



## A STUDY OF PERSONAL STRESS AND MENTAL DEPRESSION AMONG GOVERNMENT AND PRIVATE SECTOR RETIRED EMPLOYEE

**Dr. Prabodhan Bhagirath Kalamb**

Head & Assistant Professor, Dept. of Psychology

MSS Arts College Tirthpuri

Tq. Ghansawangi Dist. Jalna (MS)

prabodhankalamb8888@gmail.com

### ABSTRACT

*The present study was an attempt to examine the Personal Stress and Mental Depression of the government sector retired male and female employee and private sector retired male and female employee as well as their gender. These entire retired employees were from Aurangabad and Jalna dist of Maharashtra. Total 100 retired employees selected in the study from retired government and private sector respectively by using purposive sampling method, for the data collection two standardized tools were used i.e. 1) Singh Personal Stress Inventory by Aurunkumar Shingh and 2) Mental Depression Test by L. N. Duby. The result of research study were analyzed statistically by using, Mean, SD, ANOVA and suitable test were used for analysis of data. The results revealed that there is significant difference between government sector retired male and female employee and private sector retired male and female employee on there Personal Stress. There is no gender wise difference of Personal Stress. The government sector retired male and female employee have lower Mental Depression than private sector retired male and female employee. And there is no gender difference found on the level of Mental Depression.*

*Key words: - Personal Stress and Mental Depression, Retired Government and Private sector employee.*

### INTRODUCTION

Stress is “a perceptual phenomenon arising from a comparison between the demand on the person and his ability to cope. An imbalance...gives rise to the experience of stress and to the stress response”. According to this model, demands placed on an individual result in an increase in performance. There is a point however where optimal performance is reached, and further demands will act to decrease an individual's performance. This relationship is sometimes illustrated by the human performance curve.

The most interesting implication of this model is that it's not so much the actual demands that are significant, it's how we perceive these demands and our ability to cope with them. A person who perceives their ability to cope as weak will experience more stress & vice-versa.



Another interesting implication is that mental wellbeing comes from having an ideal level of stimulation. When we say we are stressed, we really mean that we are under more stress than we can handle. The only time that we are completely free from stress is at death (Payne, 2005).

Depression means feeling low and it is a state of low mood as well as aversion to activity that can affect a person's thoughts behavior, feelings and physical well being (Sandra 1997). Depressive signs and symptoms are characterized not only by negative thoughts, moods and behavior but also by specific changes in bodily functions such as crying, spells body ache, low energy or libido as well as problems with eating, weight or sleeping.

It is argued that the people who feel sad and depressed for weeks or months an end accompanied by feelings of hopelessness, lack of energy and taking little or no pleasure in the things that gave joy in the past and no longer providing the same joy, that person is called depressed and seized to be crippled with the depressive disorder. Though, feeling down from time to time is a normal part of life. Oxford dictionary of psychology defines depression as „a mood state of sadness, gloom, and pessimistic ideation, with loss of interest of pleasure in normally enjoyable activities, accompanied by severe cases by anorexia and consequent weight loss, insomnia or hyper-insomnia, asthenia, feelings of worthlessness or guilt, diminished ability to think or concentrate or recurrent thoughts of death or suicide. It appears as symptoms of many mental disorders. Therefore, depression is a mood disorder in which individual experiences extreme unhappiness, lack of energy, and several related symptoms.

### **Aim of the study:**

The main aim of the present study is to assess the Personal Stress and Mental Depression of Government Sector retired Male and Female employee and Private Sector retired Male and Female employee.

### **Objectives of the study:**

- To compare the Personal Stress of Government Sector retired Male and Female employee and Private Sector retired Male and Female employee.
- To compare the Personal stress of retired males and females.
- To find out the level of mental depression among Government Sector retired Male and Female employee and Private Sector retired Male and Female employee.
- To compare the level of mental depression among retired males and females.

