

Effect of stress on Mental Health among MSRTC Bus Driver & Conductors in Jalgaon District

*Revannand Patil

North Maharashtra University, Maharashtra

Abstract

The study investigated to observe the effect of stress on Mental health & adjustment among Maharashtra state transport Maha Mandal bus drivers & Conductors of Jalgaon district . For these purpose 150 drivers and 150 conductors has been selected randomly from normal population of Jalgaon district. They were informed to consent for research. Occupational Stress Index and Mental Health Status Inventory administered to the participants. Data collected and analyzed. Result indicates that there is significant difference of stress among Drivers & Conductors. Also significant difference of Mental Health among Drivers & Conductors. There is significant effect of stress on Mental Health of Drivers and significant effect of stress on Mental Health of Conductors.

Keywords: Stress, Mental Health, Occupational Stress Index, Mental Health Status Inventory

In today's post modern century there is competition among all fields. The impact of competition is definitely on the health of people & how they work among the government and private sector. Mostly such fields which being with people contact. The people who meets the government employee are not same the conscience, thought, Attitude Interest & ambition of people as different as people. So we can't say how people behave with us. The different behaviors of peoples impact on the mentality of them .Because of the impact mentality we can see the stress among them. The stress impact on their mental health & physical heath. So its effect on the adjustment. We can see maximum stress among the S.T. driver &conductor rather than other government fields, because social, political & culture things are impact on them. Everyday life we see that if there is conflict between the political parties buses are target by them. That's way the life of driver & conductor come in trouble, sometimes they died in such events. Very important thing is

that they do their work with responsibility but they can't. But we can't neglect their positive view about the services.

“Psychological stress is a Particular relationship between the person & the environment that is appraised by the person as taxing or exceeding his other will bring” Stress : Lazaras & Phokman (1984).

Mental Health :

Sartorius : “ Mental health is a state of balance between the individual & the surrounding world a state of harmony between oneself & other's a coexistence between the realities of the self & that of other people & that of the environment “

Statement of the Problem :

“To Study Effect of Stress on Mental Health Among State transports Bus Drivers & Conductors in Jalgaon District ”

Significance of the Study:

Today we see a stress atmosphere among the government & private sector. Because the contact with common peoples especially we can see the contact of peoples with driver &