

# A study to assess level of stress and coping strategies among bus drivers at selected bus depot of Sangli District

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**ABSTRACT:** A descriptive survey research design was adopted for this study. The study was conducted at selected bus depot in the setting of Sangli district. Reliability was done using split half method of statistics. Reliability of questionnaire done by using split-half method. “r” were calculated by an Karl Pearson’s correlation formula and the reliability of Sheldon Cohen’s Perceived stress scale was 0.8 and reliability of structure coping scale was 0.8 which is more than 0.7, hence it was found to be reliable. Data collected from 140 bus drivers regarding the level of stress and coping strategies among bus drivers at selected bus depot of Sangli district areas. The data was collected by using the Sheldon Cohen’s Perceived stress scale and structure coping Scale for assessing the level of stress and coping strategies. The study was conducted in selected bus depot of Sangli district. The data analysis was done by descriptive and inferential statistics. In Association between Stress with demographic variables. the p value of the association test of stress with demographic variables is more than 0.05. Concludes that, there is no significant association of these demographic variables with stress among bus drivers.

**Keywords-** Assess, Stress, Coping, Bus drivers, Descriptive survey design.

## I. INTRODUCTION

Stress is simple a reaction to a stimulus that disturbs our physical or mental equilibrium. In other words it is an omnipresent part of life. Stress is your bodies’ way to response to any kind of situation or treat. When you feel stressed your nervous system responds by releasing stress hormones which includes adrenaline and cortical which arise the body to take emergency action. Your heart pounds faster, muscle tighten, blood pressure rises, breath quickens and your senses becomes sharper, these physical changes increases your strength and stamina speed your reaction time and enhances your focus. This is known as the fight or flight or mobilization stress responses and is your body’s way of protecting you. Stress has an aversive affect on individual and organizations. It can lead to mental as well as physical ill-ness. Bus drivers are classic examples of high strain occupation. In the cities like Sangli there is responsibility to the bus drivers to overcome traffic congestion and get the passengers comfortably and safely to the desired destination. Stress in bus drivers can lead to increase accident rates, substance abuse, decrease in productivity, escapism and skipping from duty. Detection of stress will help in taking measures to reduce stress.

	GROUP	FREQUENCY	PERCENTAGE
<b>PERCEIVED STRESS</b>	Low stress	6	4.3%
	Moderate stress	131	93.6%
	High stress	3	2.1%

**Statement:** “A study to assess level of stress and coping strategies among bus drivers at selected bus depot of Sangli District.”

**Objectives:**

1. To assess the stress among busdrivers.
2. To assess the coping strategies among bus drivers.
3. To find out the association between stress with demographical variables.

**Procedure and methodology:**

The study was done using a quantitative research approach using descriptive survey research design. This study was conducted in selected bus depot of Sangli district. The sample for the study includes of 140 bus drivers working in selected bus depot of Sangli district. Non-Probability purposive sampling technique is chosen. Sampling criteria includes Bus drivers having age between 25-58 years and Bus drivers having experience more than 1 year.

To achieve the objectives of the study and to gather the information, Sheldon Cohen's perceived stress scale was used to assess the level of stress and structured coping scale was used to assess level of coping among bus drivers. The tool has three sections. The first section contain Demographic variables of bus drivers. The second section contain perceived stress scale and third contain structured coping scale. The tool validity was done for internal consistency of the tool. Total 18 experts in the field of nursing validated the tool.

A formal permission was taken from three major local authorities regarding the study and given the brief description about the study. The researcher himself personally approached the bus drivers and informed consent was taken after verbal explanation about the study.

**RESULT Level of stress among bus drivers-**

In the study majority of the bus drivers have moderate level of stress i.e 93.6%. 4.3% of the bus drivers have low level of stress and 2.1% of the bus drivers have high level of stress. The mean of stress is 19.471 and S.D is 3.78.

**Assessment of domain wise coping strategies adopted by bus drivers.****-Assessment of Psychological Coping Strategies adopted by Bus drivers.**

The Bus drivers i.e 94.3% use coping strategies like Taking guidance from family members and relatives. And 89.3% use focusing on strength and ability while handling stress-full situation during psychological coping

**-Assessment of Physiological Coping Strategies adopted by Bus drivers**

The Bus drivers i.e 89.3% use coping strategies like Doing exercise, to keep the body healthy and fit physically during physiological coping.

**-Assessment of Financial Coping Strategies adopted by Bus drivers.**

The Bus drivers i.e 93.6% use coping strategies like reducing household budget to overcome financial problems and 91.4% use working for extra hours to solve financial problems during financial coping.

**-Assessment of Social Coping Strategies adopted by Bus drivers**

The majority of the Bus drivers i.e 72.9% use coping strategies like sharing problems with close friends during social coping.

**-Assessment of Spiritual Coping Strategies adopted by Bus drivers.**

The majority of the Bus drivers i.e 100% use coping strategies like praying to God during spiritual coping.

**ASSOCIATION BETWEEN STRESS WITH DEMOGRAPHIC VARIABLES.**

Demographic variables like Age, Education, Work experience, Monthly income, Type of family the p value of the association test of stress with demographic variables is more than 0.05. Concludes that, there is no significant association of these demographic variables with stress among bus drivers.

**CONCLUSION:**

Therefore, the study suggests that majority of bus drivers have moderate level of stress i.e 93.6% and they use coping strategies like, Taking guidance from parents and relatives (94.3%), Doing exercise (89.3%), Reducing household budget (93.6%), Sharing problems with parents and colleagues (72.9%), Praying to God (100%).

**RECOMMENDATIONS:**

- This research can be conducted for more people to improve their research.
- A comparative study can be evaluated to assess their stress and coping strategies among bus drivers.
- Cognitive impairment can be done to explain the quality of life of bus drivers.
- A similar study can be done in different settings

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