



“A STUDY TO ASSESS THE EFFECTIVENESS OF THOUGHT STOPPING ACTIVITY ON STRESS AMONG INDUSTRIAL WORKER IN SELECTED AREAS OF INDORE (M.P.)”

BY

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ABSTRACT

The greatest weapon against stress is our ability to choose one thought over another

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BACKGROUND AND OBJECTIVES:

Stress is unavoidable and integral part of our lives. Thought stopping activity is one of the techniques to manage the stresses. As per the survey conducted by Harris Poll on behalf of APA in August 2017, money and work are the

main sources of stress. Workplace stress is more strongly associated with health complaints than financial or family problems. Stress levels seem to be high in India compared to other countries, both developed and emerging, says a survey conducted by Cigna TTK Health Insurance. Most of the studies on work related stress have been done in developed countries. India being a large country with high population quite a large number of people employ in the industrial sector only little efforts have been found in assessing the work stress. There for it worthwhile to investigate and analyze the factors responsible for work stress. The present study attempts to assess the effectiveness of thought stopping activity (progressive muscle relaxation) on stress among industrial workers. Types of study were quantitative experimental approach, quasi experimental research design.

THE OBJECTIVES OF THE STUDY ARE:

- To assess the level of stress before thought stopping activity among the industrial worker in selected area of Indore.
- To assess the level of stress after thought stopping activity among the industrial worker in selected area of Indore.
- To compare the pre test and post test stress of industrial worker in selected area of Indore.
- To find the association between post test stress score of industrial worker with their selected demographic variables.

METHODS:

Standardized tool and stress assessment scale questionnaire was used to assess the level of industrial worker stress. Data was collected from industrial area of Indore.

A pilot study was conducted with 8 industrial workers to refine the methodology and find the feasibility of the study. Reliability of tool was tested by Karl Pearson's Correlation Coefficient formula.

Purposive sampling technique was used to select 80 industrial workers for the main study.

The data collected was analyzed by using descriptive and inferential statistics.

RESULT:

The study was conducted among 80 industrial workers in selected area of Indore Computed t value 2.962 indicated significant differences between before and after thought stopping activity (stress) level score at the level of P value 0.05. The main finding of this study is that the stress level of the workers under the pre- test therapy was high, on the average basis it was 155.163 and after therapy it is 67.320 after post test.

INTERPRETATION AND CONCLUSION:

Demographic variable has been analyzed through applied post- test Stress level; it is found that on the all 11 variable the result comes under low level category i.e. 46-115. In the nut shell it can be said that therapy reduced stress level.

KEYWORDS:

Thought stopping activity: Worker: Stress:



LIST OF ABBREVIATIONS USES

PMR	: Prograsive muscle relaxation
NS	: not significant
S	: significant
<	: less than
>	: Greater than
%	: percentage
S.D.	: Standard deviation
χ^2	: chi- square
M.P.	: Madhya Pradesh
E	: Experimental group
X	: Intervention
ILO	: International labor organization
NGOs	: Non-governmental organizations
JCQ	: Job Content Questionnaire

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CHAPTER –I

INTRODUCTION

1.1 INTRODUCTION (BACKGROUND OF STUDY):-

Stress is the "wear and tear" our body experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As a negative influence, it can result in feelings of distrust, rejection, anger, and depression, which in turn can lead to health problems such as headaches, upset stomach, rashes, ulcers, high blood pressure, heart disease, and stroke. Stress is an internal state of mind which can be caused by environmental and social situations. So it is necessary for the organizations to identify stress level of the employees in order to rectify it for the betterment of both the employee and employer.

We all talk about stress and feeling stressed, usually when we feel we have too much to do and too much on our minds, or other people are making unreasonable demands on us or we are dealing with situations that we do not have control over. The situation which makes us to become stress is known as Stressors. Signs expression of stress can be seen in people's changing behaviour. Acute responses to stress may be in the areas of feelings (anxiety, depression, irritability, fatigue), behaviour (being withdrawn, aggressive, tearful, unmotivated), thinking (difficulties of concentration and problem solving) or physical symptoms (palpitations, nausea, headaches). If stress persists, there are changes in neuroendocrine, cardiovascular, autonomic and immunological functioning, leading to mental and physical ill health (anxiety, depression, heart disease) The Situations which cause stress are those that are unpredictable or uncontrollable, uncertain, ambiguous or unfamiliar, or involving conflict, loss or performance expectation.

The topic factors leading to work stress and its impact on employee performance with special reference to Reliance fresh is discussed here. The stores of this company deal with retail food, groceries, clothing and other retail services in entire India. This company has an organized hierarchy with planned events of its products and services. One can find large number of employees in every store who are rigorously working at day/ night shifts. As the customer flow for this company is regular, every employee requires working continuously without taking any extra time for rest. Therefore, the researcher brought up the aim of figuring out stress levels in Reliance Fresh and the methods of managing it by company. Later, the researcher shall inspect different working conditions of Reliance Fresh Company that causes stress among the employees. There will be recommendation too according to the findings of the research. It has been noted that there is confusion between pressure and stress and hence it is used to excuse bad management practice. Stress begins in a wide range of work environment thus it is often made worse when employees feel that they have no support from higher authority and colleagues, and find it to control over work processes. Research shows that the many of the stressful type of work is that which demands excessive pressures that are not compatible to workers' knowledge and abilities, because there is no opportunity to practice any choice

or control, and there is no support from others. Work-related stress can be caused by not properly managed work organization, by not properly managed work design, poor management; working folks are not happy with conditions, and less of support from colleagues and supervisors.

As per the survey conducted by Harris Poll on behalf of APA in August 2017, money and work are the main sources of stress. Workplace stress is more strongly associated with health complaints than financial or family problems. In 10 Americans are afflicted by stress 79% of Americans feel stress sometimes or frequently in their daily lives Index among U.S adults have dropped from 62.1 to 61.5 from the year 2016 to 2017 Americans stress level, on a 10-point scale has increased from 4.8 to 5.1 between August 2016 and January 2017. In United Kingdom The total number of cases of workplace stress, depression or anxiety in 2016/17 was 526,000 cases, a prevalence rate of 1,610 per 100,000 workers. The number of new cases was 236,000, an incidence rate of 720 per 100,000 workers. The total number of working days lost due to this condition in 2016/17 was 12.5 million days. This equated to an average of 23.8 days lost per case. Working days lost per worker due to self-reported workplace stress, depression or anxiety has remained broadly flat but has shown some fluctuations. In 2016/17 stress, depression or anxiety accounted for 40% of all work-related ill health cases and 49% of all working days lost due to ill health. In Australia 62% people felt that stress not only impacted their sleep but their social relationship as well 52% accepted that they became irritable with loved ones and colleagues 36% felt reluctant to take part in social activities 18% felt that they were unable to support family members due to stress In Canada 46% of working people feel a bit of stress on a day to day basis 6 in 10 (58%) working people feel overworked 1 in 4 working people has left a job due to stress Working people are under a lot of pressure on the job 38% of people whose earning < \$40K have left a job due to stress 27% of people have also said goodbye to an employer due to overwhelming job stress. In Germany 1 million working people experienced mental or emotional stress at work Burnout costs 9 billion euro's in lost productivity annually to employers 8 days of work per year due to illness In Japan Japanese work culture is very stressful and hazardous. Japanese are a very hard worker. Overtime work is the major source of stress for them. 45% of Japanese men can't sleep due to workplace stress 3% of employee's work 49 or more hours each week on an average 3 thousand people committed suicide in Japan. More than 20% of employees clocked dangerous levels of overtime each month One-fifth of employees are at the risk of death from overwork. In France A quarter of French workers are in hyper stress and over half suffer from a high level of anxiety 52% of employees were experiencing high levels of anxiety with 16% having an anxiety disorder 51% of employees don't experience stress at work at all. "Having to deal with a lot of complex information" and a lack of time were two of the major causes of stress, said Stimulus. In India 80% of employees are suffering from stress at work 60% of employees want to quit their jobs due to workplace stress 1 in 2 employees suffers from anxiety and depression 90% of employees are interested to participate in corporate stress management programs.

There are many techniques to manage the stress. Out of which thought stopping activity is one of most effective technique to manage the stress. Thought stopping is cognitive technique in which train of negative thought is stopped by various means such as shouting 'stop' or silently saying 'stop' to oneself clapping and rubber band

snapping as thought proceed in mind. Keeping this information in the background a study was conducted for the industrial worker at Indore.

1.2 NEED OF THE STUDY:-

Industrial world is **globally** known for its stressful environment. It is because of advancements in science & technology which have brought remarkable transformation in the way through which work is carried out in industries which ultimately lead to development of stress among employees. The stressful environment often exerts negative effects upon both physical and mental health of employees. Individual personal characteristics (age, gender, marital status, number of children, income level, and education level), Job characteristics (nature of work, type of department, job position, working hours, and length of service), & organizational working environments (conflict at work, work over load, poor physical conditions, employment opportunities, and social support from boss/colleagues).

The workplace factors that can cause stress are called psychosocial hazards. The ILO defined psychosocial factors (hazards) in 1984, in terms of “interactions between and among work environment, job content, organizational conditions and workers’ capacities, needs, culture, personal extra-job considerations that may, through perceptions and experience, influence health, work performance and job satisfaction”. This definition emphasized the dynamic interaction between the work environment and human factors. A negative interaction between occupational conditions and human factors may lead to emotional disturbances, behavioural problems, biochemical and neuro-hormonal changes, presenting added risks of mental or physical illness. On the contrary, when working conditions and human factors are in balance, work creates a feeling of mastery and self-confidence; increases motivation, working capacity and satisfaction; and improves health

Stress levels seem to be high in **India** compared to other countries, both developed and emerging, says a survey conducted by **Cigna TTK Health Insurance**. About 89% of the population in India says they are suffering from stress compared to the global average of 86%. Nearly 75% of respondents here do not feel comfortable talking to a medical professional about their stress and cite cost as one of the barriers. 80% of employees are suffering from stress at work 60% of employees want to quit their jobs due to workplace stress 1 in 2 employees suffers from anxiety and depression 90% of employees are interested to participate in corporate stress management programs

A descriptive study is conducted on thought stopping activity by Vishal R. Naikare and Priyanka kale in Aug. 2015 on industrial workers of industries from **pune** target population is industrial workers of industries from Maharashtra. Sample size is 60. Data collection tool is self reported semi structured questionnaire and perceived stress assessment scale. Then analyzed data is presented in tabulate form. Result findings of experimental group over all pretest stress score was 73.7 and post test stress score was 48.3. t test was used to test the research hypothesis and it was accepted as $t_{\text{calculated}} > t_{\text{table}} (7.9 > 2.05)$. It shows that thought stopping activity was very effective in reduce level of stress among industrial worker.

The 51 districts of **Madhya Pradesh** are divided in 7 AKVN's (Audyogik Kendra Vikas Nigam) headquartered at Bhopal, Indore, Gwalior, Jabalpur, Ujjain, Rewa&Sagar. Land availability is one of the key factors for setting up of an industrial unit. In Madhya Pradesh, one can choose from 48,000 hectares (1,18,610 acres) of Government land bank. According to Annual Survey of Industries 2016 4426 No. of factories and 268004 No. of Workers present.

The state is leader in textile manufacturing, automobiles, food processing, engineering and agriculture equipment manufacturing. The peaceful manpower of the State is an added advantage for industrial development. All the above mentioned factors pave the way for the Madhya Pradesh to become a developed state.

(Indore)-> Madhya Pradesh has India's first green-field SEZ in Pithampur which covers total area of 1,114 Hectare and is located 35 km from the city of Indore. A total of 50 industrial units have been established in Pithampur. Total investment made in Pithampur SEZ is approximately Rs 41,900 million, export business done till last year from the SEZ was approximately Rs 123,000 million and total employment generated is around 16,000. Apart from Pithampur SEZ state has 4 IT SEZ, one Government's Crystal IT Park in Indore and three private operated SEZs - Infosys, TCS and Impetus, all in Indore. One more multi-purpose SEZ is proposed in Chhindwara.

Most of the studies on work related stress have been done in developed countries. India being a large country with high population quite a large number of people employ in the industrial sector only little efforts have been found in assessing the work stress. There for it worthwhile to investigate and analyze the factors responsible for work stress.



CHAPTER-II

OBJECTIVE

2.1 PROBLEM STATEMENT:-

A study to assess the effectiveness of thought stopping activity on stress among industrial worker in selected areas of Indore (M.P).

2.2 OBJECTIVES OF STUDY:-

- To assess the level of stress before thought stopping activity among the industrial worker in selected area of Indore.
- To assess the level of stress after thought stopping activity among the industrial worker in selected area of Indore.
- To compare the pre test and post test stress of industrial worker in selected area of Indore.
- To find the association between post test stress score of industrial worker with their selected demographic variables.

2.3 HYPOTHESES:-

H1- There will be significant difference between pre-test and post test of thought stopping activity on stress among industrial workers in selected area of Indore and $p \leq 0.05$ level of significant.

H2- There will be significant association between post test stress score of the industrial workers with their selected demographic variables.

2.4 ASSUMPTION

It is assumed that:-

- Thought stopping activity may reduce stress among industrial worker.

2.5 OPERATIONAL DEFINITION:-

(1) **ASSESS**-according to oxford dictionary assess means “Evaluate or estimate the nature, ability, or quality of.”

In this study assess means to identify the industrial worker with stress by the help of self-questionnaire method. To assess level of stress, type of stress, and how resolve from stressful situation.

(2) **Effectiveness**— according to oxford dictionary effectiveness “the degree to which something is successful in producing a desired result.”

this study it refers to the extent to which the thought stopping activity reduces the stress among the industrial worker.

(3) **Thought**-according to oxford dictionary “An idea or opinion produced by thinking or occurring suddenly in the mind”.

In this study thought is unwanted idea or opinion produce by thinking or occurring suddenly in mind at the time of work.

(4) **Thought stopping activity**- according to oxford dictionary a technique of behavior therapy used in the treatment of obsessional thought. Attention is voluntarily withdrawn from these thoughts and focused on some other vivid image or engrossing activity.

In this study thought stopping activity is activity that is used in industrial worker for reduce stress and divert the mind from negative thoughts.

Progressive muscle relaxation- according to Melissa Stanger Anxiety clogs our minds with unwanted thoughts and obsessions, and keeps us stuck in our heads. By feeling our body intentionally through muscle isolation, we can draw the attention away from our brain and into different parts of our body.

Progressive muscle relaxation- according to Edmund Jacobson - or PMR, is very useful to use when feeling stressed, anxious or when preparing for sleep. The technique involves alternating tension and relaxation in all of the body’s major muscle groups.

(5) **Stress**-according oxford dictionary “A state of mental or emotional strain or tension resulting from adverse or demanding circumstances.”

In this study stress in industry occurs at every level. It is usually of psychologically rather than physical origin and may originate outside industry. Symptoms and sign of acute and chronic stress are described.

(6) **Worker**— according to oxford dictionary “A person who does a specified type of work or who works in a specified way.”

In this study worker means those person who are working in industrial area.

(7) Industry-according to oxford dictionary “Economic activity concerned with the processing of raw materials and manufacture of goods in factories.”

In this study industrial area means where the industrial worker affected with stress will be subjected to study.

2.6 DELIMITATION:-

The study limited to

- (1) Study duration 2 weeks.
- (2) Sample size of 80.
- (3) Industrial worker (21-40 years) in selected industrial areas Indore (MP).

Industrial worker who have stress and not under any medical treatment or therapy.

2.7 CONCEPTUAL FRAMEWORK –

The conceptual framework of the study is based on Sr.Callista Roy’s Adaptation Model (1984). The concept of this conceptual framework is human being, stimuli, adaptation model and nursing. According to Roy’s the person is a biopsychological human being, who is in constant interaction with a changing environment. The person is conceptualized in a holistic perspective as living systems. Characteristics of a system include inputs, control process, outputs and feedback.

Application of the Roy’s Adaptation Model in the present study:

Input

Here the inputs are industrial workers Age, Gender, Marital status, Number of Children, Type of family, Workers education, Job level, Income of the family, Working experience, Distance from home to working area. Preparation of thought stopping activity regarding implementation of stress

Process

Consist of the process the system used to convert input into the output. Here the throughput is the administration of Standardized stress assessment questionnaire scale and checklist on the one day,

Administration of thought stopping activity on industrial worker stress on the same day and administration of Standardized stress assessment questionnaire scale and checklist on the seventh day

Output

It is the energy, material or information that is transferred to the environment, in the present study, evaluation of the effectiveness of thought stopping activity on stress among industrial worker in selected industrial areas is the output that may also be regarded as the product of the process. This is achieved through a comparison between pretest and posttest scores of the subject.

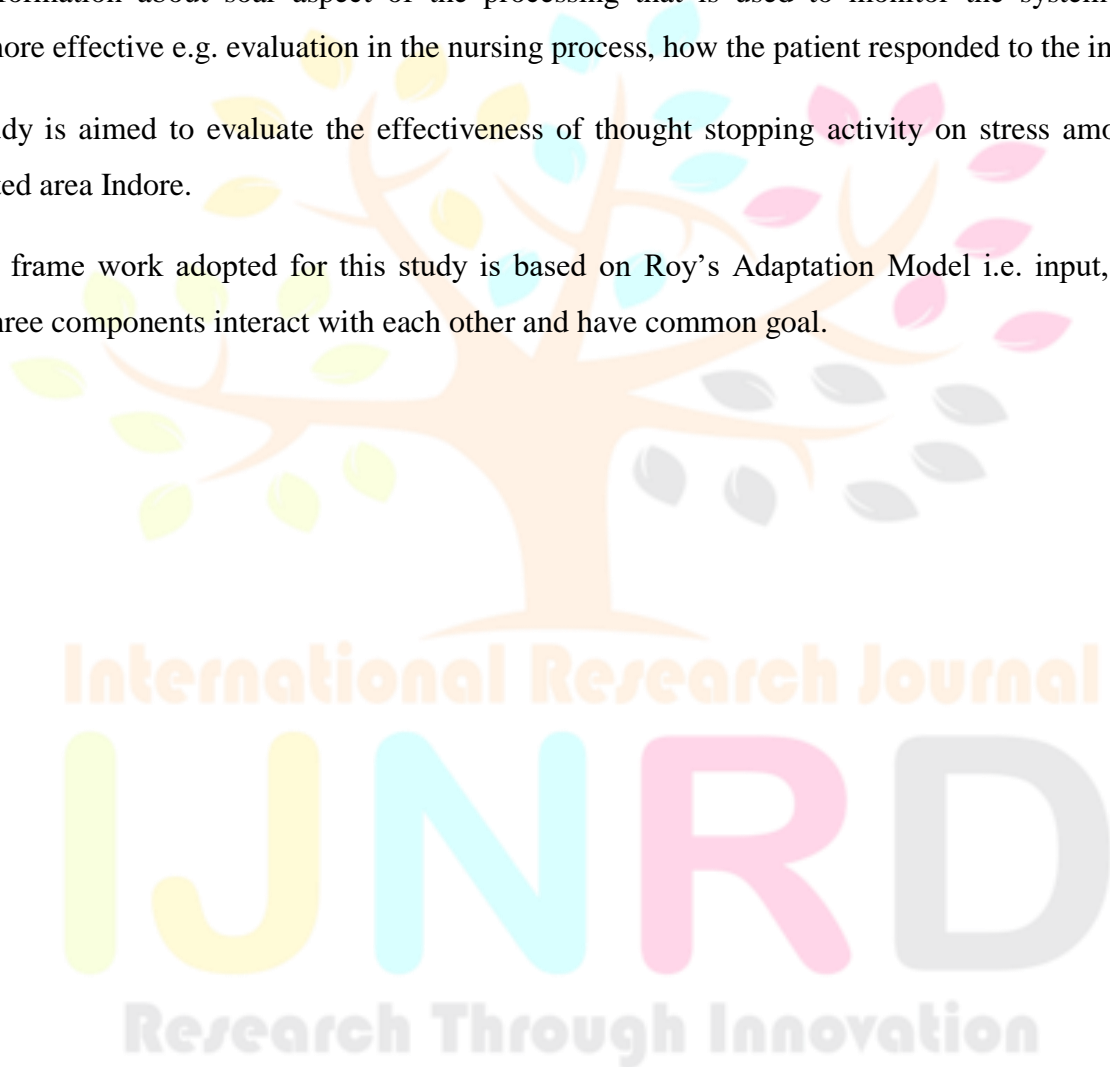
Open system

Feedback

Feedback is information about some aspect of the processing that is used to monitor the system and make its performances more effective e.g. evaluation in the nursing process, how the patient responded to the intervention.

The present study is aimed to evaluate the effectiveness of thought stopping activity on stress among industrial worker in selected area Indore.

The conceptual framework adopted for this study is based on Roy's Adaptation Model i.e. input, process, and output. These three components interact with each other and have a common goal.