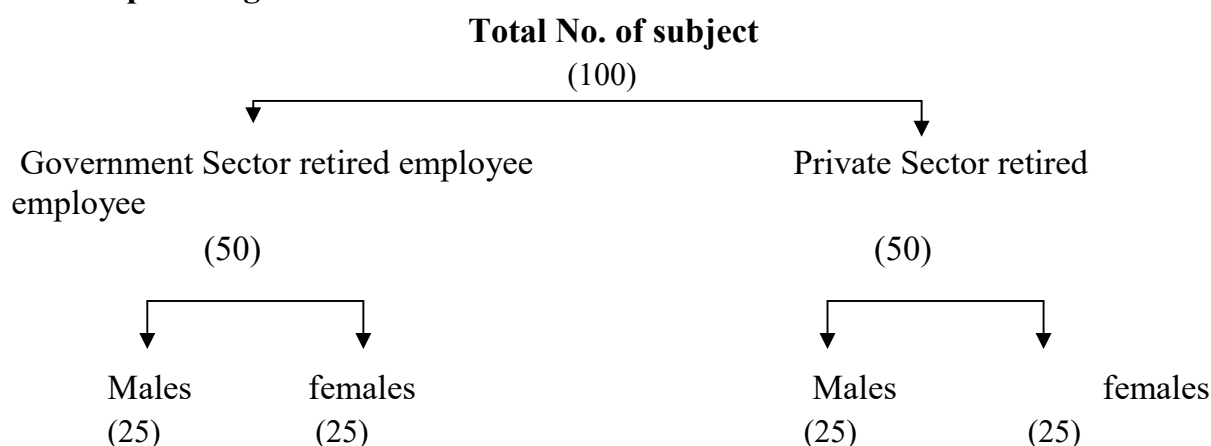
### **Hypotheses:**

- The Private Sector retired Male and Female employees have more Personal stress than Government Sector retired Male and Female employee
- There is no significant difference of gender between the retired male and female employees of personal stress.
- The Private Sector retired Male and Female employees have more Mental depression than Government Sector retired Male and Female employee
- There is no significant difference of gender between the retired male and female employees of mental depression.



- Methodology:**

**Sample Design:**



**Sample is restricted to the Aurangabad and Jalna Dist. Only.**

- Sample is taken particularly from Aurangabad and Jalna city. (Maharashtra State)
- Government Sector retired employee restricted only government & aided and those helped by the government.
- Age group** - All the old age people are 58 and above 58 years.
- Gender**- Some males and females are married couples and some are singles..
- In each group 25 subjects are included.

- Research Design**

2 x 2 factorial design used.

**JOB STATUS A**

<b><u>Gender B</u></b>		Government Sector retired employee (A <sub>1</sub> )	Private Sector retired employee (A <sub>2</sub> )	Total
	Males (B <sub>1</sub> )	25	25	<b>50</b>
	Females (B <sub>2</sub> )	25	25	<b>50</b>
	<b>Total</b>	<b>50</b>	<b>50</b>	<b>100</b>

- Tools**

- Singh Personal Stress Source Inventory (SPSSI):**

- Mental Depression:**

This scale developed by Dr. S. K. Verma, Dr. Dwarka Pershad and Dr. N.N. Wig. PGI –HQ N-1 precedes the development of completely indigenous tool. It is based on CMI- Health Questionnaire and incorporates the characteristic as envisaged by Cattell while developing it (PGI HQ N-1) first of all those items of

C.M.I. (Brodman et. al 1949, Verma and Wig, 1974; Wig and Varma 1973 b) were separated out which were endorsed by more than 10% of psychiatric patient in our past records of a large number of protocols. These items were then suitably modified and transited so as to be nearer to patients own description of symptoms cross cultural factors were also kept in mind while translating the item and item number was greatly reduced keeping items are simple to understand finally it consisted of 38 items divided in to ( A) physical distress and (B) psychological distress.

**Reliability:**

Details of the standardization sample etc. are elsewhere the summary of important results is given here. Reliability of the test was examined using test-retest and 'split half' method and was found to be significantly high (0.88 and 0.86 respectively) the correlation of physical and psychological.

