AMONG MARKET WORKERS. WITH SPECIAL REFERENCE TO PAVOORCHATRAM KAMARAJAR DAILY MARKET IN TENKASI DISTRICT.

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ABSTRACT

Man has been using many objects for his own need since the dawn of time. To put it more clearly, there are various types of foods that are consumed daily for human survival, of which vegetable is the inevitable one. In this study, the number of respondents is that the population of vegetables market workers of Tenkasi region of TamilNadu state. Primary information was collected with the help of structured questionnaire. Applied math techniques like chi-square analysis and hypothesis testing.

KEYWORDS: Vegetables, Workers, Market, Stress, Coping.

INTRODUCTION:

A farmers' market (or farmers market according to the ap stylebook) is a physical retail marketplace intended to sell foods directly by farmers to consumers. Farmers' markets may be indoors or outdoors and typically consist of booths, tables or stands where farmers sell their produce, live animals and plants, and sometimes prepared foods and beverages. Farmers' markets exist in many countries worldwide and reflect the local culture and economy. The size of the market may be just a few stalls or it may be as large as several city blocks. Due to their nature, they tend to be less rigidly regulated than retail produce shops. They are distinguished

from public markets, which are generally housed in permanent structures, open year-round, and offer a variety of non-farmer/non-producer vendors, packaged foods and non-food products.¹

The term market is used differently from place to place and from time to time. The term market is generally welcomed as the place or building where goods are bought and sold. There will be many sellers who will try to sell the goods to the public. The area we are looking at here is the Pavoorchatram Kamaraj Daily Market. It is located in the Tenkasi district of Tamil Nadu. This is a market where vegetables are sold. In this article we are trying to find out how the employees who can work here are coping with their stress.

Pavoorchatram Kamaraj operates more than 150 shops in the daily market. Traders from outside the districts and from other states like Kerala, Andhra Pradesh and Karnataka come here to buy vegetables. The market is generally open 24 hours a day, night and day. Most of the farmers bring their agricultural produce such as onion, shallot, potato, tomato, snake gourd, bitter gourd and ladies finger to this market. Around 70 per cent of vegetables we receive every day is transported to Kerala, and the rest is sold out to other small markets and shops in Tenkasi and neighboring districts, Here vegetables are collected from farmers throughout the day and the collected vegetables are distributed to local wholesalers and retailers. Most of the vegetables collected are sold to the neighboring state of Kerala as wholesale, thereby paving the way for economic growth in the region.

II. Literature Review

1) Kavitha in her research titled —Role of stress among women employees forming majority workforce at IT sector in Chennai and Coimbatore (2012), she has focuses on the organizational role stress for the employees in the IT sector. She found in her research that, women face more stress than men in the organization and she viewed to be more specific married women faces more stress than the unmarried women.

2) Satija S. & Khan W. in their research work titled —Emotional Intelligence as Predictor of Occupational Stress among Working Professionals (2013). According to them Occupational Stress is as same as Job Stress that needs to be controlled at the workplace otherwise it will

¹ https://en.wikipedia.org/wiki/Farmers%27_market.

negatively affect on employee's work attitudes & behavior. This study investigates that, the relationship between Emotional Intelligence and Occupational Stress. This study revealed findings that, Emotional Intelligence is a most significant predictor of Occupational Stress.

3) Amir Shani and Abraham Pizam(2009) —Work-Related Depression among Hotel Employees have conducted a study on the depression of work among hotel employees in Central Florida. They have found that, incidence of depression among workers in the hospitality industry by evaluating the relationship between the occupational stress and work characteristics.

4) Viljoen and Rothmann, have investigated the relationship between —occupational stress, ill health and organizational commitment (2009). They found that organizational stressors contributed significantly to ill health and low organizational commitment. Stress about job security contributed to both physical and psychological ill health. Low individual commitment to the organization was predicted by five stressors, such as Work-life balance, Overload, Control, Job aspects and Pay.

III. OBJECTIVES OF THE STUDY

- To exploring ways to deal with the stress of those who work in the Pavoorchatram Kamaraj daily market.
- To analyzing the impact on the work environment by the stress management methods of those working in the Pavoorchatram Kamaraj daily market based on statistical factors such as age, occupation, gender and income.

IV. RESEARCH HYPOTHESIS

The following hypothesis is designed to gain insight into the stress management capabilities of those working in the Pavoorchatram Kamaraj daily market.

1. There is no correlation between the age of the workers and their ability to cope with stress.
- 2 There is no correlation between the gender of the workers and their ability to cope with stress
3. There is no correlation between the working position of the workers and their ability to cope with stress.

4. There is no correlation between the income of the workers and their ability to cope with stress.

RESEARCH METHODOLOGY

Research method

Research Design: Research design is an important and necessary map for achieving goals and answering questions. This is a primary and important project that outlines the methods and procedures for collecting and analyzing the required information.

Descriptive research is used in this study because its main purpose is to describe the characteristics of an event or situation.

Descriptive Research Design

Descriptive research design is a scientific method that simply describes the behavior of an object without affecting it in any way.

Significance of descriptive research:

- To determine the answers to the questions of who, what, when, where, and how.
- To describe the characteristics of a population or an event.
- To analyze the impact on the working environment of methods of managing the stress of those working in the market.

Research Method

This study focuses on coping with work-related stress among market workers, with special reference to pavoorchatram kamarajar daily market in tenkasi district of Tamil nadu. Sample survey method has been adopted to collect data from the market workers.