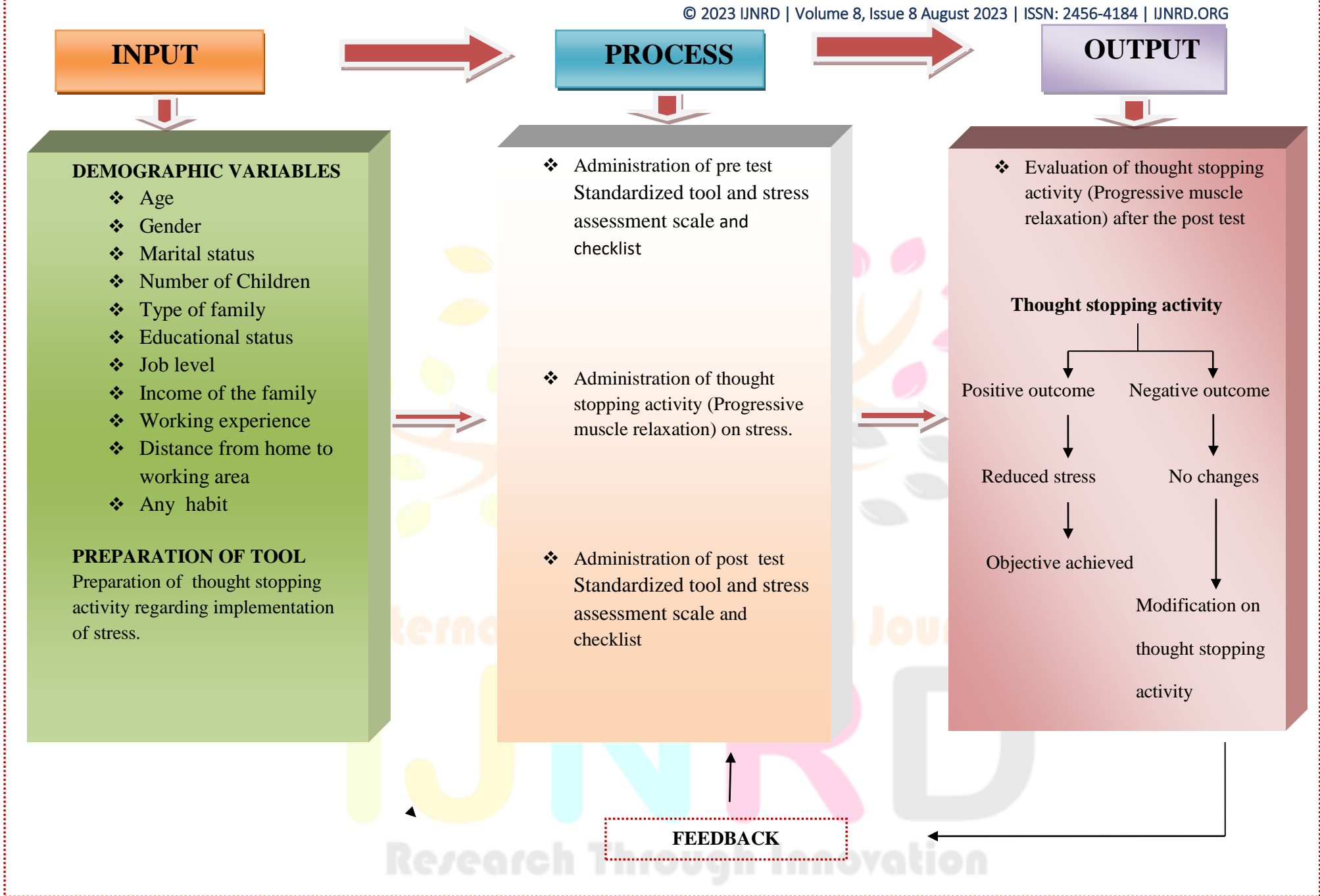


FIG . NO. 1: MODIFIED CONCEPTUAL FRAMEWORK BASED ON ROY'S ADAPTATION MODEL

SUMMARY

The chapter deals with introduction, statement of the problem, objective, hypothesis, Assumption, Operational definition, delimitation of the study and conceptual frame work.



CHAPTER –III

REVIEW OF LITETATURE

Literature reviews a process that involves finding, regarding, understanding and forming conclusion about published research theory on a particular topic.

Related research and non research literature was reviewed to broaden the understanding and gain inside in to the selected program under study .the overall process of a review of literature is to developed strong knowledge base to carry out the research and other scholarly educational and practice activities.

Research may be done alone but never done in isolation .The production of new knowledge is fundamentally depend on past knowledge .It generates idea, help from significant questions and is instrumental process of research design .It is complex task that involves developing the skill to find message use and review literature.

The review of literature help the investigator in developing a deeper understanding and insight into the problem under study .It also helped in gaining information the trends and development. In this study the review of literature also help to collect maximum relevant information for building up the study in a manner so as to achieve the desired results.

The investigator reviewed various related literature for the present study and organized them under the following heading.

3.1 Related to sources of stress among industrial worker.

3.2 Related to stress management technique.

3.3 Related to stress and thought stopping activity.

3. REVIEW OF LITERATURE:-

3.1 Related to sources of stress among industrial workers-

A qualitative study is conducted by Kamaldeep Bhui, Sokratis Dinos, and Stephen Stansfeld 2016. Qualitative interviews were conducted with 51 employees from a range of organizations to identify causes of stress at work as well as individual, organizational and personal interventions used by employees to manage stress in public, private and non-governmental organizations (NGOs). Participants reported adverse working conditions and management practices as common causes of work stress. Stress-inducing management practices included unrealistic demands, lack of support, unfair treatment, low decision latitude, lack of appreciation, effort–reward imbalance, conflicting roles, lack of transparency and poor communication. Organizational interventions were perceived as effective if they improved management styles, and included physical exercise, taking breaks and ensuring adequate time for planning work tasks. Personal interventions used outside of work were important to prevent and remedy stress

A quasi-experimental study is conducted by Silvia Riva, Ezekiel Chinyio 2018. The present systematic literature review sought to address the foregoing limitation in the literature by summarizing the main source of stress and effectiveness of stress management interventions as grounded in the context of manufacturing. Our review was limited to only randomized clinical trials (RCTs) and quasi-experimental studies and concerned employees from the manufacturing sector. Twenty-two studies on primary, secondary and tertiary interventions across four continents (Asia, Europe, USA and South America) were selected and analyzed in terms of stress factors, methodological properties and outcomes. Most of these were RCT studies (68% Vs 32%) with a majority of secondary interventions (N = 11, 50%), followed by primary (N = 5, 22%), tertiary (N = 3, 13%), and two (9%) mixed interventions. The main outcomes included an improvement of psychological wellbeing, decreased stress reactivity and an increment of general health. There was a predominance of interventions utilizing skills programs and/or cognitive-behavioral techniques. The main source of stress reported related to professional identity, organizational deficiencies, interpersonal conflicts, physical complaints and poor work environment. Taken together, the findings provide important theoretical and practical implications for advancing the study of stress factors and the use of stress management interventions in the workplace

A cross sectional study is conducted by A.R. Anita 2020. It was conducted to determine the prevalence of occupational stress and to identify the association between the organizational factors with stress level among factory workers. Through a cross sectional study, 91 manufacturing workers were randomly sampled and data was collected using a questionnaire, namely the Job Content Questionnaire (JCQ). The validated self-administered Malay version of JCQ was used to verify the socio-demographic background, the stress level of the respondents and the factors contributed to work stress which is organizational factors. JCQ contains four factors which were the psychological demand (job demand), decision latitude (job control), social support and job insecurity. Overall the prevalence of occupational stress among the respondent was 25.3%. The result showed that

there were significant associations between occupational stress and decision latitude ($p<0.001$); psychological job demand ($p<0.001$); and job insecurity ($p=0.027$). However, there was no significant association between occupational stress level and social support ($p=0.433$). This study showed that three out of four organizational factors had significant associations to occupational stress indicating unhealthy work organization. In addition as the prevalence is considered low, work stressors can be detected at an early stage. Therefore, preventive measure or intervention needs to implement accordingly to alleviate the negative consequences since the occupational stress can be considered as a major hazard for the workers

A quantitative study is conducted by Joseph J Mazzola, Irvin Sam Schonfeld, Paul E Spector Stress and Health 2011.

While many reviews of job stress and the stressor–strain relationship have been conducted; such reviews typically focus exclusively on quantitative data. In the current paper, we review qualitative studies on occupational stress that met two criteria: (1) the studies employed qualitative methods; (2) the stressors, strains and/or coping strategies were grouped into identifiable, higher-order categories. Results indicated that the nature of the stressors experienced varied by (a) occupation, (b) country, (c) seniority and (d) gender. The review further revealed that organizational constraints, work overload and interpersonal conflict were relatively universal stressors. Anger and annoyance were the most frequently reported psychological strains in the United States and the United Kingdom, while Chinese workers exhibited tension and anxiety and Indian workers exhibited acceptance. Coping strategies also varied by gender, occupation and country. Research on gender differences suggested that, compared to men, women tended to report more interpersonal stressors.

A cross-sectional study is conducted by Ehsanollah Habibi et al. J Educ Health Promot 2014.

The aim of this study is determine the relationship between job stress score and work ability index (WAI) at the refinery workers. This is a cross-sectional study in which 171 workers from a refinery in Isfahan in 2012 who were working in different occupational groups participated. Based on appropriate assignment sampling, 33 office workers, 69 operational workers, and 69 maintenance workers, respectively, were invited to participate in this study. Two questionnaires including work related-stress and WAI were filled in. Finally, the information was analyzed using the SPSS-20 and statistic tests namely, analysis of covariance Kruskal-Wallis test. Pearson correlation coefficient, ANOVA and t-test. Data analysis revealed that 86% and 14% of participants had moderate and severe stress respectively. Average score of stress and standard deviation was 158.7 ± 17.3 that was in extreme stress range. Average score and standard deviation of WAI questionnaire were 37.18 and 3.86 respectively. That placed in a good range. Pearson correlation coefficient showed that WAI score had significant reversed relationship with a score of stress.

A comparative study is conducted by S Basu et al. Occup Med (Lond) 2016 Dec.

To develop, implement and evaluate a questionnaire examining the origins of occupational stress in the ED. A questionnaire co-designed by an occupational health practitioner and ED management administered to nursing, medical and support staff in the ED of a large English teaching hospital in 2015. The questionnaire assessed participants' demographic

characteristics and perceptions of stress across three dimensions (demand-control-support, effort-reward and organizational justice). Work-related stressors in ED staff were compared with those of an unmatched control group from the acute ear, nose and throat (ENT) and neurology directorate. A total of 104 (59%) ED staff returned questionnaires compared to 72 staff (67%) from the acute ENT/neurology directorate. The ED respondents indicated lower levels of job autonomy, management support and involvement in organizational change, but not work demand. High levels of effort-reward imbalance and organizational injustice were reported by both groups.

A study is (Surveys conducted) by Rica, Bhattacharyya & Sreeradha D Basu, in the year 2018. India INC looks to deal with rising stress in employees. Stress levels and anxiety are rising among employed Indians owing to growing uncertainty in jobs in a highly disruptive environment. Millennial professionals face the highest risk of suicide and among them women are the most vulnerable, according to 1to1help.net findings. Stress levels are rising among employed Indians owing to growing uncertainty in jobs in a highly disruptive environment as well as increasing anxiety in personal lives, studies have revealed. Increasing stress has, in turn, led to a surge in the number of people who are suffering from depression and are at high risk of suicide. Employers, therefore, face an increasing challenge of dealing with workers who are not only personally depressed but may also adversely impact the productivity of their organisations. Surveys conducted by Optum and 1to1help.net, two of the leading providers of employee assistance programmes to Indian organisations, have shown a significant increase in the number of workers who are severely depressed or who are vulnerable to taking their lives due to rising stress levels.

A study is (Surveys conducted) by Zhonghua Lao Dong Wei Sheng Zhi Ye Bing ZaZhi 2016 Oct. To investigate understand the current status of the sense of coherence and occupational stress in modern service workers, and to analyse the association between occupational stress and the sense of coherence. From March to April, 2016, 834 modern service workers from 3 companies in Shanghai, China (in air transportation industry, marketing industry, and travel industry) were surveyed by non-random sampling. The self-completion questionnaires were filled out anonymously given the informed consent of the workers. The occupational stress questionnaire was used to evaluate occupational stress, and the Chinese version of the Sense of Coherence Scale was used to assess the mental health. Results: The mean score for the sense of coherence of the respondents was 61.54 ± 10.46 , and 50.1% of them were self-rated as having occupational stress. There were significant differences in SOC score between groups with different ages, marital status, positions, lengths of service, family per capita monthly income, and weekly work hours ($P < 0.05$). The occupational stress score differed significantly across groups with different marital status, lengths of service, and weekly work hours ($P < 0.05$). The scores for working autonomy, social support, and occupational stress differed significantly between groups with different SOC levels ($P < 0.05$). There were significant differences in SOC score and the distribution of low-SOC respondents between groups with different levels of working autonomy, social support, and occupational stress.

A study is (Surveys conducted) by Wan-Yu Yeh et al. Int J Ment Health Syst. 2019. Stress and psychological disorders have been assigned increasing significance in the field of occupational health. Based on Japan's psychiatric disability occupational disease recognition regulation, Taiwan's Council of Labor Affairs announced "Evaluation Guidelines for psychiatric diseases induced by work-related stress" in 2009. Methods: This study recruited 2319 workers from the manufacturing, service, and public administration sectors to participate in a survey between 2010 and 2011. The survey included questions regarding participants' demographic characteristics, job type or attributes, a life event stress intensity evaluation Table (35 work-related and 23 non-work-related items on a scale of 1-Analyses of survey results showed events relating to employment security (e.g., "company bankruptcy" and "being fired or forced to retire" scores; mean stress intensity scores both 6.18) were the cause of the highest intensity work-related stress. Within different demographic/job type categories, women had higher stress intensity scores for most items than men (greatest difference in "sexual harassment in the workplace" score). Furthermore, executive class workers generally experienced more psychological stress than blue-collar workers (greatest difference in "serious injury or disease due to work" score). Results from regression analysis supported the observation that employees' burnout and work-related stress was more significant than non-work-related stress. Moreover, work-related/non-work-related stress intensity levels both had significant negative predictive effects on mental health

3.2 Related to stress management techniques-

A quasi-experiment is conducted by Lawrence R Murphy, Susan Sorenson Journal of Organizational Behavior 1988. A study was used to compare employee behaviors before and after stress management training. Organizational records on employee absenteeism, performance ratings, equipment accidents, and work injuries were obtained for highway maintenance workers who received biofeedback (BIO=21) or muscle relaxation (MR=16) training. Similar data were gathered for a comparison group of employees who did not volunteer for training (n = 80). The pre-training period (time 1) consisted of 2 1/2 years. The post-training period was divided into the year immediately after training (time 2) and the following 1/2 year (time 3). Multiple regression analyses indicated that the MR (but not BIO) group variable explained unique variance in time 2 absenteeism ($p < 0.05$) but not in performance ratings, equipment accidents, nor work injuries ($p > 0.05$). Neither group entered predictive models for any measure at time 3 ($p > 0.05$). The results provide limited support for relaxation training offered as a prevention activity in work settings.

A experimental study is conducted by Umesh C Dwivedi et al. Ind Psychiatry J. Jul-Dec 2015. Yoga is a technique that brings an improvement on mental and physical level by means of posture, breathing control methods, and silencing the mind through meditation. Though yoga has received less scientific consideration, there

has been a significant growth in the study of yoga in the healthy population. Mindfulness and self-control practices like yoga encourage individuals to be aware and accept their aggression linked thoughts and emotions simply as a short-lived state rather than to control them. The positive effects of yoga on the improvement of personality traits are already proven. This paper introduces a simple model of cost-effective, trials of yoga intervention at the workplace which could result in the twin benefits of substantial savings from losses for the employers by reducing the CWB and health improvements for the employees by reducing the negative affectivity and aggression. Internet databases such as PubMed, Google Scholar, and APA PsycNET were accessed. The available data were systematically reviewed in a structured manner and analyzed. Physical activity and relaxation in the work setting to reduce the need for recovery.

A qualitativestudy is conducted by Formanoy MA, et al. BMC Public Health in the year 2016. To recover from work stress, a worksite health program aimed at improving physical activity and relaxation may be valuable. The aim of this study was to identify subgroups for which one intervention may be better suited than another by using a new method called QualitativeInteraction Trees (QUINT). Data were used from the "Be Active & Relax" study, in which 329 office workers participated. Two delivery modes of a worksite health program were given, a social environmental intervention (group motivational interviewing delivered by team leaders) and a physical environmental intervention (environmental modifications). The mean improvement in NFR of younger office workers in the social environmental intervention group was significantly higher than younger office workers who did not receive the social environmental intervention (10.52; 95 % CI: 4.12, 16.92). Furthermore, the mean improvement in NFR of older office workers in the social environmental intervention group was significantly lower than older office workers who did not receive the social environmental intervention (-10.65; 95 % CI: -19.35, -1.96). The results for the physical environmental intervention indicated that the mean improvement in NFR of office workers (regardless of age) who worked fewer hours overtime was significantly higher when they had received the physical environmental intervention than when they had not received this type of intervention (7.40; 95 % CI: 0.99, 13.81).

A qualitative study is conducted by Ramajayam Govindaraj et al. Int Rev Psychiatry 2016. Yoga is a multifaceted spiritual tool with enhanced health and well-being as one of its positive effects. The components of yoga which are very commonly applied for health benefits are asanas (physical postures), pranayama (regulated breathing) and meditation. In the context of asanas, yoga resembles more of a physical exercise, which may lead to the perception that yoga is another kind of physical exercise. This article aims at exploring the commonalities and differences between yoga and physical exercise in terms of concepts, possible mechanisms and effectiveness for health benefits. A narrative review is undertaken based on traditional and contemporary literature for yoga, along with scientific articles available on yoga and exercise including head-to-head comparative trials with healthy volunteers and patients with various disease conditions. Physical exercises and the physical components of yoga practices have several similarities, but also important differences. Evidence suggests that yoga interventions appear to be equal and/or superior to exercise in most outcome measures. Emphasis on breath

regulation, mindfulness during practice, and importance given to maintenance of postures are some of the elements which differentiate yoga practices from physical exercises.

3.3 Related to stress and thought stopping activity-

A quantitative study is conducted by Amy D Khasky, Jonathan C Smith 1999. In this study 114 participants in four groups practiced 25 minutes of progressive muscle relaxation, yoga stretching, imagery, or a control task. Before and after training, participants took state versions of the Smith Quick Stress Test and the Smith R-State Inventory. After training, all took both the Verbal and Figural forms of the Torrance Tests of Creative Thinking. At posttest, groups' scores did not differ on Creativity; however, when compared with yoga stretching, imagery trainees had lower posttest scores on Negative Affect. Both yoga stretching and imagery trainees displayed higher scores on self-reported Physical Relaxation than did controls. Progressive muscle relaxation trainees had lower scores on Somatic Stress than controls. Paradoxically, for all relaxation trainees, Disengagement (feeling “distant, far away, indifferent”) correlated positively with both Negative Affect and Physical Relaxation, suggesting that disengagement in relaxation may not lead to relaxation-induced anxiety but may help one cope with such anxiety.

A quantitative study is conducted by Ba Edimansyah et al. J Occup Med Toxicol. 2008. To examine the effects of short duration stress management training (SMT) on self-perceived depression, anxiety and stress in male automotive assembly workers, 118 male automotive workers from Pekan, Pahang (n = 60, mean age = 40.0 years, SD = 6.67) and Kota Bharu, Kelantan (n = 58, mean age = 38.1 years, SD = 5.86) were assigned to experimental and control group, respectively. A SMT program consisting of aerobic exercise, stress management manual, video session, lecture, question and answer session, and pamphlet and poster session were conducted in the experimental group. A validated short-form Malay version of the Depression Anxiety Stress Scales (DASS-21) were self-administered before and after the intervention program in the experimental and control group and their time and group interaction effects were examined using the repeated measure ANOVA test. Results indicated that the mean (SD) scores for DASS-Depression (p = 0.036) and DASS-Anxiety (p = 0.011) were significantly decreased, respectively, after the intervention program in the experimental group as compared to the control group (significant time-group interaction effects). No similar effect was observed for the mean (SD) scores for DASS-Stress (p = 0.104). However, the mean (SD) scores for subscales of DASS-Depression (Dysphoria, p = 0.01), DASS-Anxiety (Subjective Anxiety, p = 0.007, Situational Anxiety, p = 0.048), and DASS-Stress (Nervous Arousal, p = 0.018, Easily Upset, p = 0.047) showed significant time and group interaction effects. These findings suggest that short duration SMT is effective in reducing some aspects of self-perceived depression, anxiety and stress in male automotive workers.

A comparative study is conducted by GregFeldmanaJoannaSenvillea 2010. Decentering has been proposed as a potential mechanism of mindfulness-based interventions but has received limited empirical examination to date in experimental studies comparing mindfulness meditation to active comparison conditions. In the present study, we compared the immediate effects of mindful breathing (MB) to two alternative stress-management techniques:

progressive muscle relaxation (PMR) and loving-kindness meditation (LKM) to test whether decentering is unique to mindfulness meditation or common across approaches. Novice meditators (190 female undergraduates) were randomly assigned to complete one of three 15-min stress-management exercises (MB, PMR, or LKM) presented by audio recording. Immediately after the exercise, participants completed measures of decentering, frequency of repetitive thoughts during the exercise, and degree of negative reaction to thoughts. As predicted, participants in the MB condition reported greater decentering relative to the other two conditions. The association between frequency of repetitive thought and negative reactions to thoughts was relatively weaker in the MB condition than in the PMR and LKM conditions, in which these two variables were strongly and positively correlated. Consistent with the construct of decentering, the relative independence between these two variables in the MB condition suggests that mindful breathing may help to reduce reactivity to repetitive thoughts. Taken together, results help to provide further evidence of decentering as a potential mechanism that distinguishes mindfulness practice from other credible stress-management approaches.

A quantitative study is conducted by Muthulakshmi, K (2010). A study to assess the effectiveness of video assisted teaching programme on progressive muscle relaxation technique to reduce stress among cotton mill workers in selected industries at Dindigul. In this study effectiveness refers to determine the extent to which the teaching programme has brought intended result in terms of significant difference in pre and post test stress scores which is measured by statistical measurements. It's a process of showing set of pictures and information using laptop/television. In this study video assisted teaching programme refers to showing pictures and demonstrating the progressive muscle relaxation techniques for a period of 30 minutes by using Laptop for a group of cotton mill workers. Stress is prolonged unpleasant emotional state such as harmful physical and emotional state such as fear or anger. In this study the stress refers to harmful physical and emotional responses that occur when the requirements of job do not match the capabilities, resources or needs of workers which will be measured by Job stress inventory given by Arbor Employee Assistance, Omaha. One method of reducing muscle tension through a technique called Progressive Muscle relaxation in which muscles are relaxed part by part. In this study Progressive Muscle Relaxation (PMR) is a tension-reducing technique that involves the systematic tension and relaxing of specific muscle groups, helps to maintain positive attitude to make feel better emotionally, improve behavioural skills and enhance feelings of control on Job stress. Cotton mill workers may have stress towards their Job. Progressive muscle relaxation technique is helpful in reducing Job related stress. The study will provide data regarding level of stress among cotton mill workers. The findings of this study will help to practice progressive muscle relaxation techniques regularly and improve their psychological well being among cotton mill workers which in turn will help to reduce the occurrence of mental health problems.

A randomized controlled trial study is conducted by Ramesh Manocha, D Black, Jerome Sarris, C Stough 2011. To assess the effect of meditation on work stress, anxiety and mood in full-time workers. 178 adult workers participated in an 8-week, 3-arm randomized controlled trial comparing a “mental silence” approach to meditation (n= 59) to a “relaxation” active control (n= 56) and a wait-list control (n= 63). Participants were assessed before

and after using Psychological Strain Questionnaire (PSQ), a subscale of the larger Occupational Stress Inventory (OSI), the State component of the State/Trait Anxiety Inventory for Adults (STAI), and the depression-dejection (DD) subscale of the Profile of Mood States (POMS). There was a significant improvement for the meditation group compared to both the relaxation control and the wait-list groups the PSQ ($P=.026$), and DD ($P=.019$).

A quasi-experimental trial study is conducted by Bala Murali Sundram 2015. The aim of this study was to examine the effectiveness of Progressive Muscle Relaxation (PMR) as part of a Worksite Health Promotion Program on self-perceived stress, anxiety and depression among male automotive assembly-line workers through a quasi-experimental trial. Two assembly plants were chosen with one receiving PMR therapy and the other Pamphlets. Intention-to-treat analysis was conducted to test the effectiveness of the relaxation therapy. Stress, Depression and Anxiety levels were measured using the shortened DASS-21 questionnaire. Data were analyzed using χ^2 , Independent sample t test and Repeated measures analysis of variance to test the significance of the effects of intervention (time* group) for the measures of Stress, Depression and Anxiety. Significant favorable intervention effects on stress were found in the PMR group (Effect size= 0.6) as compared to the Pamphlet group (Effect size= 0.2). There was a significant group* time interaction effect ($p < 0.001$) on Stress levels. Depression and Anxiety levels were minimal at baseline in both the groups with mild or no reduction in levels. The improvement in stress levels showed the potential of PMR therapy as a coping strategy at the workplace. Further research in this field is necessary to examine the beneficial effects of coping strategies in the workplace

A randomized controlled trial study is conducted by Evangelos C Alexopoulos, Marilena Zisi, Georgia Manola, C Darwin, 2014. The study was a two-arm parallel group randomized controlled trial. 152 employees were randomly assigned to receive the 8-week programme ($N=80$) (relaxation breathing and progressive muscle relaxation, twice a day) or not (wait-list group $N=72$). Self-reported validated measures were used to evaluate perceived stress, health locus of control, job and lifestyle related variables. Saliva cortisol were also sampled and measured. Adjusted mean changes on outcomes were estimated by linear mixed model analysis. 127 employees were finally analyzed (68 in the intervention and 59 in the control group). Specific stress-related symptoms, psychological job demands and cortisol levels were found to be significantly decreased after 8-weeks in the intervention group. The result was probably affected by the general socio-economic condition during the study period. Cortisol levels were also significantly related with age, family situation, gender and sampling time. Simple relaxation training (diaphragmatic breathing and progressive muscle relaxation) could benefit employees and it is strongly proposed that these and other similar techniques should be tested in various labour settings.

A comparative study is conducted by Pookala Shivaram Bhat et al. Ind Psychiatry J. 2012 Jul. The industrial workers are exposed to stress and strain due to the tough nature of their duties. Yoga has been considered a suitable candidate for this job. Hence this study was undertaken to evaluate the psychological benefits of yoga in workers. Four hundred healthy young general duty workers were enrolled for this study and made into four matched groups of 100 each. One group was given regular Yoga practice in the morning, another group was given

regular physical training in the morning, third group was exposed to regular physical training in the morning and Yoga in the evening, and the last group was exposed to neither of them. All were assessed for their psychological state at base line, 4 weeks and at 12 weeks using specified scales. The findings were statistically analyzed. Yoga was found to have more beneficial psychological effect comparable to physical training. However maximum benefit was obtained when Yoga was combined with PT. Yoga has got positive psychological benefits in general duty workers when practiced regularly. The benefits are enhanced when Yoga is combined with PT.

A Pilot Study study is conducted by Beute F1, de Kort YAW in the year 2018. stopping the Train of Thought:

Previous research has pointed to stress-reducing effects of exposure to nature after acute stressors, but has not yet investigated effects in the realm of everyday life. The present pilot study explores whether an ecological momentary intervention using exposure to natural images could be effective in lowering stress and improve mood. Fifteen participants (12 females) scoring above threshold on stress, depression, or anxiety completed two study periods of 6 days. They watched an urban (control) or natural slideshow twice daily. Using Ecological Momentary Assessment, effects on mood, and stress-related complaints were measured in everyday life. Compliance to the study protocol was high, especially in the first week, with slightly more videos watched in the morning than in the evening. We found indications of improvements in mood, self-reported worrying (but not stress levels), and heart rate. The results suggest that twice-daily exposure to restorative visual content could be a viable Ecological Momentary Intervention, with the potential to reduce self-reported worry, lower autonomic activity, and increase positive affect.

A exploratory study is conducted by Math Janssen, Yvonne Heerkens, Wietske Kuijer, Beatrice Van Der Heijden, Josephine Engels 2018. The purpose of this exploratory study was to obtain greater insight into the effects of Mindfulness-Based Stress Reduction (MBSR) and Mindfulness-Based Cognitive Therapy (MBCT) on the mental health of employees. Methods Using PsycINFO, PubMed, and CINAHL, we performed a systematic review in October 2015 of studies investigating the effects of MBSR and MBCT on various aspects of employees' mental health. Studies with a pre-post design (i.e. without a control group) were excluded. Results 24

articles were identified, describing 23 studies: 22 on the effects of MBSR and 1 on the effects of MBSR in combination with some aspects of MBCT. Since no study focused exclusively on MBCT, its effects are not described in this systematic review. Of the 23 studies, 2 were of high methodological quality, 15 were of medium quality and 6 were of low quality. A meta-analysis was not performed due to the emergent and relatively uncharted nature of the topic of investigation, the exploratory character of this study, and the diversity of outcomes in the studies reviewed. Based on our analysis, the strongest outcomes were reduced levels of emotional exhaustion (a dimension of burnout), stress, psychological distress, depression, anxiety, and occupational stress. Improvements were found in terms of mindfulness, personal accomplishment (a dimension of burnout), (occupational) self-compassion, quality of sleep, and relaxation. The results of this systematic review suggest that MBSR may help to improve psychological functioning in employees.

RESEARCH METHODOLOGY

Research methodology is a way to systematically solve the research problem. It describes various step that are generally adopted the research in studying the research problem along with logic behind them and explain why he uses a particular method or technique so that research result are capable of being evaluated him or by others.

The methodology of the research study indicate the researchers overall plan for obtaining answer to research question and it spells out strategies that the researcher adopts to develop the information that is accurate ,objective and interpretable.

Research methodology includes research design, approach, setting, population, and sample, sampling technique, development and description of the tool, pilot study, and method of data collection, and plan for data analysis.

The present study aims” To assess the effectiveness of thought stopping activity on stress among industrial worker in selected areas of Indore (M.P).

4.1 RESEARCH APPROACH

Research approach indicates the basic procedure for conducting the study. The selection of approach depends upon the purpose of the study. Quantitative approach is used in this study. Its goal is to assess or evaluate the effectiveness of thought stopping activity.

This present study was aimed in determining the effectiveness of thought stopping activity. Quantitative most often uses deductive logic, in which researcher start with hypothesis and then collects data which can be used to determine whether empirical evidence to support that hypothesis exists. Hence it was felt that an approach enables the investigator to evaluate the effectiveness of thought stopping activity on stress among industrial worker and support hypothesis.

4.2 RESEARCH DESIGN

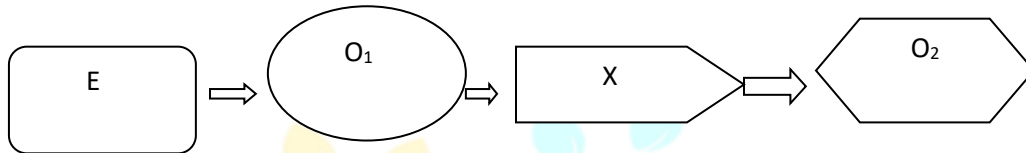
Research design is the arrangement of condition for the collection and analysis of data in a manner that aims to combine relevance to the research purpose with economy in procedures.

(Kothari C.R.2006)

The researcher design selected for the study was Quantitative experimental approach quasi experimental design is choose for the study.

pre test post- test group design. It judges the effect of the technique by the difference of stress assessment scale score between pre test and post test group. In this study this design helps to assess the effectiveness of thought stopping activity on stress among industrial worker.

Diagrammatic representation of the design is given below



E : Experimental group

O₁ : pre test

O₂ : post test

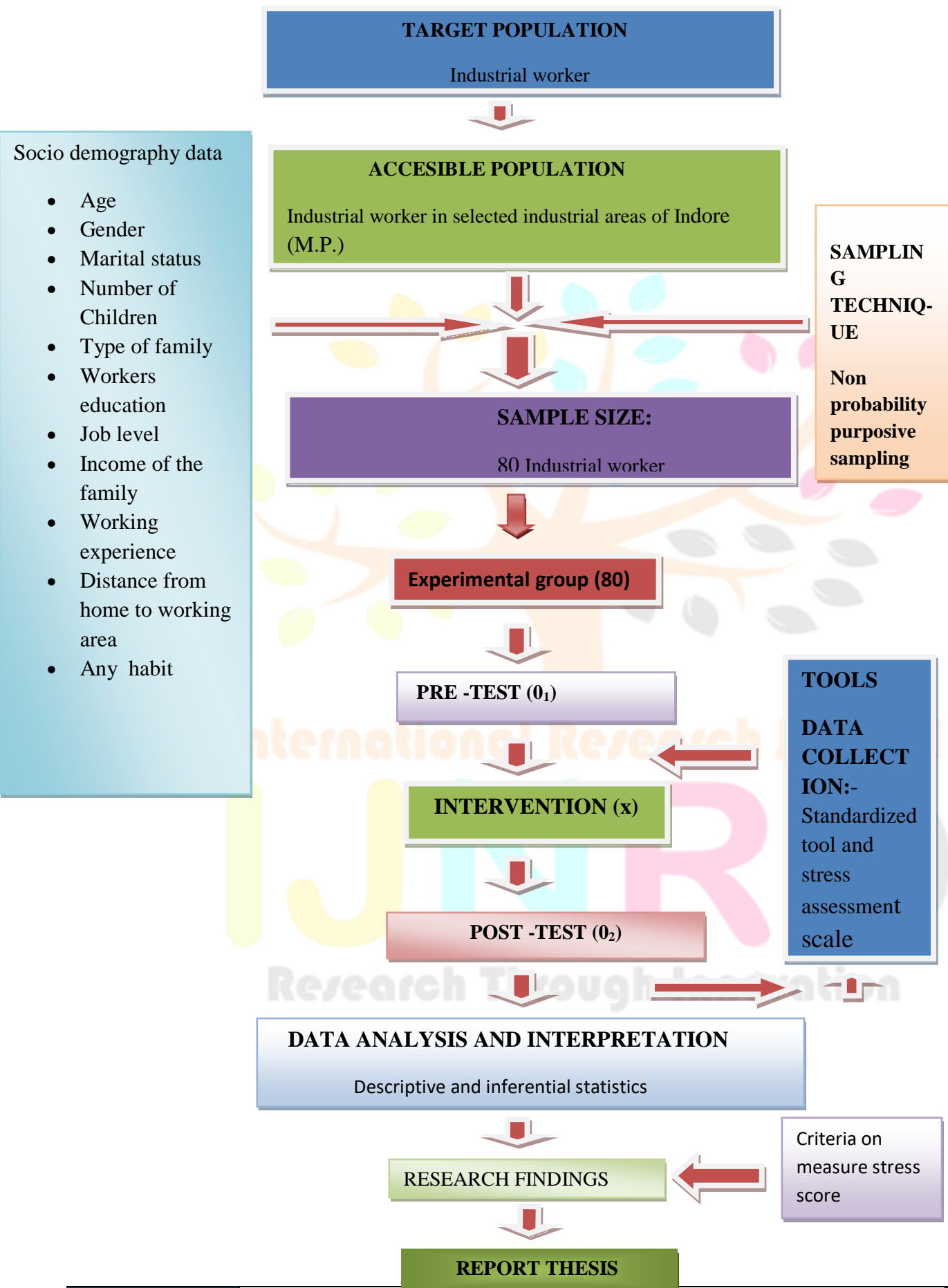
X : Intervention

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FIG.NO.3 SCHEMATIC PRESENTATION OF RESEARCH DESIGN USED FOR THE PRESENT



4.3 VARIABLES

Attributes and characteristics that can have more than one value, such as height and weight. In other words, variables are qualities, quantities, properties, or characteristics of people, things, or situation that change and vary. (S.K Sharma 2014)

Dependent variables: It is the outcome or response due to effect of the independent variables; which researcher wants to predict or explain. (S.K Sharma 2014)

In this study Stress of industrial worker is considered as the dependent variables in the study.

Independent Variables: The variables, that is believed to cause change or influence the dependent variable. (S.K. Sharma 2014)

In this study thought stopping activity is the independent variables.

4.4 RESEARCH SETTING:

Setting refers to the area where the study is conducted. (Pilot&Hungler.1999)

The present study was conducted in urban industrial area Indore (M.P). It is a urban community urban areas it have 200 worker in this factory. Work divide according to sift wise and supervise the work by supervisor. Here the supervisor work under guidance of manager

4.5 POPULATION

The term population refers to the aggregate or totality of all subjects or members conform to set of specification. (Polit&Hungler, 1999)

In the present study population refers to the industrial worker who having stress in selected industrial areas of Indore.

Target population

The entire population in which the researcher is interested and to which they would like to generalize the research findings. (BasavanthappaB.T.2007)

The target population in this study comprised of industrial worker.

Accessible population

The aggregate of cases that conform to designated inclusion or exclusion criteria and that are as subjects of the study. **(BasavanthappaB.T.2007)**

The accessible population in the study was industrial worker in selected industrial areas of Indore (M.P).

4.6 SAMPLE AND SAMPLE SIZE

Sample may be defined as representative unit of a target population, which is to be worked upon by researchers during their study. In other word, sample consist of subset of unit comprise the population selected by investigators or researchers to participant in their research project. **(Suresh Sharma**

2nd Edition 2014)

In this study sample comprised of 80 industrial worker between in selected industrial areas of Indore, who met the sampling criteria.

4.7 SAMPLING TECHNIQUE

Sampling is the process of selecting a representative part of the population. Thus, a carefully carried out sampling process helps to draw that represents the characteristics of the population from which the sample drawn. **(Suresh k Sharma 2ndEdition 2014)**

In the present study non probability purposive sampling technique was taken. In non purposive sampling techniques this design identical to the pre test-post test group design, except that there is no random assignment of subjects in experimental. In this design, experimental groups are selected where in the samples are gathered in a process that does not give all the individuals in the population equal chances of being selected in the sample. In this type of sampling every subject does not have equal chance to be selected because elements are chosen by chance through non random sampling method. Later, the experimental group receives treatment and after that post test observation of dependent variables is carried out for the assess the effects of treatment on experimental group.

4.8 CRITERIA FOR SELECTION OF SAMPLE

Inclusion criteria:

- Both male and female worker of age between 21 to 40 year.
- Samples will be taken after consent from worker.
- Who have stress and want to take intervention.

Exclusion criteria:

- Worker in age of below 21 years and above 40 year.
- Who are not available at time of data collection.
- Who already had undergone any therapy or thought stopping activity.

4.9 DEVELOPMENT OF THE TOOL

The study was aimed to assess the effectiveness of thought stopping activity on stress among the industrial worker in selected areas of Indore (M.P.). Thought stopping activity provide as a treatment of stress. In the tool Section B standardized stress assessment scale. An appropriate and effective method to assess the stress and the section A was developed to follow these steps.

The steps followed in the development of tool were:

- Review of research and non-research materials was made in the areas relevant to concept of thought stopping activity on stress among the selected industrial areas of Indore (M.P.)
- Reviewing of text books.
- Opinion and suggestion from experts.
- Reliability of tool

4.10 DESCRIPTION OF TOOL

The tool consists of 2 parts:

- **Section A (Socio Demographic data):** It consist of 11 items regarding demographic characteristics of the worker and was developed to collect the background information of the industrial worker. The item included in the demographic data collection are Age, Gender, Marital status, Number of Children, Type of

family, Workers education, Job level, Income of the family, Working experience, Distance from home to working area, Any habit.

- **Section B (Standardized stress assessment scale given by srivastav and singh 1981):** This section contains assessment of occupational stress level and response of thought stopping activity. The 5 point rating scale is standardized stress assessment scale consist of 46 questionnaires' related to industrial stress use to assess the level of stress among the industrial worker in selected areas of Indore (M.P.)

Questionnaires' rating

1 absolutely false,

2 for almost false,

3 for partially true,

4 for almost true and

5 for absolutely true.

Scoring

- **Low level** - **46-115**
- **Moderate level** - **116-161**
- **High level** - **above 161**

4.11 VALIDATION OF THE TOOL

Content validity refers case of expert judgment about the content area included in the research instrument to measure a particular phenomenon. (S.K. Sharma 2nd edition 2014)

The prepared tools was along with the problem statement, objective, operational definitions, hypothesis ,standardized stress assessment scale, socio demographic tools criteria check- list was sent to 7 experts from nursing and medical fields. They were requested to give their opinion regarding accuracy, relevancy, and appropriateness of the content against the criteria rating scale, which had column for agree, disagree and remarks. Some correction was given by the experts and it was considered for the final study.

4.12 RELIABILITY OF THE TOOLS

Reliability is concerned with how consistently and accurately the measurement technique measures the concept of interest. A measuring instrument is reliable if it provides consistent result. **(BT Basvanthappa 2007)**

The tool was standardized stress assessment scale (5 point rating scale) stress level use by investigator to assess the effectiveness of thought stopping activity among industrial worker.

4.13 PILOT STUDY

The pilot study is a small preliminary investigation of the same general character in the major study which is design to acquaint the researcher with problems that can be corrected in preparation for large research projects or is done to provide the researcher with an opportunity to try out the procedure for collecting data, its feasibility and practicability, the principal focus in the assessment of the adequacy of measurements.

(S.K Sharma 2014)

Pilot study was conducted at food industrial areas of Indore (M.P.) from 10/7/20 to 24/7/20. Permission was taken from the manager of siddhi vinayak bake well pvt. ltd, food industry Indore prior to the pilot study. The data was collected from 08 workers. The purpose of the study was explained to the worker and informed consent was obtained to get their cooperation. Then intervention was given to the experimental group. Stress level was assessed after intervention with the help of standardized stress assessment scale. The tool was reliable and tool scoring was found feasible and practicable. No further changes were done after pilot study in the tool. The investigator then proceeded for main study.

4.14 DATA COLLECTION PROCEDURE

The data collection was done after obtaining written permission from the manager of industrial areas of Indore.

- Data collection period was from 28/07/20 to 13/08/20 at food industry. The data collection procedure was.
- The investigator introduces his to the worker and the purpose was explained & Consent was obtained from each worker.
- 80 worker who have stress were selected by – non probability purposive sampling technique.
- Thought stopping activity was given after pre test.
- Thought stopping activity was given 2-3 times in a day.

- The post interventional stress score was assessed after thought stopping activity by occupational stress assessment scale.
- At last the investigator conveys gratitude towards the manager and worker for good co-operation.

4.15 PLANS FOR DATA ANALYSIS

Analysis of data was planned on the basis of objectives and hypothesis by using descriptive and inferential statistics as follow.

- Socio –Demographic data were planned to analyse in terms of frequency and percentage.
- Descriptive statistics (mean and standard deviation) was used to compare the post interventional stress perception score among industrial worker in industrial worker.
- Inferential statistics (t value) was used to assess the effectiveness of thought stopping activity.
- Association between post test stress score of industrial worker with their selected demographic variables.

SUMMARY

This chapter deal with research approach, research design, variable, research setting, population, sample and sample size, sampling technique, criteria for selection of sample, development and description of tool, validation of the tool, reliability of the tool, pilot study, data collection procedure, plan for data analysis.



CHAPTER –V

RESULT AND ANALYSIS

This chapter Deals with Analysis and Interpretation of Data collected to evaluate effectiveness of honey on cough among toddler children in selected rural community areas of Indore (M.P).