Primary data

Primary data were collected from an employee working in the Pavoorchathiram Kamaraj daily market. In consultation with experts to obtain responses from staff, the researcher obtained information through a well-structured interview schedule.

Secondary data

Secondary data on secondary data were collected from various journals and related books, conferences, seminars and through various websites.

Period of data collection The entire study has been conducted for a period of 6 months from November 2021 to April 2022. Nevertheless, the required primary data were collected for a period of one year from January 2022 to February 2022

Sample Size

For the study, 300 samples were taken from who works in the Pavoorchahiram Kamaraj daily market in Tenkasi district. A total of 326 employees were contacted. In it, 300 employees gave a complete answer. Therefore, information was collected from 300 employees in the study area.

LIMITATION OF THE STUDY

- The major constraints and limits were recorded by the researcher especially while conducting the field survey.
- The results of the study do not apply to other market areas in Tamil Nadu as it focuses only on the Pavoorchatram Kamaraj daily market in the Tenkasi district of Tamil Nadu.
- All of the ideas expressed in this are the opinions of the employees working in the market and not the opinions of the employer who employs them
- This study focused only on the actors who are coping with stress which ignores their quality of life
- It takes more time and expense to collect data on primary data

ANALYSIS AND DISCUSSION

Hypothesis Testing

Ho 1: There is no correlation between the age of the workers and their ability to cope with stress.

Age Opinion	20-30	30-40	40-50	50-60	Total
Strongly disagree	6	22	31	28	87
Neutral	3	18	15	21	57
Strongly agree	21	25	87	23	156
Total	30	65	133	72	300

Significance Level $\alpha=0.05$ and One-tailed test

Compute Chi-square

$$\chi^2 = \sum (O_{ij} - E_{ij})^2 / E_{ij} = 31.5639$$

Compute the degrees of freedom (df).

$$df = (3-1) \cdot (4-1) = 6$$

$$\text{for 6 df, } p(\chi^2 \geq 31.5639) = 0$$

Since the p-value(0) < $\alpha(0.05)$ (one-tailed test), we reject the null hypothesis H_0 .

Ho 2: There is no correlation between the gender of the workers and their ability to cope with stress

Gender Opinion	Male	Female	Total
Strongly disagree	67	12	79
Neutral	87	8	95
Strongly agree	103	23	126
Total	257	43	300

Significance Level $\alpha=0.05$ and One-tailed test

Compute Chi-square

$$\chi^2 = \sum (O_{ij} - E_{ij})^2 / E_{ij} = 4.329$$

Compute the degrees of freedom (df).

$$df = (2-1) \cdot (3-1) = 2$$

$$\text{for 2 df, } p(\chi^2 \geq 4.329) = 0.1148$$

Since the p-value(0.1148) > $\alpha(0.05)$ (one-tailed test), we can't reject the null hypothesis H_0 .

Ho 3: There is no correlation between the working position of the workers and their ability to cope with stress.

Working position	Load man	Vendor	Accountant	Supervisor	Total
Opinion					
Strongly disagree	83	25	11	14	133
Neutral	26	7	23	5	61
Strongly agree	57	11	16	22	106
Total	166	43	50	41	300

Significance Level $\alpha=0.05$ and One-tailed test

Compute Chi-square

$$\chi^2 = \sum (O_{ij} - E_{ij})^2 / E_{ij} = 34.5576$$

Compute the degrees of freedom (df).

$$df = (3-1) \cdot (4-1) = 6$$

$$\text{for 6 df, } p(\chi^2 \geq 34.5576) = 0$$

Since the p-value(0) < $\alpha(0.05)$ (one-tailed test), we reject the null hypothesis H_0 .

Ho 4: There is no correlation between the income of the workers and their ability to cope with stress.

Income opinion	0-5000	5000-10000	10000-15000	15000-20000	20000-25000	Total
Strongly disagree	13	19	18	15	9	74
Disagree	7	9	8	6	4	34

Neutral	5	7	6	4	3	25
Agree	14	23	13	8	7	65
Strongly agree	28	29	19	18	8	102
Total	65	84	63	49	29	300

Significance Level $\alpha=0.05$ and One-tailed test

Compute Chi-square

$$\chi^2 = \sum (O_{ij} - E_{ij})^2 / E_{ij} = 6.5936$$

Compute the degrees of freedom (df).

$$df = (5-1) \cdot (5-1) = 16$$

for 16 df, $p(\chi^2 \geq 6.5936) = 0.9803$

Since the p-value(0.9803) > $\alpha(0.05)$ (one-tailed test), we can't reject the null hypothesis H_0 .

Findings

- There is correlation between the age of the workers and their ability to cope with stress.
- There is no correlation between the gender of the workers and their ability to cope with stress
- There is correlation between the working position of the workers and their ability to cope with stress.
- There is no correlation between the income of the workers and their ability to cope with stress.

CONCLUSION

Employees are somewhat aware of the concepts of coping with stress. They will deal with stress well and effectively if they are trained to deal with stress.

- There is a difference between certain age groups in the way they deal with stress.
- There are no significant differences between the sexes in coping with stress.
- There is a certain degree of coherence between the environments in which they work in coping with stress.
- There is no significant difference between the way they deal with stress and the income they receive

SCOPE FOR THE FURTHER RESEARCH

- ❖ Coping with Management-related stress among market owners in Tenkasi District.
- ❖ Coping with Management-related stress among market owners in Tamil Nadu.
- ❖ Coping with work-related stress among unorganized sector in Tenkasi District.
- ❖ Coping with work-related stress among unorganized sector in Tamil Nadu.

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