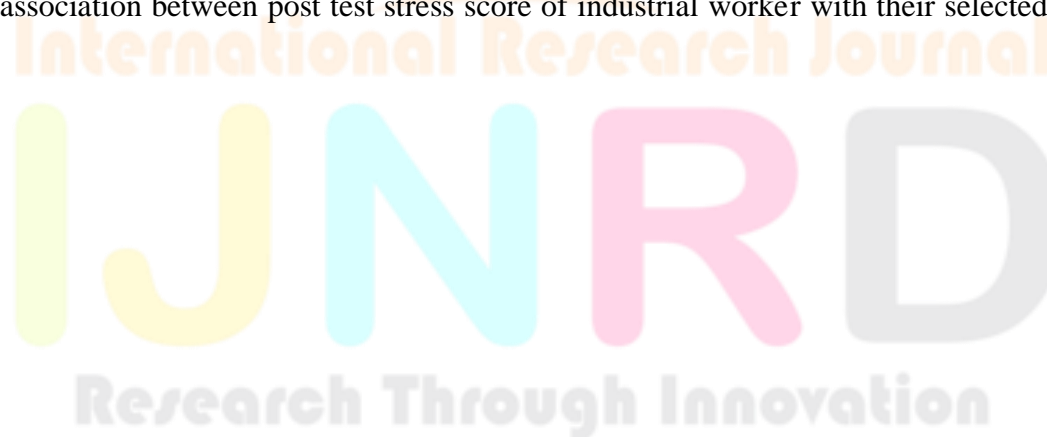
Analysis is defined as the “categorizing ordering manipulating and summarizing of data to obtain answer to research question”.
(Polit&Hungler 1999)

Analysis of data involves the translation of information collected during the course of the research study into interpretable, convenient and descriptive terms and to draw the inference from them using statistical methods.

The purpose of the analysis is to reduce data to an intelligible and inter table from so that the research problem can be studied and tested. Analysis and interpretation of data were based on data collected through cough assessment scale. Analysis and Interpretation of data was done by using descriptive and inferential statistics based on the objective of the study and hypothesis to be tested.

OBJECTIVES: -

- To assess the level of stress before thought stopping activity among the industrial worker in selected area of Indore.
- To assess the level of stress after thought stopping activity among the industrial worker in selected area of Indore.
- To compare the pre test and post test stress of industrial worker in selected area of Indore.
- To find the association between post test stress score of industrial worker with their selected demographic variables.



5.1 FREQUENCY AND PERCENTAGE DISTRIBUTION OF PARTICIPANTS ACCORDING TO SOCIO DEMOGRAPHIC VARIABLES

Table No. 1

Frequency and percentage distribution of sample characteristics

(N=80)

S. No.	Selected demographic variable	Frequency table	Percentage
1.	Age under.....		
	a) 21-25	12	15%
	b) 26-30	31	39%
	c) 31-35	26	32.2%
	d) 36- 40	11	14%
2.	Gender.....		
	a) Male	56	70%
	b) Female	24	30%
	c) Other	00	00%
3.	Marital status.....		
	a) Married	73	91%
	b) Unmarried	04	05%
	c) Divorce	03	04%
4.	Number of Children's.....		
	a) 1	04	05%
	b) 2	74	92%
	c) 3 or more	02	02%
	d) No children	00	00%
5.	Type of family.....		
	a) Joint Family	44	55%
	b) Nuclear family	36	45%

6.	Workers education..... a) Illiterate b) Primary School c) Secondary School d) Graduate and post graduate	12 22 33 13	15% 28% 41% 16%
7.	Job level..... a) Executive b) Non- executive	49 31	61% 39%
8.	Income of the family is..... a) ≤ 5000 b) 5001-10,000 c) 10,001-15,000 d) $\geq 15,001$	01 76 03 00	01% 95% 04% 00%
9.	Working experience (in years)..... a) ≤ 2 b) 4 c) 6 d) ≥ 8	17 60 03 00	21% 75% 04% 00%
10.	Distance from home to working area a) 10 km b) 20 km c) 30 km d) 40 km	40 34 06 00	50% 42% 07% 00%

11.	Any habit		
	a) Alcohol drinking	00	00%
	b) Tobacco	03	4%
	c) Smoking	04	5%
	d) No any bad habit	73	91%

- Table no. 1 reveals that maximum of industrial worker of selected area of Indore, 12 (15%) belong to the age group of 20-25 year, 31(39%) belong to the age group of 26-30 were, 26(32%) belong to the age group of 31-35 were, 11(14%) belong to the age group of 36 to 40 year of age.
- With regard to gender of the industrial worker of selected area of Indore, 56(70%) were male, 24(30%) were female.
- With regard to marital status of industrial worker of selected area of Indore, 73(91%) were married, 3(4%) were unmarried 3 (04%) were divorced.
- With regard total number of children of industrial worker in selected area of Indore, 04(5%) were 1, 74(92%) were 2, 2(2%) were 3 children.
- With regard to type of family of industrial worker in the selected area of Indore, 44(55%) were joint family, 36(45%) were nuclear family.
- With regard to education of industrial worker in the selected area of Indore, 12(15%) were illiterate, 22(28%) were primary education, 33(41%) were secondary education 13(16%) were graduate.
- With regard to job level of industrial worker in the selected area of Indore, 49(61%) were executive, 31(39%) were non executive.
- With regard to total income of industrial worker in the selected area of Indore, 01(1%) were \leq 5000 Rs. , 76(95%) were 5001-10000Rs. ,3(4%) were 10000-15000 Rs.
- With regard to working experience of industrial worker in the selected area of Indore, 17(21%) were \leq 2 year, 60(75%) were 4 year, 3(4%) were 6 year experiences
- With regard to distance from home to working area of industrial worker in the selected area of Indore, 40(50%) were 10km, 34(42%) were 20km, 06(07%) were 30km distances.
- With regard to any habit of industrial worker in the selected area of Indore, 3(4%) were use tobacco, 4(5%) were use smoking, 73(91%) no any bad habit.

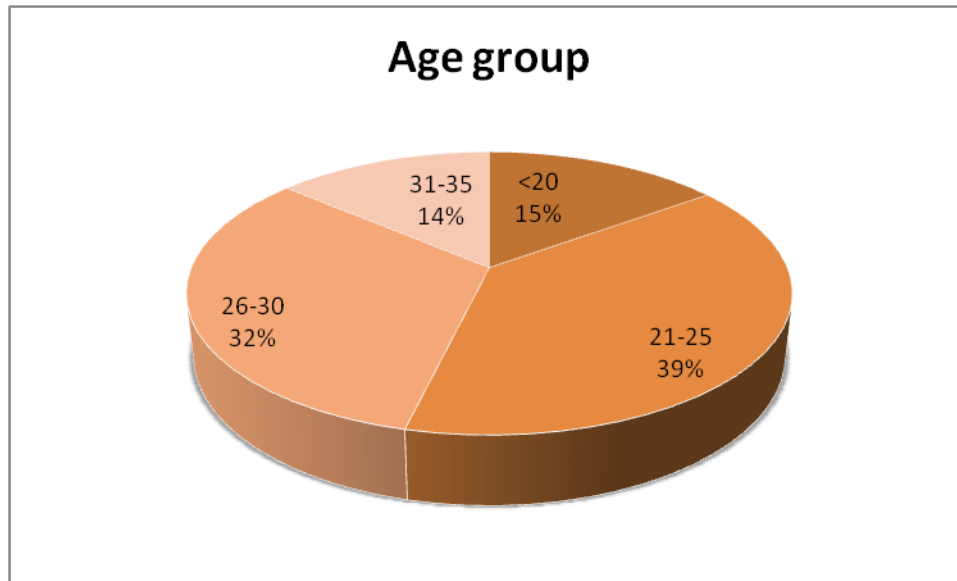


Fig. No.03 Pie diagram showing age wise distribution of sample.

Table no. 1 reveals that maximum of industrial worker of selected area of Indore, 12 (15%) belong to the age group of 20-25 year, 31(39%) belong to the age group of 26-30 were, 26(32%) belong to the age group of 31-35 were, 11(14%) belong to the age group of 36 to 40 year of age.

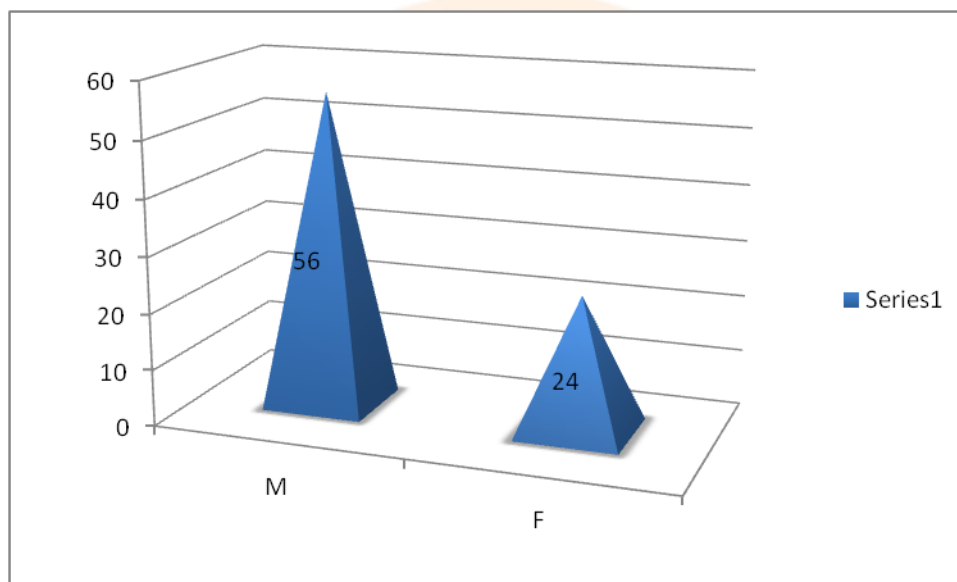


Fig. No.04 bar diagram showing gender wise distribution of sample.

With regard to gender of the industrial worker of selected area of Indore, 56(70%) were male, 24(30%) were female.

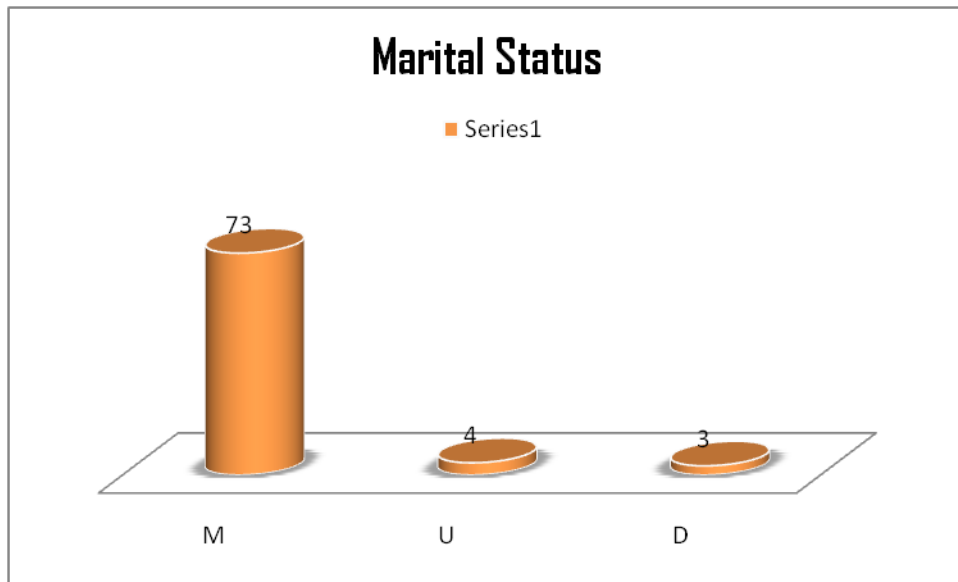


Fig. No.05 bar diagram showing marital status wise distribution of sample.

With regard to marital status of industrial worker of selected area of Indore, 73(91%) were married, 3(4%) were unmarried 3 (04%) were divorced.

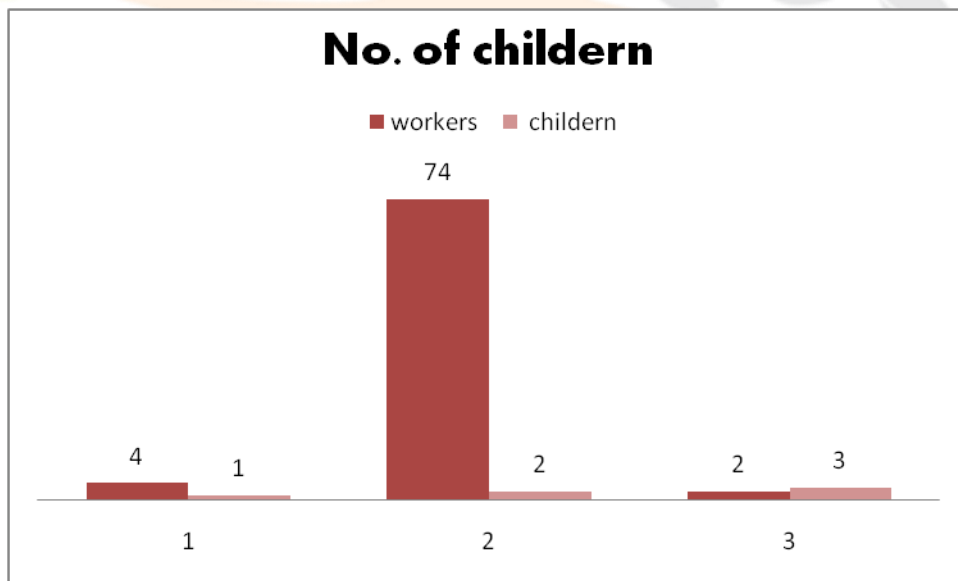


Fig. No.06 bar diagram showing total no. of children wise distribution of sample.

With regard to total number of children of industrial worker in selected area of Indore, 04(5%) were 1, 74(92%) were 2, 2(2%) were 3 children.

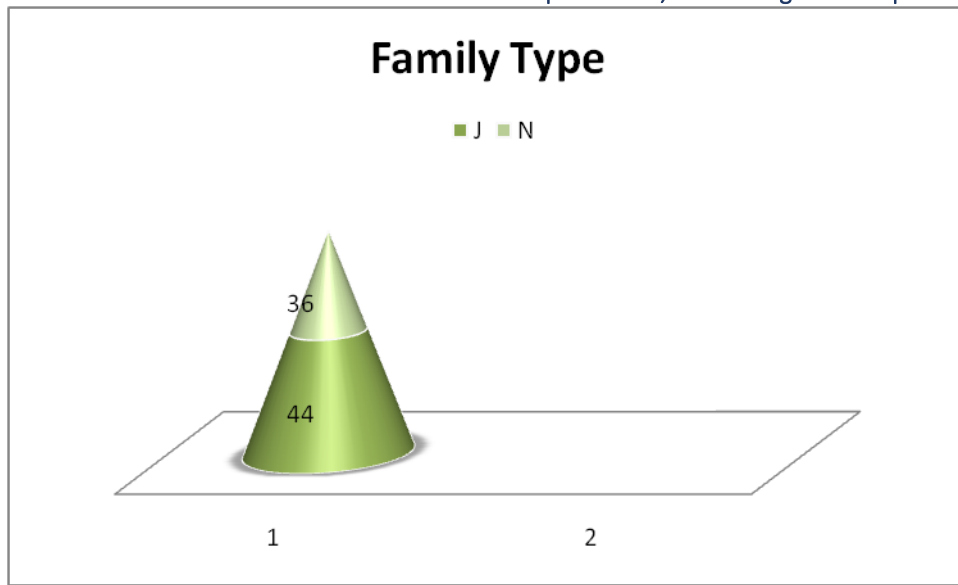


Fig. No.07 bar diagram showing types of family wise distribution of sample.

With regard to type of family of industrial worker in the selected area of Indore, 44(55%) were joint family, 36(45%) were nuclear family.

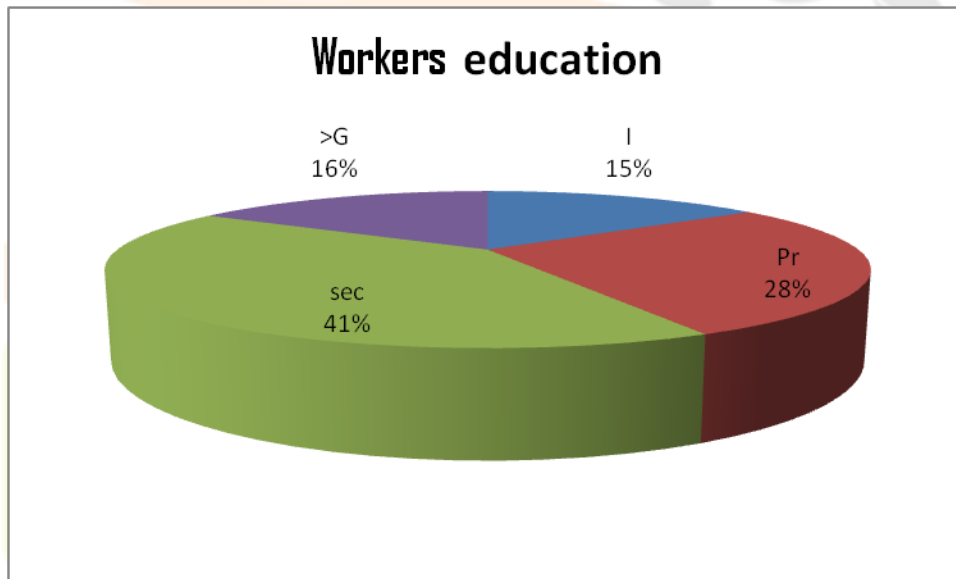


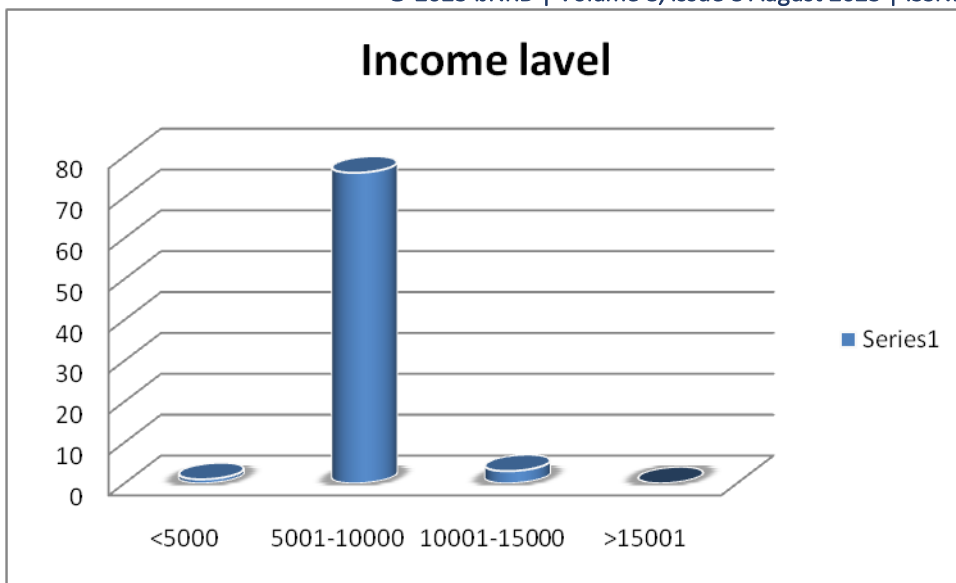
Fig. No.08 Pie diagram showing workers education wise distribution of sample.

With regard to education of industrial worker in the selected area of Indore, 12(15%) were illiterate, 22(28%) were primary education, 33(41%) were secondary education 13(16%) were graduate.



Fig. No.09 bar diagram showing job level wise distribution of sample.

With regard to job level of industrial worker in the selected area of Indore, 49(61%) were executive, 31(39%) were non executive.



Income level- (1) Rs. <5000- (2) Rs. 5001- 10000 76 (3) Rs. 10001-15000-3 above Rs. 15000-nil

Fig. No.10 bar diagram showing income level wise distribution of sample.

With regard to total income of industrial worker in the selected area of Indore, 01(1%) were \leq 5000 Rs. , 76(95%) were 5001-10000Rs. ,3(4%) were 10000-15000 Rs.





Fig. No.11 bar diagram showing working experience wise distribution of sample.

With regard to working experience of industrial worker in the selected area of Indore, 17(21%) were ≤ 2 year, 60(75%) were 4 year, 3(4%) were 6 year experiences

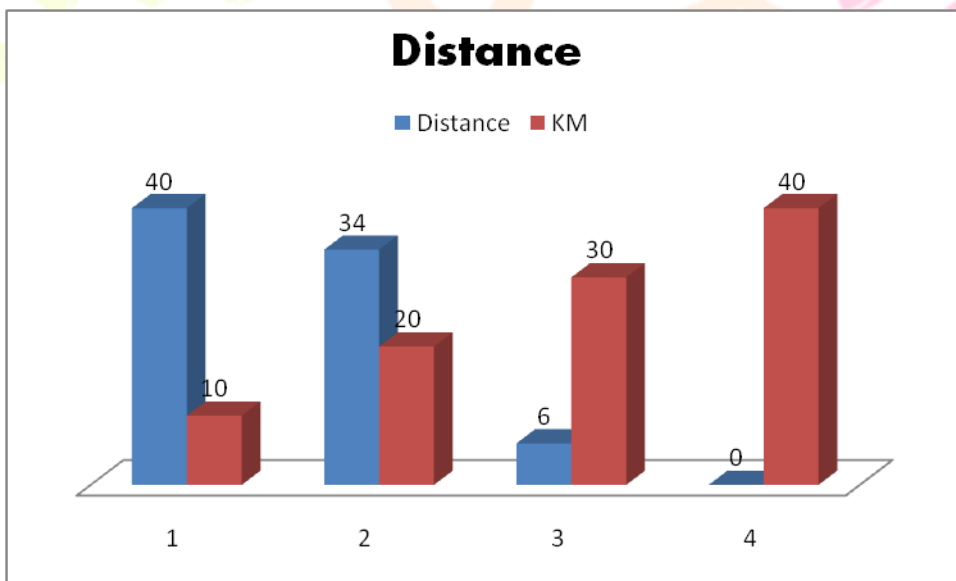


Fig. No.12 bar diagram showing distance from home to work place wise distribution of sample.

With regard to distance from home to working area of industrial worker in the selected area of Indore, 40(50%) were 10km, 34(42%) were 20km, 06(07%) was 30km distance.

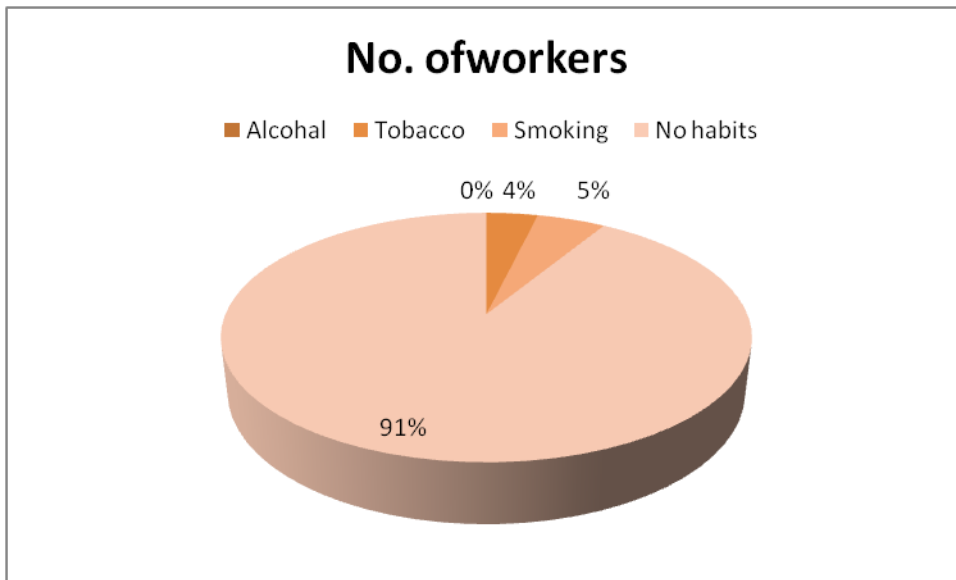


Fig. No.13 Pie diagram showing any habit wise distribution of sample.

With regard to any habit of industrial worker in the selected area of Indore, 3(4%) were use tobacco, 4(5%) were use smoking, 73(91%) no any bad habit.

Table No. 2

5.2 RELIABILITY AND VALIDITY OF DATA

1.RELIABILITY STATISTICS OF CHRONBACH’S ALPHA

Validity by	Pre-test	Post test
Chronbach’s alfa test	0.769	0.826

In the present study reliability test for the pre-test and post teat has been tested and it is found that the items have produced consistent output and it shows (Table: 2) that all the statements met the reliability criteria; Hence, it is taken on the record that the scale is reliable.

Table No. 3

2. VALIDITY OF DATA- FACTOR ANALYSIS-KMO AND BARTLETT'S TEST

Validity by	Pre-test	Post test.
KMO Test	0.640	0.756
Bartlett’s test of sphercity	Significance 0.000	Significance 0.000

This suggests that the data is adequate for factor analysis. In the present study the result of KMO is greater than 0.5 ie.0.640 (pre-test and 0.756 (in post test)(Table:3) hence the scale is valid. The significance value of Bartlett’s test of Sphercity is 0.000(Table:3) also tells us that there is a correlation with each other.

5.3 COMPARISON MEAN BEFORE AND AFTER INTERVENTION STRESS SCORE

VALIDATION AND INTERPRETATION OF DATA- SAMPLE PAIRED T- ‘TEST’-RESULTS

Table No. 4

Comparison Mean before and after intervention Stress score

Score	No.	Mean	SD	Mean difference	“t” value	5% confidence level
Pre test SD	80	155.163	31.934	87.843	2.962	0.000
post test	80	67.320	20.08139			

Paired “t” test applied, P value = 0.05, Significant.

The data in table no.4 shows that the Mean value for pre-test is 155.163 and it is 67.320 for post- test activity and the mean difference is 87.843 after therapy i.e. in after post test which is apparently lower than the mean before therapy. Above table no.4 statically shows that there was significant difference in score of pre test and post test level which was given in form of a therapy to the selected Industry workers of Indore region. The calculated values are compared and paired test is applied at 0.05 level of significant. The result of sample paired‘t’ test is 2.962 Hypothesis was tested by using paired “t” test. The “t” was calculated to analysis the score of stress level of the industrial workers in selected industry of Indore region with their before and after intervention stress level score. The research hypothesis was formulated to evaluate the thought stopping activity for stress among the industrial workers of selected industrial area of Indore.

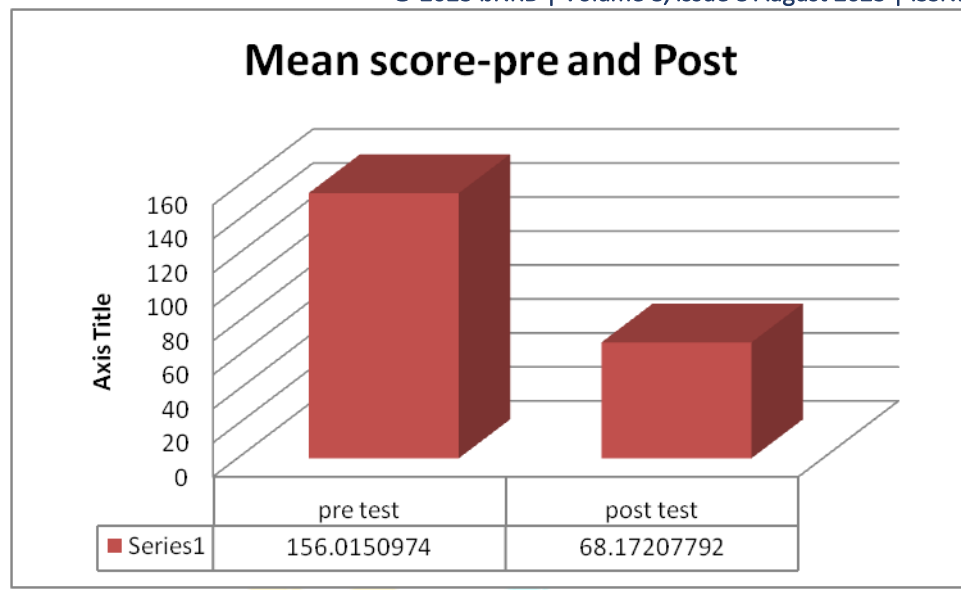


Fig. No.14 Bar diagram showing mean score before and after intervention.

5.4 ASSOCIATION BETWEEN POST TEST SCORE AND SELECTED DEMOGRAPHIC VARIABLES

Table No. 5

Analysis and Interpretation of post test score

Association between Post test score and selected demographic variable

S. No.	Selected demographic variable	Post Test Score average based		
		Low level Score 46-115	Moderate level	High level
1.	Age		-----	-----
	21-25	69.08		
	26-30	69.70		
	31-35	61.76		
	36-40	75.45		
2.	Gender			
	Male	70.98	-----	-----
	Female	80.04		
3.	Marital status		-----	-----

	Married	68.71		
	Unmarried	70.40		
	Divorced	77.01		
	Widow	-----		
4.	Total number of children		-----	-----
	1			
	2	70.00		
	>3	68.85		
		46.5		
5.	Type of family		-----	-----
	Joint	69.43		
	Nuclear	64.58		
6.	Education level		-----	-----
	Illiterate	65.75		
	Primary education	69.72		
	Higher education	70.52		
	Graduate or more	59.53		
7.	Total family income		-----	-----
	<5000 Rs	55		
	5001 – 10000 Rs	67.35		
	10000 -15000	68.67		
	>15000	-----		
8.	Job level		-----	-----
	Executive	45.56		
	Non-executive	105.93		
9.	Working experience		-----	-----
	a) ≤ 2	62.94		
	b) 4	68.40		
	c) 6	68.66		
	d) ≥ 8			

10.	Distance		-----	-----
	Less than 10 KM	70.68		
	10-20 KM	60.09		
	20-30 KM	70.00		
	30 and above KM	-----		
11.	Any habits		-----	-----
	1.Drinking alcohol	----- 41.67		
	2.Smoking	79.75		
	3.Tobaco	67.61		
	4. No any habits			

Post test score and mean score and Interpretation:

1.Age level

According to table no.5 demographic variable, various levels of stress have been computed on the basis of Post test results and have been shown in the above table, now have been explained in the following lines. 12 workers are in the Age group between 21-25 ($829/12$) = 69.08 average level of stress which is on the low level. 31 workers are in the age group of 26-31 and their post test score is ($2105/31$) = 67.90 also on the low level. 26 workers are in the age group of 31-35 and their score is ($1606/26$) = 61.76 on the scale it is also showing low level of stress. 11 workers are in the age group of 36-40 years of age and their score is ($830/11$) = 75.45 on the scale it is also showing low level of stress. It is observed that the very low level of stress is in the age group of 21-25 years of age which is 69.08.

2.Gender:

Second demographic variable is gender, according to collected data, it is shown that there are 56 workers are male and rest i.e. 24 workers are female. The post test stress level has been computed, it is revealed that, the stress level in the male workers is 70.98 ($3975/56$) and in the female it is 80.04 ($1921/24$). It is showing that it is in between low level stress. The data showing that the female workers having more stress as compare to male workers.

3.Marital Status:

Third demographic variable is Marital Status, according to collected data, it is shown that there are 73 workers are married, 4 workers are unmarried and 3 workers are divorce. The post test stress level has been computed, it is revealed that, the stress level in the married workers is 68.71 (5016/73) and in the unmarried workers it is 70.40 (282/4).and there are 3 workers are divorce, and their score is 77.01 (231/3). It is showing that it is in low level stress amongst all workers. The data are showing that the divorce workers having more stress as compare to married and unmarried workers.

4.Number of Children:

Forth demographic variable is Number of Children, according to collected data, it is shown that there are 4 workers have 1 child, 73 workers have 2, and 3 workers have 3 children or more. The post test stress level has been computed for this variable, it is revealed that, the stress level in the 1 child workers is 70.00 (280/04) and having 2 children workers it is 68.81 (5092/74).and having 3 children score is 46.5 (93/2). It is showing that it is in low level stress amongst all workers. The data are showing that the workers having 3 children have very less under the low level stress group.

5.Type of family

Fifth demographic variable is Type of family, according to collected data, it is shown that there are 44 workers are in the Joint family where as 36 workers are in the nuclear family. The post test stress level has been computed, it is revealed that, the stress level in the Joint family workers is 69.43 (3055/44 and in the female it is 64.58 (2325/36). It is showing that it is in between low level stress. The data are also showing that the workers are living in the joint family having more stress as compare to nuclear family workers.

6.Worker's Education-

Sixth demographic variable is Worker's Education, according to collected data; it is shown that there are 12 workers Illiterate, 22 workers taught up to primary level, 33 workers have taught up to higher secondary classes and 13 workers are high qualified i.e. graduate and post graduate. The post test stress level has been computed for this variable, it is revealed that, the stress level in the Illiterate workers is 65.75 (789/12) and the workers are from primary level educated is 69.72 (1490/22).and higher secondary taught workers it is 70.521 (2327/33).and the stress level under the graduate and above is 59.53 (774/13) It is showing that it is in low level stress amongst all workers. The data are showing that the workers are graduate and above are taking less stress on the basis of education level.

7. Job level

Seventh demographic variable is Job level, according to collected data, it is shown that there are 49 workers are on the executive level and 31 workers are on the non-executive level. The post test stress level has been computed, it is revealed that, the stress level in the executive level workers is 45.56 (2096/46) and on the non-executive level it is 105.93 (3284/31). It is showing that it is in between low level stress. The data showing that the non-executive level workers having more stress as compare to executive level workers

8. Income of the family

Eighth demographic variable is Income of the family, according to collected data, it is shown that there are only 1 worker is in the Rs. <5000 level of income. 76 workers are in the income group 5001-1000, 2 workers are coming between 10001-15000 income group where as 3 workers earning is in the group of Rs. 10001- 15000. not a single worker earning is more than Rs. 15000. The post test stress level has been computed, it is revealed that, the stress level in the less than Rs. 5000 earning group is 55 (55/01) and on the income group of 5001-1000 it is 67.35 (5119/76). Between 10001-15000 the stress level is 68.67 (206/3) on the overall analysis base on the income group the stress level in all the group is coming low level but under the income group 10001-15000 it is high as compare to other group.

9. Working experience

Ninth demographic variable is working experience, according to collected data, it is shown that there are 17 workers have less than 2 years experience, 60 workers having 2-4 years experience and 3 workers having 6 years or more experience. The post test stress level has been computed, it is revealed that, the stress level of worker those who have less than 2 years working experience 62.94(1070/17), and the workers who have 2-4 years experience it is 68.40 (4104/60). Workers having more than 6 years experience, the stress level is 68.66 (206/3). It is showing that it is in between low level stress. The data showing that the 2 years or less than it stress level is low as compared to other range.

10. Distance from home to work place -

Tenth demographic variable is Distance from home to work place, according to collected data, it is shown that there are 40 workers are coming under the 10 kilometers distance, 34 worker from between 10-20 kilometers, where as 06 workers distance between 20-30 kilometers The post test stress level has been computed for this variable , it is revealed that, the stress level in between 10 kilometers distance is 70.68 (2827/40) and between 10-20 kilometers is 60.09 (2043/34) and the distance between 20-30 kilometers it is 70 (420/6). It is showing that it is in low level stress amongst all workers. The data are showing that the workers are coming under 10-20 kilometers are taking less stress on the basis of distance from to working place.

11. Any habits-

Eleventh demographic variable is any habits, according to collected data, it is shown that there are no any workers have habits of drinking alcohol, 4 workers are smokers 3 where as 73 workers having no habits , it is revealed that, the stress level is 41.67 (125/3) to the workers who are smokers, and it is 79.75 (419/3) those workers are taking tobacco and the stress level to those who are not having any bad habits is 67.61 (4936/73).It is showing that it is in low level stress amongst all workers. The data are showing that the workers are coming from smoking group are taking less stress.

Table No. 6

Analysis table

	N	Mean	SD	t- value	Significant
Pre-test	80	155.163	31.934	8.952	0.05
Post-test	80	67.320	20.08139		

Statistical Techniques Descriptive statistics such as mean and S.D worked out on the score of post test results and 't' test was employed for testing the significance of difference between the means of pre and post test score. Concerned with the hypothesis (H2) there will be significant association between post test stress score of the industrial workers with their selected demographic variables. From table -6, it is evident that the t-value is 8.952 which are highly significant at 0.01 level and critical value is 2.66. It reflects that the mean retention scores of pre-test and post test differ significantly. Thus the null hypothesis namely H-2, There will be significant association between post test stress score of the industrial workers with their selected demographic variable is accepted. Further, the data shows in table, shows that the Mean value for pre-test is 155.163 and it is 67.320 for post- test activity and the mean difference is 87.843 after therapy i.e. in after post test which is apparently lower than the mean before therapy. It may therefore be concluded that the therapy helps in reducing the stress level of workers.

CONCLUSION & SUGGESTIONS:

The main finding of this study is that the stress level of the workers under the pre- test therapy was high, on the average basis it was 155.163 and after therapy it is 67.320 after post test therapy. Demographic variable has been analyzed through applied post- test Stress level; it is found that on the all 11 variable the result comes under low level category i.e. 46-115. In the nut shell it can be said that therapy reduced stress level.

CHAPTER –VI

DISCUSSION

The present study conducted to assess effectiveness of thought stopping activity on stress among the industrial worker. In order to achieve the objective of the study, quasi experimental pre- test post-test research design with Quantitative research approach was adopted. Non probability purposive sampling technique was used to select the sample. The finding of the study has been discussed with reference to the objective and hypothesis.

6.1 STATEMENT OF A PROBLEM

“A study to assess the effectiveness of thought stopping activity on stress among industrial worker in selected areas of Indore (M.P.)”

6.2 OBJECTIVES:-

- To assess the level of stress before thought stopping activity among the industrial worker in selected area of Indore.
- To assess the level of stress after thought stopping activity among the industrial worker in selected area of Indore.
- To compare the pre test and post test stress of industrial worker in selected area of Indore.
- To find the association between post test stress score of industrial worker with their selected demographic variables.

6.3 HYPOTHESIS

H1- There will be significant difference between pre-test and post test of thought stopping activity on stress among industrial workers in selected area of Indore and $p \leq 0.05$ level of significant.

H2- There will be significant association between post test stress score of the industrial workers with their selected demographic variables.

6.4 MAJOR FINDING OF THE STUDY

Distribution of industrial worker according to demographic variables: It consists of 11 items regarding demographic characteristics of the industrial worker and was developed to collect the background information of industrial worker. The item included in the demographic data collection are Age, Gender, Marital status, Number of Children, Type of family, Workers education, Job level, Income of the family, Working experience, Distance from home to working area, Any habit.

1. The maximum of industrial worker of selected area of Indore, 12 (15%) belong to the age group of 20-25 year, 31(39%) belong to the age group of 26-30 were, 26(32%) belong to the age group of 31-35 were, 11(14%) belong to the age group of 36 to 40 year of age.
2. With regard to gender of the industrial worker of selected area of Indore, 56(70%) were male, 24(30%) were female.
3. With regard to marital status of industrial worker of selected area of Indore, 73(91%) were married, 3(4%) were unmarried 3 (04%) were divorced.
4. With regard total number of children of industrial worker in selected area of Indore, 04(5%) were 1, 74(92%) were 2, 2(2%) were 3 children.
5. With regard to type of family of industrial worker in the selected area of Indore, 44(55%) were joint family, 36(45%) were nuclear family.
6. With regard to education of industrial worker in the selected area of Indore, 12(15%) were illiterate, 22(28%) were primary education, 33(41%) were secondary education 13(16%) were graduate.
7. With regard to job level of industrial worker in the selected area of Indore, 49(61%) were executive, 31(39%) were non executive.
8. With regard to total income of industrial worker in the selected area of Indore, 01(1%) were \leq 5000 Rs. , 76(95%) were 5001-10000Rs. ,3(4%) were 10000-15000 Rs.
9. With regard to working experience of industrial worker in the selected area of Indore, 17(21%) were \leq 2 year, 60(75%) were 4 year, 3(4%) were 6 year experiences
10. With regard to distance from home to working area of industrial worker in the selected area of Indore, 40(50%) were 10km, 34(42%) were 20km, 06(07%) were 30km distances.
11. With regard to any habit of industrial worker in the selected area of Indore, 3(4%) were use tobacco, 4(5%) were use smoking, 73(91%) no any bad habit.

Evaluating the effectiveness of thought stopping activity:-

There will be significant difference between pre-test and post test of thought stopping activity on stress among industrial workers in selected area of Indore and $p \leq 0.05$ level of significant.

In present study stress level of the mean before the intervention score was (155.163) is apparently lower than the mean before the intervention stress level score (67.320). The statically there was significant difference in stress level score of the industrial worker of selected area of Indore. The calculated values are compared and paired test is applied at 0.05 level of significant. The tabulated “t” value 2.96.

Hypothesis was tested by using paired “t” test. The “t” was calculated to analysis the score of stress level of industriakl worker in selected area of Indore with their before and after intervention stress level score. The research hypothesis was formulated to evaluate the thought stopping activity for stress among industrial worker in selected industrial area of Indore.

Therefore RH earlier stated (there will be significant difference between before and after the stress level score at the level of ($p < 0.05$) by the researcher was accepted.

Association between post test stress score of the industrial workers with their selected demographic variables:-

The study shows that there is significant association between after the intervention grading and the selected demographic variable.

There will be significant association between post test stress score of the industrial workers with their selected demographic variables. It is evident that the t-value is 8.952 which are highly significant at 0.01 levels and critical value is 2.66. It reflects that the mean retention scores of pre-test and post test differ significantly. Thus the null hypothesis namely H-2, There will be significant association between post test stress score of the industrial workers with their selected demographic variable is accepted. Further, the data shows in table, that the Mean value for pre-test is 155.163 and it is 67.320 for post- test activity and the mean difference is 87.843 after thought stopping activity.

SUMMARY

The chapter deal with the major finding of the study in line with objects, hypothesis, and the study shows that there was statistically significant reduce the stress level of the industrial worker after the thought stopping activity where the t value is 2.962 P= 0.05 significant. In this study RH1 made by the investigator is accepted that one is significant difference in stress level after intervention of thought stopping activity for industrial worker stress.



CHAPTER –VII**CONCLUSION**

The chapter deals with conclusion implication for nursing practice, nursing education, nursing administration, nursing research, limitations of the study, recommendation suggestion. The following conclusion was drawn based on finding of the study.

The following conclusion were based on the finding of the study

There was significant difference between the mean before intervention, 155.163 and after the intervention 67.320 among industrial workers stress.

Thought stopping activity was effective to reduce the stress level of the industrial worker.

Thought stopping activity also creates a desire to know more about the psychological industrial worker.

Reduce the stress level can bring about the changes in practice, care.

7.2 IMPLICATIONS OF THE STUDY

The steps of the study can be used in the following area of the nursing

Implications for Nursing Practices

The finding of research only when incorporated into practice is fruitful and enables the professional growth; the current concept of expanded role in nursing practice indicates Changing role and function of the nurses. Expanded practice demands increases skills and Knowledge that results in significant patient outcome. Nurses play an important role in providing the stress management technique and counselling to the industrial worker.

Implication for Nursing Education

The presence study has implication on nursing education. The finding of the study in item of its effectiveness may encourage the nursing personal to impart education in effective way.

Nurses play an important role in providing thought stopping activity and counselling to the industrial worker.

The nursing curriculum should consist of knowledge regarding to the health information using different methods of teaching. Nursing educator should be emphasized on Health promotion and prevention and present and in the future era, which may help in achieving the goal. The students learning experience should emphasize on teaching various community group.

Implication for Nursing Administration

The nurse administration should take interest in providing information on health; stress management technique for psychological wellbeing of the industrial worker. Nursing administration has responsibility to facilitate occupational health programme and service education.

Implication for Nursing Research

Research plays an important role to improve the body of knowledge in nursing .It provides nurse the credibility to influence decision making police and protocol practice. Newer findings, methods and techniques of teaching and learning have to be Implemented in education research as well as clinical research, which is challenging task information regarding intervention strategies to uptake the knowledge and skill in nursing in the era of improving science and technology. The finding of the present study can form a basis for the future research.

7.2 LIMITATIONS

The study was limited to industrial worker. There an exact representation of population cannot be ensured and generalization is limited to the population under study.

The structured occupational stress assessment scale was used for data collection, which restrict amount of information that could be obtained from the respondents, the study was confirmed to specific geographical area which imposes limit generalization.

7.3 SUGGESTION

Nurses should organized programme to psychological wellbeing of parents of ADHD children counseling programme should conduct periodically in the Hospital setup to meet the knowledge.

Student to student approach could make in imparting in health education.

Educational programme with effective teaching strategies like pamphlet, booklet self- instructional module, help the nursing students to understand the concept easily.

7.4 RECOMMENDATIONS

On the basis of the finding of the study the following recommendations are offered for the future research:

The finding of similar type of study can be conducted in a large population.

A comparative study can be done between the effects of thought stopping activity.

A comparative study can be conducted in private and government sector.

The finding of similar type of study can be replication of the same study on large Sample may help to draw more definite conclusion and make generalizations.

A similar study can be replicated no sample with different demographic variables.

SUMMARY:

The chapter has brought out various implication of the study and also has provided suggestion for future studies. The researcher felt a deep sense of satisfaction and fulfillment for having undertaken the study. On the whole the study is providing the greater experience for the investigator in the field of research.

CHAPTER –VIII

SUMMARY

The chapter present the summary of the study to assess the effectiveness of thought stopping activity on stress among industrial worker in selected areas of Indore (M.P).

8.1 INTRODUCTION:-

It was explain background of study or need of study that deals historical statically data about the study and some supportive reviews that explain need of study.

1.1 Back ground of study

1.2 Need of study

8.2 OBJECTIVES: -

1. To assess the level of stress before thought stopping activity among the industrial worker in selected area of Indore.
2. To assess the level of stress after thought stopping activity among the industrial worker in selected area of Indore.
3. To compare the pre test and post test stress of industrial worker in selected area of Indore.
4. To find the association between post test stress score of industrial worker with their selected demographic variables.

8.1 HYPOTHESIS

H1- There will be significant difference between pre-test and post test of thought stopping activity on stress among industrial workers in selected area of Indore and $p \leq 0.05$ level of significant.

H2- There will be significant association between post test stress score of the industrial workers with their selected demographic variables.

8.3 REVIEW OF LITERATURE:-

3.1 Related to sources of stress among industrial worker.

3.2 Related to stress management technique.

3.3 Related to stress and thought stopping activity.

8.4 METHODOLOGY: -

Quantitative research approach & quasi experimental pre -test post-test group design was adopted for the study. The population comprised of 80 industrial workers who were selected through the non probability purposive sampling technique. The tool used for collection was standardized stress assessment scale and done validation of socio demographic variable was done by experts. The reliability of the tools was calculated by Cronbach's alpha and it was found that the tool was reliable. ($r=0.656$). After conducting the pilot study, main study was conducted from 28/07/20 to 13/08/20 at selected industrial area Indore (M.P). After data collection, the data was analysed by both descriptive statistics and inferential.

8.5 RESULT

In present study score mean before intervention level score was 155.163, while the after intervention stress score was 67.320. the difference was found to be statistically significant ($p \leq 0.05$), showing a higher mean after intervention score in comparison to the before intervention score.

In present study stress level of the mean before the intervention score was (67.320) is apparently lower than the mean before the intervention stress level score (155.163). The statistically there was significant difference in stress level score of the industrial worker in selected industrial area of Indore. The calculated values are compared and paired test is applied at 0.05 level of significant. The tabulated "t" value 2.962.

Hypothesis was tested by using paired "t" test. The "t" was calculated to analysis the score of stress level of the industrial worker in selected industrial area of Indore with their before and after intervention stress level score. The research hypothesis was formulated to evaluate the thought stopping activity for stress among industrial worker in selected industrial area of Indore.

Therefore RH earlier stated (there will be significant difference between before and after the stress level score at the level of ($p < 0.05$) by the researcher was accepted.

Thus both the hypothesis RH and RH2 was accepted.

The study provided an enriching experience for researcher to realize that the thought stopping activity can also reduce stress. Thus the experience gained during the study had motivated the investigator to take the research studies.

8.6 CONCLUSION:-

Stress among the industrial workers is a major health problem. Intervention like thought stopping activity is helpful and safe to reduce stress thought stopping activity was the effective activity for all outcomes related to stress.

8.7 RECOMMENDATION:-

- On the basis of the finding of the study the following recommendations are offered for the future research:
- The finding of similar type of study can be conducted in a large population.
- A comparative study can be done between the effects of thought stopping activity.
- A comparative study can be conducted in private and government sector.
- The finding of similar type of study can be replication of the same study on large Sample may help to draw more definite conclusion and make generalizations.
- A similar study can be replicated no sample with different demographic variables.

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CHAPTER – X

ANNEXURE

ANNEXURE –I

LETTER SEEKING PERMISSION TO CONDUCT RESEARCH MAIN STUDY

**INDEX NURSING COLLEGE**
(Unit of Mayank's Welfare Society)
Approved by Indian Nursing Council, New Delhi
Madhya Pradesh Nurses Registration Council, Bhopal, (M.P.)
and Affiliated to Malwanchal University, Indore (M.P.)

LETTER SEEKING PERMISSION TO CONDUCT THE MAIN STUDY

To,
*The Manager.....
Pallavi Confectionery
Indore (M.P.)*

Subject: - To conduct main research study.

Respected Sir/Madam,

I, Mr. Dharmendra Vishwakarma M.Sc. Nursing (Mental Health Nursing) Final year student of Index Nursing College, Indore doing dissertation work on the following topic for the partial fulfillment of the requirement of Malwanchal University, Indore (M.P.).

“A STUDY TO ASSESS THE EFFECTIVENESS OF THOUGHT STOPPING ACTIVITY ON STRESS AMONG INDUSTRIAL WORKER IN SELECTED AREAS OF INDORE, (M.P.)”

I, Mr. Dharmendra Vishwakarma is in need of your esteemed help and cooperation as I am interested in conducting main study in industrial area.


All the information provided by the subject will be kept extremely confidential and it will be used only for research purposes.

Further details of the proposed study, if required, will be furnished by personally.

Thanking you

Recommended By *CF M.* Yours Sincerely

[Signature]
Principal
Index Nursing College
Indore (M.P.)
PRINCIPAL
INDEX NURSING COLLEGE
INDORE (M.P.)


Dharmendra Vishwakarma
Index Nursing College
Indore (M.P.)

College Address : Gram Morodhat, Nemawar Road, Post. Bhavlia Khurd, Dist. INDORE - 452 016 (M.P.), Ph. : 0731-4013750, 4013751
E-mail : nursing@indexgroup.co.in • Visit us : www.indexgroup.co.in
City Office : 104, Trishul Apartment 5, Sanghi Colony, A.B. Road, INDORE-08, Ph. : 0731-4215757, Fax : 0731-4044715

ANNEXURE –II

LETTER REQUESTING SEEKING PERMISSION TO CONDUCT PILOT STUDY



INDEX NURSING COLLEGE

(Unit of Mayank's Welfare Society)

Approved by Indian Nursing Council, New Delhi
Madhya Pradesh Nurses Registration Council, Bhopal, (M.P.)
and Affiliated to Malwanchal University, Indore (M.P.)

LETTER SEEKING PERMISSION TO CONDUCT THE PILOT STUDY

To,

The Manager.....
Siddhi Vinayak Bake-Well Pvt. Ltd.
Indore (M.P.)

Subject: - To conduct Pilot research study.

Respected Sir/Madam,

I, Mr. Dharmendra Vishwakarma M.Sc. Nursing (Mental Health Nursing) Final year student of Index Nursing College, Indore doing dissertation work on the following topic for the partial fulfillment of the requirement of Malwanchal University, Indore (M.P.).

"A STUDY TO ASSESS THE EFFECTIVENESS OF THOUGHT STOPPING ACTIVITY ON STRESS AMONG INDUSTRIAL WORKER IN SELECTED AREAS OF INDORE, (M.P.)"


I, Mr. Dharmendra Vishwakarma is in need of your esteemed help and cooperation as I am interested in conducting pilot study in industrial area.

All the information provided by the subject will be kept extremely confidential and it will be used only for research purposes.

Further details of the proposed study, if required, will be furnished by personally.

Thanking you

Recommended By


Principal
Index Nursing College
Indore (M.P.)
PRINCIPAL
INDEX NURSING COLLEGE
INDORE (M.P.)



Yours Sincerely

Dharmendra Vishwakarma
Index Nursing College
Indore (M.P.)

College Address : Gram Morodhat, Nemawar Road, Post. Bhavlia Khurd, Dist. INDORE - 452 016 (M.P.), Ph. : 0731-4013750, 4013751
E-mail : nursing@indexgroup.co.in • Visit us : www.indexgroup.co.in
City Office : 104, Trishul Apartment 5, Sanghi Colony, A.B. Road, INDORE-08, Ph. : 0731-4215757, Fax : 0731-4044715

ANNEXURE –III

LETTER REQUESTING FOR VALIDATION OF TOOL



INDEX NURSING COLLEGE

(Unit of Mayank's Welfare Society)

Approved by Indian Nursing Council, New Delhi
Madhya Pradesh Nurses Registration Council, Bhopal, (M.P.)
and Affiliated to Malwanchal University, Indore (M.P.)

LETTER REQUESTING FOR THE OPINION AND SUGGESTION OF THE EXPERTISE

From,
Mr. Dharmendra Vishwakarma
M.Sc. (N) Final year (Mental Health Nursing)
Index Nursing College Indore-452016

To,
.....
.....

Subject: - Letter requesting for the opinion and suggestion of the expertise.

Respected Sir/Madam,

I, Mr. Dharmendra Vishwakarma M.Sc. Nursing (Mental Health Nursing) Final year student of Index Nursing College, Indore doing dissertation work on the following topic for the partial fulfillment of the requirement of Malwanchal University, Indore (M.P.).


“A STUDY TO ASSESS THE EFFECTIVENESS OF THOUGHT STOPPING ACTIVITY ON STRESS AMONG INDUSTRIAL WORKER IN SELECTED AREAS OF INDORE, (M.P.)”

I request you to kindly go through the content of tools on nursing intervention on enhancing self motivation to maintain abstinence in alcohol dependent and give your valuable suggestion based on criteria checklist. Your kind co-operation and expert judgment will be highly appreciated.

Thanking you in anticipation

Recommended By

Yours Sincerely


Principal
Index Nursing College
Indore (M.P.)

Dharmendra Vishwakarma
Index Nursing College
Indore (M.P.)

Enclosed:
PRINCIPAL
INDEX NURSING COLLEGE
INDORE (M.P.)
Statement and objective of the study
• Criteria Checklist

College Address : Gram Morodhat, Nemawar Road, Post. Bhavlia Khurd, Dist. INDORE - 452 016 (M.P.), Ph. : 0731-4013750, 4013751
E-mail : nursing@indexgroup.co.in • Visit us : www.indexgroup.co.in
City Office : 104, Trishul Apartment 5, Sanghi Colony, A.B. Road, INDORE-08, Ph. : 0731-4215757, Fax : 0731-4044715

Research Through Innovation

ANNEXURE –IV

CERTIFICATE OF VALIDATION

ACCEPTANCE LETTER FOR THE TOOL/SOCIO DEMOGRAPHIC VARIABLE

I give my acceptance/non acceptance to validate the tool

Topic- “A study to assess the effectiveness of thought stopping activity on stress among industrial worker in selected areas of Indore (M.P).”

Name : **Signature & Date**

Designation :

Name of Nursing College :

ANNEXURE –V

LIST OF EXPERTS WHO VALIDATED THE TOOL

1. S. Andal
Professor
Faculty of Nursing Rama University, Kanpur, U.P.
2. Mr. Mohammad Mohsin Khan
H.O.D. cum Asso. Professor
Amaltas Institution of Nursing, Sciences Dewas (M.P)
3. Mr. Vimlesh Vyas
Asso. Professor
Patidar Nursing College,Ujjain (M.P.)
4. Mr. Anumon Murali
Asst. Professor

BIMTS College of Nursing, Burhanpur (M.P.)

5. Mr. Ankit Kumar Sharma

Professor

Sai College of Nursing, Khandwa (M.P.)

6. Dr. Samir N Desai

Professor & HOD

Index Medical College, Indore ,(M.P)

ANNEXURE -VI

CONSENT FORM OF THE RESPONDENT

Dear Participants,

I **Mr. Dharmendra Vishwakarma** II year M.Sc Nursing student of Index nursing college. As part of the partial fulfillment of the course, I have to conduct a research, and the problem selected is “**A study to assess the effectiveness of thought stopping activity on stress among industrial worker in selected areas of Indore (M.P.)**”. I would like to get some the information regarding your personal data, stress related to work. The information will be kept confidential and will be only used for the study purpose. This is for your information and kind participation.

I am willing to participate in the study and I am aware that the information provided will be kept confidential and used only for the study purpose.

Signature of participant

Date:-

Place:-

ANNEXURE -VII
CONSENT FORM (ENGLISH)

Sample Code No.....

I.....here by give my consent for participation in the study title - **“A Study to assess the effectiveness of thought stopping activity on stress among industrial worker in selected areas of Indore (M.P.)”**

I have been explained about this study that all information will be kept confidential and I am willing to participate in this study.

Date:

Signature:

Name:

Address:



सहमति फार्म (HINDI)

नमूना कोड न...

में अध्ययन के शीर्षक में भागीदारी के लिए अपनी सहमति दे कर - “इंदौर के चुनिंदा क्षेत्रों में औद्योगिक श्रमिकों के बीच तनाव पर विचार को रोकने वाली गतिविधि की प्रभावशीलता का आकलन करने के लिए एक अध्ययन (एम.पी.)” मुझे इस अध्ययन के बारे में समझाया गया है कि सभी जानकारी को गोपनीय रखा जाएगा और मैं इस अध्ययन में भाग लेने के लिए तैयार हूं।

तारीख:

हस्ताक्षर:

नाम:

पता:



ANNEXURE -IX

CERTIFICATE OF ENGLISH EDITING

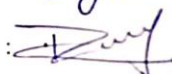
This is to certify that the dissertation done by MR. DHARMENDRA VISHWAKARMA, Final Year M.Sc. Nursing student of Index Nursing College on "A STUDY TO ASSESS THE EFFECTIVENESS OF THOUGHT STOPPING ACTIVITY ON STRESS AMONG INDUSTRIAL WORKER IN SELECTED AREAS OF INDORE (M.P.)"

This copy was edited for English language appropriateness by me.

Date: 8/8/2020

Place: Bwind (m.p.)

Name : Mr Dharamveer
Singh chohan

Signature : 

Research Through Innovation

ANNEXURE -IX

CERTIFICATE OF ENGLISH EDITING

This is to certify that the dissertation done by MR. DHARMENDRA VISHWAKARMA, Final Year M.Sc. Nursing student of Index Nursing College on “A STUDY TO ASSESS THE EFFECTIVENESS OF THOUGHT STOPPING ACTIVITY ON STRESS AMONG INDUSTRIAL WORKER IN SELECTED AREAS OF INDORE (M.P.)”

This copy was edited for English language appropriateness by me.

Date:

Name :

Place:

Signature :



ANNEXURE -X
CERTIFICATE OF HINDI EDITING


This is to certify that the dissertation done by MR. DHARMENDRA VISHWAKARMA, Final Year M.Sc. Nursing student of Index Nursing College on "A STUDY TO ASSESS THE EFFECTIVENESS OF THOUGHT STOPPING ACTIVITY ON STRESS AMONG INDUSTRIAL WORKER IN SELECTED AREAS OF INDORE (M.P.)"

This copy was edited for English language appropriateness by me.

Date: 8/7/2020

Place: Bwind (m.p.)

Name : Mr. Ramakant
Elkhare

Signature : 


Research through innovation

ANNEXURE -XI
LETTER FOR STATISTITION
CERTIFICATE OF STATISTICAL EVALUTION

This is to certify that the dissertation entitled "A STUDY TO ASSESS THE EFFECTIVENESS OF THOUGHT STOPPING ACTIVITY ON STRESS AMONG INDUSTRIAL WORKER IN SELECTED AREAS OF INDORE (M.P.)" MR DIARMENDRA VISHWAKARMA, Final Year MSc Nursing student of Index Nursing College Indore has produced statistical calculation and required material checked by me and found appropriate.

Date: 7/8/2020

Place: Indore (m.p.)



DATA COLLECTION TOOL

DATA COLLECTION TOOL

SAMPLE NO: -----

SECTION –A

SOCIO-DEMOGRAPHICAL DATA

INSTRUCTION: This questionnaire is designed to collect data to assess the effectiveness of thought stopping activity on stress among industrial worker. I request the participants to place tick [Yes] mark in the specific column against your best option. The information provided by you will be utilized for only this research study and will be kept confidential.

1. Age under.....

- a) 21-25 []
- b) 26-30 []
- c) 31-35 []
- d) 36- 40 []

2. Gender.....

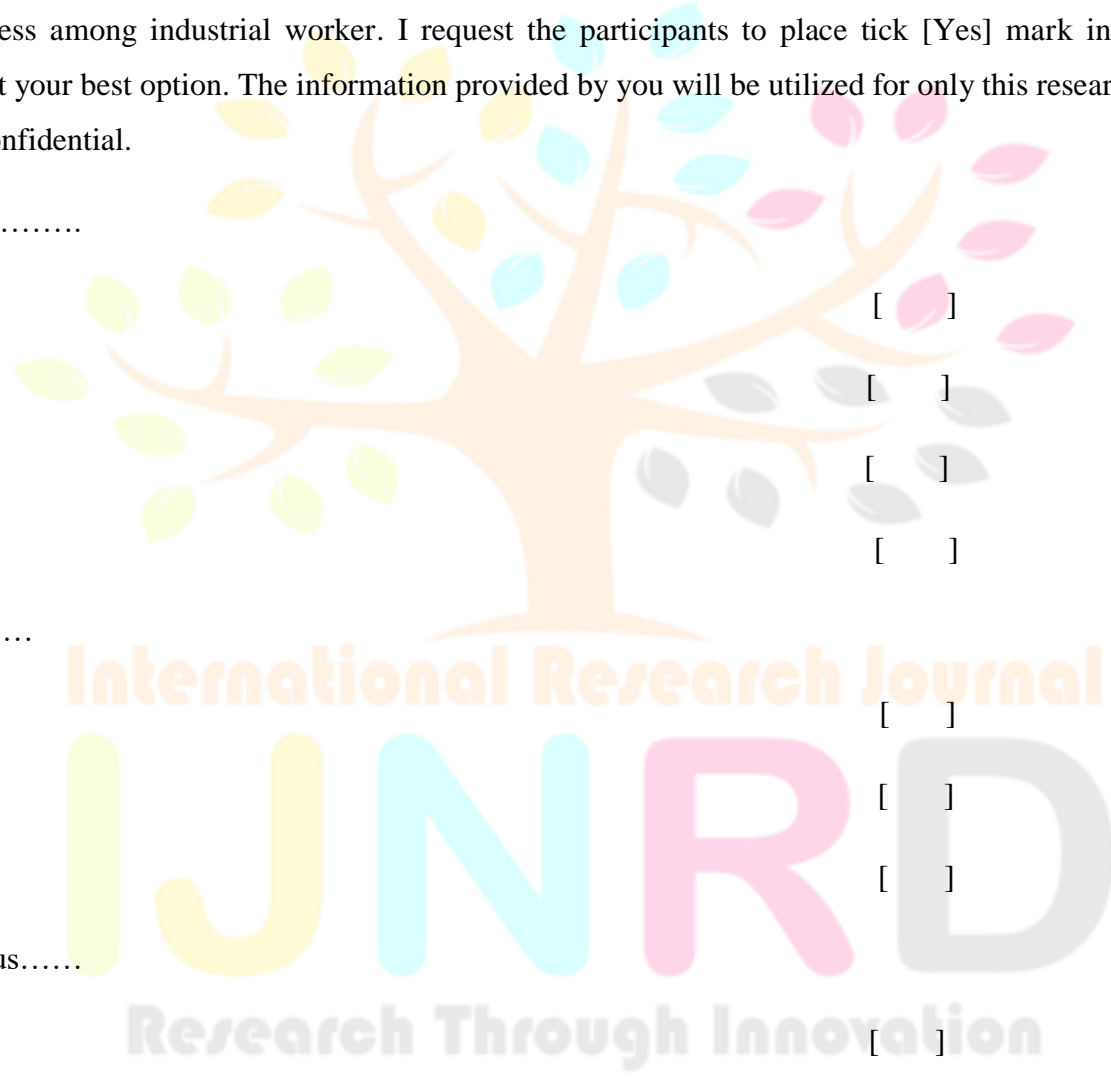
- a) Male []
- b) Female []
- c) Other []

3. Marital status.....

- a) Married []
- b) Unmarried []
- c) Divorce []

4. Number of Children's.....

- a) 1 []
- b) 2 []



c) 3 or more []

d) No children []

5. Type of family.....

a) Joint Family []

b) Nuclear family []

6. Workers education.....

a) Illiterate []

b) Primary School []

c) Secondary School []

d) Graduate and post graduate []

7. Job level.....

a) Executive []

b) Non- executive []

8. Income of the family is.....

a) ≤ 5000 []

b) 5001-10,000 []

c) 10,001-15,000 []

d) ≥ 15,001 []

9. Working experience (in years).....

a) ≤ 2 []

b) 4 []

c) 6 []

d) ≥ 8 []

10. Distance from home to working area



- a) 10 km []
- b) 20 km []
- c) 30 km []
- d) 40 km []

11. Any habit

- a) Alcohol drinking []
- b) Tobacco []
- c) Smoking []
- d) No any bad habit []

DATA COLLECTION TOOL

SAMPLE NO: -----

SECTION –B

OCCUPATIONAL STRESS INDEX

The scale assesses the extent of stress, employees experience in context of their life. To estimate the levels of your occupational stress add up the scores on all the statements. If the score is belowed 115, you have low occupational stress, if the score is between 116 and 161, your occupational stress is of moderate level, and if the score is above 161, you are highly stressed. The score for the statements are - 5 for absolutely true, 4 for almost true, 3 for partially true, 2 for almost false and 1 for absolutely false. The statement with asterisk should be scored inversely, e.g. 5 for absolutely false and 1 for absolutely true.

S. n.	Aspect of assessment	1 absolutel y false.	2 for almost false	3 for partial ly true	4 for almost true	5 for absolute ly true
1.	I have to do a lot of work in this job.	1	2	3	4	5
2.	The available information relating to my Job role and its outcomes are vague and insufficient.	1	2	3	4	5

3.	My different officers often give contradictory instructions regarding my work.	1	2	3	4	5
4.	Sometimes it becomes complicated problem.For me to make adjustment between political/ Group pressures and formal rules and instruction	1	2	3	4	5
5.	The responsibility for the efficiency and productivity of many employees is thrust upon me.	1	2	3	4	5
*6.	Most of my suggestions are heeded and implemented here.	5	4	3	2	1
*7.	My decisions and instructions concerning distribution of assignments among employees are properly followed	5	4	3	2	1
*8.	I have to work with persons of my liking.	5	4	3	2	1
9.	My assignment are of monotonous nature.	1	2	3	4	5
*10.	Higher authorities do care for my self-respect.	5	4	3	2	1
11.	I get less salary in comparison to the quantum of labour/ work.	1	2	3	4	5
12.	I do my work under tense circumstances.	1	2	3	4	5
13.	Owing to excessive workload I have to manage with insufficient number of employees and resources.	1	2	3	4	5
*14.	The objectives of my work role are quite clear and adequately	5	4	3	2	1

	planned.					
*15.	Officials do not interfere with my jurisdiction and working methods.	5	4	3	2	1
16.	I have to do some work unwillingly owing to certain group/political pressures.	1	2	3	4	5
17.	I am responsible for the future of a number of Employees.	1	2	3	4	5
*18.	My cooperation is frequently sought in solving the administrative or industrial problem at higher level.	5	4	3	2	1
*19.	My suggestion regarding the training programmes of the employees are given due significance.	5	4	3	2	1
20.	Some of my colleagues and subordinates try to defame and malign me as unsuccessful.	1	2	3	4	5
*21.	I get ample opportunity to utilize my ability and experience independently.	5	4	3	2	1
*22.	This job has enhanced my social status.	5	4	3	2	1
23.	I am seldom rewarded for my hard labour and efficient performance.	1	2	3	4	5
24.	Some of my assignment are quite risky and complicated.	1	2	3	4	5
25.	I have to dispose off my work hurriedly owing to excessive work load.	1	2	3	4	5
26.	I am unable to perform my duties smoothly owing to uncertainty and ambiguity of the scope of my Jurisdiction and authorities.	1	2	3	4	5

27.	I am not provided with clear instructions and sufficient facilities regarding the new assignments trusted me.	1	2	3	4	5
28.	In order to maintain group conformity sometimes I have to do/produce more than the usual.	1	2	3	4	5
29.	I bear the great responsibility for the progress and Prosperity of this organization.	1	2	3	4	5
30.	My options are sought in framing important policies of the organization/department.	1	2	3	4	5
*31.	Our interest and opinion are duly considered in making appointment for important posts.	5	4	3	2	1
*32.	My colleagues do cooperate with me voluntarily in solving administrative and industrial problems.	5	4	3	2	1
*33.	I get ample opportunity to develop my aptitude and proficiency properly.	5	4	3	2	1
34.	My higher authorities do not give due significance to my position and work.	1	2	3	4	5
35.	I often feel that this job has made my life cumbersome.	1	2	3	4	5
36.	Being too busy with official work I am unable to devote sufficient time to my domestic and personal problems.	1	2	3	4	5
37.	It is unclear what type of work and behavior my higher authorities	1	2	3	4	5

	and colleagues expect from me.					
*38.	Employees attach due importance to the official Instructions and formal working procedures.	5	4	3	2	1
39.	I am compelled to violate the formal and administrative and policies owing to group/political pressures.	1	2	3	4	5
*40.	My opinion is sought in changing or modifying the working systems/instruments and conditions here.	5	4	3	2	1
*41.	There exists sufficient mutual cooperation and team-spirits among the employees of this organization/department.	5	4	3	2	1
42.	My suggestions and cooperation are not sought in solving even those problems for which I am quite competent.	1	2	3	4	5
*43.	Working conditions are satisfactory here from the point of view of our welfare and convenience.	5	4	3	2	1
44.	I have to do such work as ought to be done by others.	1	2	3	4	5
45.	It becomes difficult to implement all of a sudden the new dealing procedures and policies in place of those already in practice.	1	2	3	4	5
46.	I am unable to carry out my assignments to my satisfaction on account of excessive work load and lack of time.	1	2	3	4	5

डेटा संकलन उपकरण

नमूना नं: -----

खंड एक

सोसाइटी-डेमोग्रैफिक डेटा

निर्माण: यह प्रश्नावली औद्योगिक कार्य कर्ता के बीच तनाव पर विचार को रोकने वाली गतिविधि की प्रभावशीलता का आकलन करने के लिए डेटा एकत्र करने के लिए डिज़ाइन की गई है। मैं प्रतिभागियों से आपके सर्वोत्तम विकल्प के खिलाफ विशिष्ट कॉलम में टिक [यस] चिह्न लगाने का अनुरोध करता हूं। आपके द्वारा दी गई जानकारी का उपयोग केवल इस शोध अध्ययन के लिए किया जाएगा और इसे गोपनीय रखा जाएगा।

1. के तहत आयु.....

a) 21-25 []

b) 26-30 []

c) 31-35 []

d) 36- 40 []

2. लिंग.....

a) पुरुष []

b) महिला []

c) अन्य []

3. वैवाहिक स्थिति.....

a) विवाहित []

b) अविवाहित []

c) तलाक []

4. बच्चों की संख्या.....

a) 1 []



b) 2 []

c) 3 या ज्यादा []

d) कोई बच्चे नहीं []

5. परिवार का प्रकार.....

a) संयुक्त परिवार []

b) एकल परिवार []

6. श्रमिक शिक्षा.....

a) अनपढ़ []

b) प्राथमिक विद्यालय []

c) माध्यमिक विद्यालय []

d) ग्रेजुएट और पोस्ट ग्रेजुएट []

7. नौकरी का स्तर.....

a) कार्यपालक []

b) गैर-कार्यकारी []

8. परिवार की आय है.....

a) ≤ 5000 (सेकम) []

b) 5001-10,000 []

c) 10,001-15,000 []

d) $\geq 15,001$ (सेकम) []

9. काम करने का अनुभव (वर्षों में).....

a) ≤ 2 []

b) 4 []

c) 6 []



d) ≥ 8 []

10. घर से कार्य क्षेत्र की दूरी.....

a) 10 km []

b) 20 km []

c) 30 km []

d) 40 km []

11. कोई आदत....

a) शराब पीना []

b) तंबाकू []

c) धूम्रपान []

d) कोई बुरी आदत नहीं []



अनुभाग-

OCCUPATIONAL स्ट्रेस इंडेक्स

पैमाना तनाव की सीमा का आकलन करता है, कर्मचारी अपने जीवन के संदर्भ में अनुभव करते हैं। अपने व्यावसायिक तनाव के स्तरों का अनुमान लगाने के लिए सभी कथनों पर स्कोर जोड़ें। यदि स्कोर 115 प्यारा है, तो आपके पास कम व्यावसायिक तनाव है, यदि स्कोर 116 और 161 के बीच है, तो आपका व्यावसायिक तनाव मध्यमस्तर का है, और यदि स्कोर 161 से ऊपर है, तो आप अत्यधिक तनाव में हैं। बयानों के लिए स्कोर हैं - 5 बिल्कुल सच के लिए, 4 सचके लिए 4, आंशिक रूप से सचके लिए 3, लगभग झूठेके लिए 2 और बिल्कुल झूठ के लिए 1। एस्टेरिक्स के साथ कथन विपरीत रूप से स्कोर किया जाना चाहिए, उदा। 5 बिल्कुल झूठ के लिए और 1 बिल्कुल सच के लिए।

S. n.	मूल्यांकन का पहलू	1 बिल्कुल झूठ है.	2 लगभग झूठके लिए	3 आंशिक रूप से सच के लिए	4 लगभग सच है	5 बिल्कुल सचके लिए
1.	मुझे इस काम में बहुत काम करना है।	1	2	3	4	5
2.	मेरी नौकरी की भूमिका और उसके परिणामों से संबंधित उपलब्ध जानकारी अस्पष्ट और अपर्याप्त हैं।	1	2	3	4	5
3.	मेरे विभिन्न अधिकारी अक्सर मेरे काम के संबंध में विरोधाभासी निर्देश देते हैं।	1	2	3	4	5
4.	कभी-कभी यह जटिल समस्या बन जाती है। मुझे राजनीतिक / समूह दबावों और औपचारिक नियमों और निर्देश के बीच समायोजन करने के लिए	1	2	3	4	5
5.	कई कर्मचारियों की कार्य कुशलता और उत्पादकता की जिम्मेदारी मुझ	1	2	3	4	5

	पर है।					
*6.	मेरे अधिकांश सुझावों को ध्यान में रखा जाता है और उन पर अमल किया जाता है।	5	4	3	2	1
*7.	कर्मचारियों के बीच असाइनमेंट के वितरण से संबंधित मेरे फैसले और निर्देशों का ठीक से पालन किया जाता है	5	4	3	2	1
*8.	मुझे अपनी पसंद के व्यक्तियों के साथ काम करना है।	5	4	3	2	1
9.	मेरा काम नीर सप्रकृतिक है।	1	2	3	4	5
*10.	उच्च अधिकारी मेरे स्वाभिमान की परवाह करते हैं।	5	4	3	2	1
11.	मुझे श्रम / काम की मात्रा की तुलना में कम वेतन मिलता है।	1	2	3	4	5
12.	मैं अपना काम तनाव पूर्ण परिस्थितियों में करता हूँ।	1	2	3	4	5
13.	अत्यधिक कार्यभार के कारण मुझे कर्मचारियों और संसाधनों की अपर्याप्त संख्या के साथ प्रबंधन करना पड़ता है।	1	2	3	4	5
*14.	मेरी कार्यभूमिका के उद्देश्य काफी स्पष्ट हैं और पर्याप्त रूप से योजनाबद्ध हैं।	5	4	3	2	1
*15.	अधिकारी मेरे अधिकार क्षेत्र और कार्यविधियों में हस्तक्षेप नहीं करते हैं।	5	4	3	2	1
16.	मुझे कुछ समूह / राजनीतिक दबावों के कारण अनिच्छा से कुछ काम करना पड़ता है।	1	2	3	4	5
17.	मैं कई कर्मचारियों के भविष्य के लिए	1	2	3	4	5

	जिम्मेदार हूं।					
*18.	उच्च स्तर पर प्रशासनिक या औद्योगिक समस्या को हल करने में मेरा सहयोग अक्सर मांगा जाता है।	5	4	3	2	1
*19.	कर्मचारियों के प्रशिक्षण कार्यक्रमों के संबंध में मेरा सुझाव उचित महत्व दिया गया है।	5	4	3	2	1
20.	मेरे कुछ सहयोगी और अधीनस्थ मुझे बदनाम करने की कोशिश करते हैं और मुझे असफल मानते हैं।	1	2	3	4	5
*21.	मुझे अपनी क्षमता और अनुभव का स्वतंत्र रूप से उपयोग करने का पर्याप्त अवसर मिलता है।	5	4	3	2	1
*22.	इस नौकरी ने मेरी सामाजिक स्थिति को बढ़ाया है।	5	4	3	2	1
23.	मैं अपनी कड़ी मेहनत और कुशल प्रदर्शन के लिए पुरस्कृत हूं।	1	2	3	4	5
24.	मेरे कुछ असाइनमेंट काफी जोखिम भरे और जटिल हैं।	1	2	3	4	5
25.	मुझे अपने काम को जल्दी से निपटाना होगा ताकि काम के अत्यधिक बोझ के कारण जल्दबाजी में काम करना पड़े।	1	2	3	4	5
26.	मैं अपने दायरों की अनिश्चितता और अस्पष्टता के कारण अपने कर्तव्यों को आसानी से निभाने में असमर्थ हूं अधिकार क्षेत्र और अधिकारी।	1	2	3	4	5
27.	मुझे नए निर्देशों के बारे में स्पष्ट निर्देश और पर्याप्त सुविधाएं उपलब्ध नहीं कराई गई हैं	1	2	3	4	5

	मुझ पर भरोसा किया।					
28.	समूह अनुरूपता बनाए रखने के लिए कभी-कभी मुझे सामान्य से अधिक काम करना पड़ता है।	1	2	3	4	5
29.	मैं इस संगठन की प्रगति और समृद्धि के लिए बड़ी जिम्मेदारी उठाता हूँ।	1	2	3	4	5
30.	संगठन / विभाग की महत्वपूर्ण नीतियों को तैयार करने में मेरे विकल्प मांगे जाते हैं।	1	2	3	4	5
*31.	हमारी रुचि और राय को महत्वपूर्ण पदों के लिए नियुक्ति करने में विधिवत माना जाता है।	5	4	3	2	1
*32.	मेरे सहयोगी प्रशासनिक और औद्योगिक समस्याओं के समाधान में स्वेच्छा से मेरा सहयोग करते हैं।	5	4	3	2	1
*33.	मुझे अपनी योग्यता और प्रवीणता को ठीक से विकसित करने का पर्याप्त अवसर मिलता है।	5	4	3	2	1
34.	मेरे उच्च अधिकारी मेरी स्थिति और कार्य को उचित महत्व नहीं देते हैं।	1	2	3	4	5
35.	मुझे अक्सर लगता है कि इस नौकरी ने मेरे जीवन को बोझिल बना दिया है।	1	2	3	4	5
36.	आधिकारिक काम में बहुत व्यस्त होने के कारण मैं अपने घरेलू और व्यक्तिगत समय के लिए पर्याप्त समय नहीं दे पा रहा हूँ समस्या।	1	2	3	4	5
37.	यह स्पष्ट नहीं है कि मेरे उच्च अधिकारी और सहकर्मी मुझसे किस प्रकार के कार्य और व्यवहार की अपेक्षा करते हैं।	1	2	3	4	5

*38.	कर्मचारी आधिकारिक निर्देशों और औपचारिक कामकाजी प्रक्रियाओं के लिए उचित महत्व देते हैं।	5	4	3	2	1
39.	मैं समूह / राजनीतिक दबावों के कारण औपचारिक और प्रशासनिक और नीतियों का उल्लंघन करने के लिए मजबूर हूँ।	1	2	3	4	5
*40.	यहां काम करने वाले सिस्टम / उपकरणों और स्थितियों को बदलने या संशोधित करने में मेरी राय मांगी गई है।	5	4	3	2	1
*41.	इस संगठन / विभाग के कर्मचारियों के बीच पर्याप्त पारस्परिक सहयोग और टीम-आत्मामौजूद है।	5	4	3	2	1
42.	मेरे सुझाव और सहयोग उन समस्याओं को हल करने में भी नहीं मांगे जाते हैं जिनके लिए मैं काफी सक्षम हूँ।	1	2	3	4	5
*43.	हमारे कल्याण और सुविधा के दृष्टिकोण से यहाँ काम करने की स्थिति संतोषजनक है।	5	4	3	2	1
44.	मुझे इस तरह के काम करने होंगे जैसे कि दूसरों के द्वारा किए जाने चाहिए।	1	2	3	4	5
45.	पहले से ही व्यवहार में आने वाले लोगों के स्थान पर अचानक नए व्यवहार और नीतियों को लागू करना मुश्किल हो जाता है।	1	2	3	4	5
46.	मैं अत्यधिक कार्य भार और समय की कमी के कारण अपनी संतुष्टि के लिए अपने कार्य को पूरा करने में असमर्थ	1	2	3	4	5

हैं।					
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चेकलिस्टकेलिएमानदंड

खंड ए: सोसाइटी डेमोग्रैफिक डेटा

निर्देश: - इंदौर (म.प्र।) के चुनिंदा क्षेत्रों में औद्योगिक कामगारों के बीच तनाव को रोकने वाली गतिविधि की प्रभावशीलता का आकलन करने के लिए कृपया उपकरण की वस्तुओं के माध्यम से जाएँ।

तनाव पर विचार की गतिविधि को रोकना, और सामग्री की सटीकता, प्रासंगिकता और उपयुक्तता के बारे में अपने बहुमूल्य सुझाव देना। सहमत और असहमत दो जवाब हैं, कृपया निर्दिष्ट कॉलम के खिलाफ एक टिक मार्क लगाएं। यदि कोई सुझाव _ टिप्पणी है, तो कृपया टिप्पणी कॉलम में बताए गए स्थान में निर्दिष्ट करें

खंडएक :इस खंड में सामाजिक जनसांख्यिकीय चर शामिल हैं

मदसंख्या	इसबातसेसहमत	असहमत	टिप्पणी
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चेकलिस्टकेलिएमानदंडअनुभागबी: OCCUPATIONAL मजबूतसूचकांक

आवश्यक सभी प्रश्नों का प्रयास करें

Item no.	1 बिल्कुल झूठ है।	2 लगभग झूठ के लिए	3 आंशिक रूप से सच के लिए	4 लगभग सच है	5 बिल्कुल सच के लिए
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-1 बिलकुल झूठ है, 2 लगभग झूठ के लिए, 3 आंशिक रूप से सच के लिए, 4 लगभग सच है और 5 बिल्कुल सच के लिए।

IJNRD
Research Through Innovation

Index Nursing College

Lesson plan

Progressive Muscle Relaxation

Subject: Mental Health Nursing

Submitted To: Mr. Manu k.

Asst. Professor

Submitted BY: Mr. Dharmendra Vishwakarma

International Research Journal

IJNRD

Research Through Innovation

LESSON PLAN ON PROGRESSIVE MUSCLE RELAXATION

NAME OF STUDENT : Dharmendra vishwakarma

PROGRAMME : M.Sc. Nursing Programme

NAME OF THE GUIDE : Mr.Manu.K Asst.Professor

SUBJECT	: Mental Health Nursing
TOPIC	: Progressive Muscle Relaxation
VENUE	: Industrial area Indore
DATE	: 28/07/20 to 13/08/20
TIME	: 12pm-12:30pm
GROUP	: Industrial worker
METHOD OF TEACHING	: Demonstration
LANGUAGE	: Hindi, English
A. V. AIDS	: Charts / Pamphlets

GENERAL OBJECTIVES:


At the end of demonstration class, the worker will be able to do self the therapy.




SPECIFIC OBJECTIVES:



At the end of demonstration class, the worker will be able to:

- To explain introduction
- To define progressive muscle relaxation
- To enumerate the indications for progressive muscle relaxation
- To explain the techniques of progressive muscle relaxation

S.NO	SPECIFIC OBJECTIVE	TIME	COTENT	TEACHING LEARNING ACTIVITY	AV. AIDS	EVALUATI ON
1.	To explain introduction	5mt.	<p><u>Introduction-</u></p> <p><u>Progressive Muscle Relaxation</u></p> <p>Relaxation produces physiological effects opposite those of anxiety; slowed heart rate, increased peripheral blood ad neuromuscularstability. There are many methods which can be used to induce relaxation. Progressive Muscle Relaxation is a method of deep-muscle relaxation which is based on the premise that the body to responds to anxiety-provoking thoughts and event with muscle tension.</p>	Demonstratio n	Pamphlets	Define PMR?
2.	To define progressive muscle relaxation	2mt	<p><u>Definition-</u></p> <p>According to Melissa Stanger Anxiety clogs our minds with unwanted thoughts and obsessions, and keeps us stuck in our heads. By feeling our body intentionally through muscle isolation, we can draw the attention away from our brain and into different parts of our body.</p>	Demonstratio n	Pamphlets	
3.	To enumerate the indications for PMR	3mt.	<p><u>Indications for relaxation therapy-</u></p> <ul style="list-style-type: none"> • Treatment of muscular tension • Anxiety • Insomnia • Depression • Fatigue • Irritable bowel • Muscle spasm • Neck and back pain 	Demonstratio n	Pamphlets	

4.	To explain the techniques of PMR	10mt.	<ul style="list-style-type: none"> • High blood pressure • Mild phobias • And stuttering <p><u>Techniques-</u></p> <p>Progressive muscle relaxation is an exercise that reduces stress and anxiety in your body by having you slowly tense and then relax each muscle. This exercise can provide an immediate feeling of relaxation, but it's best to practice frequently. With experience, you will become more aware of when you are experiencing tension and you will have the skills to help you relax. During this exercise, each muscle should be tensed, but not to the point of strain. If you have any injuries or pain, you can skip the affected areas. Pay special attention to the feeling of releasing tension in each muscle and the resulting feeling of relaxation.</p> <p>Let's begin.</p> <p>Sit back or lie down in a comfortable position. Shut your eyes if you're comfortable doing so.</p> <p>Begin by taking a deep breath and noticing the feeling of air filling your lungs. Hold your breath for a few seconds.</p> <p>(brief pause)</p> <p>Release the breath slowly and let the tension leave your body.</p> <p>Take in another deep breath and hold it.</p> <p>(brief pause)</p> <p>Again, slowly release the air.</p> <p>Even slower now, take another breath. Fill your lungs and hold</p>	Demonstration	Charts	
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		<p>the air.</p> <p>(brief pause)</p> <p>Slowly release the breath and imagine the feeling of tension leaving your body.</p> <p>Now, move your attention to your feet. Begin to tense your feet by curling your toes and the arch of your foot. Hold onto the tension and notice what it feels like.</p> <p>(5 second pause)</p> <p>Release the tension in your foot. Notice the new feeling of relaxation.</p> <p>Next, begin to focus on your lower leg. Tense the muscles in your calves. Hold them tightly and pay attention to the feeling of tension.</p> <p>(5 second pause)</p> <p>Release the tension from your lower legs. Again, notice the feeling of relaxation. Remember to continue taking deep breaths.</p> <p>Next, tense the muscles of your upper leg and pelvis. You can do this by tightly squeezing your thighs together. Make sure you feel tenseness without going to the point of strain.</p> <p>And release. Feel the tension leave your muscles.</p> <p>Begin to tense your stomach and chest. You can do this by sucking your stomach in. Squeeze harder and hold the tension. A little bit longer.</p> <p>(5 second pause)</p> <p>Release the tension. Allow your body to go limp. Let yourself notice the feeling of relaxation.</p> <p>Continue taking deep breaths. Breathe in slowly, noticing the air</p>		  	
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5.		<p>fill your lungs, and hold it.</p> <p>(brief pause)</p> <p>Release the air slowly. Feel it leaving your lungs.</p> <p>Next, tense the muscles in your back by bringing your shoulders together behind you. Hold them tightly. Tense them as hard as you can without straining and keep holding.</p> <p>(5 second pause)</p> <p>Release the tension from your back. Feel the tension slowly leaving your body, and the new feeling of relaxation. Notice how different your body feels when you allow it to relax.</p> <p>Tense your arms all the way from your hands to your shoulders. Make a fist and squeeze all the way up your arm. Hold it.</p> <p>(5 second pause)</p> <p>Release the tension from your arms and shoulders. Notice the feeling of relaxation in your fingers, hands, arms, and shoulders. Notice how your arms feel limp and at ease.</p> <p>Move up to your neck and your head. Tense your face and your neck by distorting the muscles around your eyes and mouth.</p> <p>(5 second pause)</p> <p>Release the tension. Again, notice the new feeling of relaxation. Finally, tense your entire body. Tense your feet, legs, stomach, chest, arms, head, and neck.</p> <p>Tense harder, without straining. Hold the tension.</p> <p>(5 second pause)</p> <p>Now release. Allow your whole body to go limp. Pay attention to the feeling of relaxation, and how different it is from the feeling of tension.</p>		 	
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6.		<p>Begin to wake your body up by slowly moving your muscles. Adjust your arms and legs. Stretch your muscles and open your eyes when you're ready.</p> <p><u>Summary-</u> Progressive muscle relaxation is very useful technique to reduce stress or muscle tension. Here I explained meaning of Progressive muscle relaxation, indication for progressive muscle therapy.</p> <p><u>Bibliography-</u></p> <ul style="list-style-type: none"> • Metal health nursing, R. shreevani,4th edition 2016, Jaypee brothers medical publishers (p)Ltd, page no. 153. • Therapist aid.com. 			
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परिचय- प्रगतिशील मांसपेशी आराम आराम चिंता के विपरीत शारीरिक प्रभाव पैदा करता है; धीमी गति से दिल की दर, परिधीय रक्त विज्ञापन न्यूरोमस्क्यूलर अस्थिरता में वृद्धि हुई। कई विधियाँ हैं जिनका उपयोग विश्राम को प्रेरित करने के लिए किया जा सकता है। प्रोग्रेसिव मसल रिलैक्सेशन डीप-मसल रिलैक्सेशन का एक तरीका है, जो इस आधार पर होता है कि शरीर चिंता-उत्तेजक विचारों पर प्रतिक्रिया करता है और मांसपेशियों में तनाव के साथ घटना करता है।

Definition- मेलिसा स्टेंगर के अनुसार चिंता हमारे दिमाग को अवांछित विचारों और जुनून के साथ रोकती है, और हमें हमारे सिर में अटकाए रखती है। मांसपेशियों के अलगाव के माध्यम से जानबूझकर हमारे शरीर को महसूस करके, हम अपने मस्तिष्क से और हमारे शरीर के विभिन्न हिस्सों में ध्यान आकर्षित कर सकते हैं।

विश्राम चिकित्सा के लिए संकेत- • मांसपेशियों में तनाव का उपचार • चिंता • अनिद्रा • डिप्रेशन • थकान • खराब पेट • मांसपेशी में ऐंठन • गर्दन और पीठ में दर्द • उच्च रक्तचाप • हल्का फोबिया • और हकलाना

प्रगतिशील संगीत संबंध प्रगतिशील मांसपेशी छूट, या पीएमआर, तनावग्रस्त, चिंतित होने या नींद की तैयारी करते समय उपयोग करने के लिए बहुत उपयोगी है। इस तकनीक को पहली बार 1930 के दशक में एडमंड जैकबसन नाम के एक अमेरिकी चिकित्सक ने पेश किया था। इस तकनीक में शरीर के सभी प्रमुख मांसपेशी समूहों में वैकल्पिक तनाव और विश्राम शामिल है। सबसे पहले, मैं चाहता हूँ कि आप अपने लिए कुछ समय निर्धारित करें। अपना फोन बंद करें और दूसरों को बताएं कि आप को परेशान न करें। बैठने या लेटने की आरामदायक स्थिति का पता लगाकर शुरुआत करें। किसी भी तंग कपड़ों को ढीला करें। अपने हाथों को अपनी गोद में या कुर्सी की बाहों पर रखें। कुछ धीमी साँसें भी लें। अब, अपनी नाक के माध्यम से और अपने मुँह के माध्यम से साँस लेते हुए एक गहरी साँस लें। अपने उदर के उत्थान और पतन को महसूस करें। कुछ सेकंड के लिए साँस रोके रखें, और फिर धीरे-धीरे साँस छोड़ें। इसे फिर से करें।

अपना ध्यान केवल अपने शरीर पर केंद्रित करने दें। यह पूरी तरह से ठीक है, और आपको उम्मीद करनी चाहिए कि आपका मन इस अभ्यास के दौरान भटक जाएगा। जब यह होता है, तो अपना ध्यान केवल उन मांसपेशियों पर वापस लाएं, जिन पर आप काम कर रहे हैं। एक और गहरी साँस लें, कुछ सेकंड के लिए पकड़ें और धीरे-धीरे साँस छोड़ें। जैसे-जैसे आप साँस लेते हैं, अपने पेट को ऊपर उठाते हुए देखें, और आपके फेफड़े हवा से भरते हैं। अपना समय ले लो और सिर्फ एक या दो मिनट खर्च करो और अपनी श्वास को देख रहे हो। जैसा कि आप साँस छोड़ते हैं, अपने शरीर में जारी तनाव और अपने शरीर से बाहर तैरने की कल्पना करें। और फिर से श्वास... और साँस छोड़ें।

अपने शरीर को आराम करने की शुरुआत करें। जैसा कि आप प्रत्येक चरण से गुजरते हैं, याद रखें कि सामान्य रूप से सांस लेते रहें। अपनी सांस को थामे रखने की कोशिश करें। अब अपने माथे को जितना हो सके अपनी भौहों को ऊपर उठाकर और अपने माथे को रगड़कर मांसपेशियों को कस लें। लगभग पांच सेकंड के लिए इसे पकड़ो। और फिर तनाव जारी करें। यह चोट या असुविधाजनक नहीं होना चाहिए, लेकिन आपको विशेष मांसपेशी के अलगाव पर ध्यान देना चाहिए। अब आप सबसे बड़ी मुस्कान बना सकते हैं। अपने मुंह और गालों को तनाव महसूस करना। लगभग पाँच सेकंड के लिए रुकें, और रिलीज़ करें।

इसके बाद, अपनी पलकों को कसकर बंद करके अपनी आंखों की मांसपेशियों को कस लें। लगभग पाँच सेकंड के लिए रुकें, और रिलीज़ करें। धीरे से अपने सिर को वापस खींच लें जैसे कि छत को देखना है। लगभग पाँच सेकंड के लिए रुकें, और रिलीज़ करें। साँस छोड़ना ... और साँस छोड़ना याद रखें ... अब, कसकर, लेकिन बिना तनाव के, अपनी दाहिनी मुट्ठी को जकड़ें और लगभग पाँच सेकंड के लिए इस स्थिति को पकड़ें ... और छोड़ें। अब, अपने दाहिने हाथ की मांसपेशियों को निचोड़ें और जितना संभव हो उतना कसकर हाथ करें। पाँच सेकंड के लिए रुकें ... और रिलीज़ करें। साँस... और साँस बाहर... इसके बाद, अपने पूरे दाहिने हाथ को तनाव दें। लगभग पाँच सेकंड के लिए रुकें, और रिलीज़ करें।

अब अपने कंधों को ऊपर उठाएं जैसे कि वे आपके कानों को छू सकें। लगभग पाँच सेकंड के लिए रुकें, और रिलीज़ करें। साँस लें... और साँस छोड़ें... अब, कसकर, लेकिन बिना तनाव के, अपनी बाईं मुट्ठी को जकड़ें और लगभग पांच सेकंड के लिए इस स्थिति को पकड़ें... और जारी करें। अब, अपनी बाईं बांह और हाथ की मांसपेशियों को तनाव दें। पाँच सेकंड के लिए रुकें ... और रिलीज़ करें। इसके बाद, अपने पूरे बाएँ हाथ को तनाव दें। लगभग पाँच सेकंड के लिए रुकें, और रिलीज़ करें। अपने कंधे को पीछे की ओर खींचते हुए अपनी ऊपरी पीठ को तनाव दें ताकि आपके कंधे के ब्लेड को छूने की कोशिश की जा सके। लगभग पाँच सेकंड के लिए रुकें, और रिलीज़ करें। गहरी साँस लेकर अपनी छाती को कस लें, लगभग पाँच सेकंड तक पकड़ें और साँस छोड़ते हुए सारी टेंशन को दूर करें। अब इसे चूसकर अपने पेट में मांसपेशियों को कस लें। लगभग पांच सेकंड तक रोके, और छोड़ें। धीरे अपनी पीठ के निचले हिस्से को आर्च करें। पाँच सेकंड के लिए रुकें ... और आराम करें। अपने नितंबों को कस लें। लगभग पाँच सेकंड के लिए रुकें... और अपने कूल्हों को ढीला छोड़ते हुए कल्पना करें।

अपने पूरे दाहिने पैर और जांघ में मांसपेशियों को तनाव दें। पाँच सेकंड के लिए रुकें ... और आराम करें। अब अपने दाहिने पैर को फ्लेक्स करें, अपने पैर की उंगलियों को अपनी ओर खींचे और अपने बछड़ों में तनाव महसूस करें। पाँच सेकंड के लिए रुकें ... और आराम करें। अपने पूरे बाएं पैर और जांघ में मांसपेशियों को तनाव दें। पाँच सेकंड के लिए रुकें ... और आराम करें। अपने पैर से पिघलने वाले तनाव को महसूस करें। अब अपने बाएं पैर को फ्लेक्स करें, अपने पैर की उंगलियों को अपनी ओर खींचे और अपने बछड़ों में तनाव महसूस करें। पाँच सेकंड के लिए रुकें ... और आराम करें। अपने पैर की उंगलियों के नीचे, अपने पैर की उंगलियों को कर्ल करें। लगभग पाँच सेकंड के लिए रुकें, और रिलीज़ करें। अब अपने सिर पर शुरू होने वाले शरीर के माध्यम से धीरे-धीरे फैलने और आपके पैरों के नीचे तक जाने की एक लहर की कल्पना करें। प्रत्येक लहर गर्म और आरामदायक महसूस करती है। अपने शिथिल शरीर का वजन महसूस करें। सांस... और सांस बाहर... सांस... और सांस बाहर... जैसे-जैसे आप सांस लेते हैं, अपने पेट को ऊपर उठाते हुए देखें, और आपके फेफड़े हवा से भरते हैं। अपना समय ले लो और सिर्फ एक या दो मिनट खर्च करो और अपनी श्वास को देख रहे हो। जब आप साँस छोड़ते हैं, तो अपने शरीर में जारी तनाव और अपने शरीर से बहने वाले तनाव की कल्पना करें। और फिर से श्वास... और साँस छोड़ें। मुझे आशा है कि आपने अभ्यास का आनंद लिया है। जब भी आपको तनाव महसूस हो, और जब भी आप सो जाएं, तब इसका इस्तेमाल करें।

ANNEXURE-XII

STATISTICAL FORMULA

Mean and standard Deviation

$$\text{Mean } \bar{x} = \frac{1}{N} \sum_{i=1}^N x_i \quad \text{and S.D. } s = \sqrt{\frac{\sum (x - \bar{x})^2}{n - 1}}$$

Formula for standard deviation (SD), where x is a data item, \bar{x} is the mean and n is the sample size.

$$SE = \frac{SD}{\sqrt{(n)}}$$

Formula for standard error (SE), where SD is the standard deviation and n is the sample size.

Paired 't' test:

$$t = \frac{\sum d}{\sqrt{\frac{n(\sum d^2) - (\sum d)^2}{n-1}}}$$

In all work with two-sample t-test the degrees of freedom or df is:

$$df = n_1 + n_2 - 2$$

The formula for the two sample t-test is:

$$T = \frac{\bar{X} - \bar{Y}}{S_p \sqrt{\frac{1}{n_1} + \frac{1}{n_2}}}$$

Chi-square Test:

$$\chi^2 = \sum_{i=1}^n \frac{(O_i - E_i)^2}{E_i}$$

where

χ^2 = Pearson's cumulative test statistic, which asymptotically approaches a χ^2 distribution.

O_i = an observed frequency;

E_i = an expected (theoretical) frequency, asserted by the null hypothesis;

n = the number of cells in the table

The chi-squared statistic can then be used to calculate a p-value by comparing the value of the statistic to a chi-squared distribution.



ANNEXURE-XIII

MASTER CHART

S.no	Age	Gender	Marital status	No. of children	Type of family	Workers education	Job level	Income of family	Working experience	Distance from working area to home	Any habit	Pre test	Post test
1	A	A	A	B	A	A	A	B	A	A	D	145	46
2	B	A	A	B	A	B	A	B	B	A	D	160	47
3	B	A	A	B	A	A	A	B	B	A	D	120	50
4	B	A	A	B	A	C	A	B	B	A	D	130	55
5	A	A	A	B	B	D	B	B	B	A	D	168	46
6	C	B	A	B	B	C	B	B	B	B	D	168	47
7	B	A	A	B	A	B	A	B	A	C	D	118	48
8	D	A	C	B	A	B	A	B	B	B	B	155	50
9	B	A	A	B	A	C	A	B	B	B	C	155	55
10	B	B	A	B	B	B	B	B	B	B	D	160	46
11	B	B	A	B	B	C	B	B	B	B	D	174	46
12	C	A	A	B	B	D	B	B	B	A	D	165	47
13	C	A	A	B	A	C	A	B	A	B	D	156	48
14	C	A	A	B	B	B	A	B	A	A	D	147	49
15	C	B	A	B	A	C	A	B	A	A	D	189	50
16	A	A	B	A	B	D	A	B	A	A	D	220	55
17	D	A	A	C	A	D	B	B	A	A	D	118	48
18	C	A	A	B	B	D	A	B	A	A	D	120	52
19	B	B	A	B	A	C	B	B	A	A	D	125	116
20	C	B	A	B	A	C	A	B	A	B	D	168	70
21	D	A	A	B	B	C	A	B	B	C	B	168	75
22	A	A	A	B	B	C	A	B	B	B	D	118	88
23	B	A	A	B	A	C	B	B	B	B	D	155	79
24	B	A	A	B	A	C	B	C	C	B	D	155	56
25	B	A	A	B	A	B	B	B	A	B	D	160	57
26	A	B	A	B	A	B	A	B	A	A	D	174	58
27	C	A	A	B	B	C	A	B	A	B	D	165	98
28	B	A	A	B	B	B	A	B	A	A	D	156	65
29	D	A	A	B	A	D	A	A	B	A	D	147	55
30	B	B	A	B	A	A	B	C	C	A	C	189	65

31	B	B	A	B	A	A	B	B	A	A	D	220	66
32	B	A	A	B	B	A	A	B	A	A	D	118	85
33	C	A	A	B	B	C	A	B	A	A	D	120	59
34	C	A	A	B	B	B	A	B	B	B	D	125	89
35	C	B	A	B	A	C	B	B	B	C	D	168	87
36	C	A	A	B	B	C	B	B	B	B	D	168	78
37	A	A	B	A	A	B	B	C	C	B	D	118	85
38	D	A	A	B	B	A	A	B	B	B	D	155	47
39	C	B	A	B	A	B	A	B	B	B	D	155	48
40	B	B	A	B	B	A	A	B	B	A	D	160	68
41	C	A	A	B	A	A	A	B	B	B	D	174	58
42	D	A	A	B	A	B	B	B	B	A	D	165	59
43	A	A	A	B	B	A	A	B	B	A	D	156	56
44	B	A	A	B	B	B	B	B	B	A	D	147	65
45	B	A	A	B	A	A	A	B	B	A	D	189	85
46	B	B	A	B	A	C	A	B	B	A	D	220	74
47	A	A	B	A	A	D	A	B	B	A	D	118	58
48	C	A	A	C	A	C	B	B	B	B	D	120	45
49	B	A	A	B	B	B	B	B	B	C	D	125	75
50	D	B	A	B	B	B	B	B	B	B	D	168	45
51	B	B	A	B	A	C	A	B	B	B	D	168	48
52	B	A	A	B	A	B	A	B	B	B	D	118	54
53	B	A	A	B	A	C	A	B	B	B	D	155	65
54	C	A	A	B	B	D	A	B	B	A	D	155	54
55	C	B	A	B	B	C	B	B	B	B	D	160	54
56	C	A	A	B	B	B	B	B	B	A	D	174	55
57	C	A	A	B	A	A	A	B	B	A	D	165	80
58	A	A	B	A	B	B	A	B	B	A	D	156	82
59	D	B	A	B	A	A	A	B	B	A	B	147	83
60	C	B	A	B	B	C	B	B	B	A	C	189	81
61	B	A	A	B	A	D	B	B	B	A	D	220	91
62	C	A	A	B	B	C	B	B	B	B	D	118	87
63	D	A	C	B	A	B	A	B	B	C	D	120	90
64	A	A	A	B	A	B	A	B	B	B	D	125	117
65	B	A	A	B	B	C	A	B	B	B	D	168	120
66	B	B	A	B	B	B	A	B	B	B	C	168	118
67	B	A	A	B	A	C	B	B	B	B	D	118	100
68	A	A	A	B	A	D	A	B	B	A	D	155	48
69	C	A	A	B	A	C	B	B	B	B	D	155	90

70	B	B	A	B	A	B	A	B	B	A	D	160	88
71	D	B	A	B	B	C	A	B	B	A	D	174	85
72	B	A	A	B	B	D	A	B	B	A	D	165	86
73	B	A	A	B	A	D	B	B	B	A	D	156	84
74	B	A	A	B	A	D	B	B	B	A	D	147	50
75	C	B	A	B	A	C	B	B	B	A	D	189	55
76	C	A	A	B	B	C	A	B	B	B	D	220	45
77	C	A	A	B	B	C	A	B	B	C	D	118	45
78	C	A	A	B	B	C	A	B	B	B	D	120	45
79	A	B	A	B	A	C	A	B	B	B	D	125	90
80	D	B	C	B	B	C	B	B	B	B	D	168	91





Certificate

This is to certify that

Dharmendra Vishavkarma

Successfully obtained a Certificate in

**Stress Management - Techniques for Coping with Stress -
Revised**



1502-1735/9805

Dr. Eric Corbett

Director of Certification



10th July 2020

Date of Award