**Validity:**

Validity of the PGI HQN-1 was established, administering other well known tests of neuroticism concomitantly. It was found that the total score of the PGI HQN-1 was highly correlated with similar trait of other scales. Separate Scores of Section 'A' and 'B' were found having relatively lower correlation (though still significant) with measures of neuroticism other hand tests this confirms that a combination of 'physical' and 'psychological' scores constitutes a better measure of neuroticism. If one obtains high score only in one of two sections then there are relatively less chances of his being a case of neurosis.

- **Statistical Treatment**

After the data statistics collection and the result of research study were analyzed statistically by using descriptive, ANOVA and suitable test were used for analysis of data.

- **Results:**

**Table 4.9: Summary of the ANOVA of the variable Personal Stress.**

Source	SS	df	Mean Square	F
Job status.	50.41	1	50.41	0.60 NS
Gender	2.25	1	2.25	0.026 NS
Job status X Sex	3242.11	1	3242.11	38.90* *
Error	8001.52	96	83.34	
Total	11296.29	100		

Table value Significance Level on df 1 and 100, (0.05) = 3.87 (0.01) = 6.72

Eta Squared effect size, 0.01= small 0.06= moderate 0.14= large effect (Cohen, 1988)

The above table shows that the first main variable is Job status of retired employee (Government sector retired employee and Private sector retired employee), it has F value  $F = 0.60$  which is not significant on 0.01 level and associated eta square value .0004 indicates no effect and explains only 0.004% variance in Personal stress of Private sector retired employee.

This result infers that there is a no significant difference between retired employee who job in private sector retired employee and government sector retired employee in terms of their personal stress features. According to test manual low score indicates no chances of personal stress and interprets that private sector retired employee who job in government sector retired employee have lower chances of personal stress. In this way we rejected our hypothesis as 'Private sector retired male and female employee more personal stress than government sector retired male and female employee'.

The second main variable is gender of private and government sector retired employee (male and female), it has F value  $F = 0.026$  which is not significant on associated eta square value not mention because of insignificant result. This result indicates that there is no gender difference among retired employee according to their personal stress. In this way we accepted our hypothesis as 'There is no difference between of the male and female retired employee in terms of their personal stress. This result is reality and also fact based result which denotes that there is no need or intervention for retired employee for their Personal stress.

**Table 4.7: Summary of the ANOVA of the variable Mental depression.**

Source	SS	df	Mean Square	F	Sig.
Job Status	7.30	1	7.30	0.30	NS
Gender	26.02	1	26.02	1.07	NS
Area * Gender	1043.28	1	1043.28	43.05	.01
Error	2326.4	96	24.33		
Total	3403	100			

Table value Significance Level on df 1 and 100,  $(0.05) = 3.87$   $(0.01) = 6.72$

Eta Squared effect size, 0.01= small 0.06= moderate 0.14= large effect (Cohen, 1988)

The above table shows that the first main variable is job status of retired employee (private sector retired male and female employee and government sector retired male and female employee), it has F value  $F = 0.30$  which is not significant on 0.01 level and associated eta square value .0021 indicates no effect and explains .0021% variance in mental depression. This result infers that there is no significant difference between retired employee who job in private sector retired employee and those who job in government sector retired employee. On the basis of analysis of descriptive statistics explained in table 4.7 concluded that the retired employees who



job in private sector retired employee have been no significant level of mental depression than retired employee who job in government sector. According to test manual lower score indicates low mental depression and interprets that retired employee who job in Private and government sector retired employee have been no significant level mental depression. In this way our hypothesis as 'The private sector retired male and female employee is more mental depression than government sector retired male and female employee in terms of their mental depression', rejected.

The second main variable is gender of retired employee (male and female), it has F value  $F = 1.07$  which is not significant on 0.01 level and associated eta square value .0076 indicates no effect and explains .0026% variance in mental depression.

This result indicates that there is no significant difference in mental depression among retired employee according to their gender. According to test manual lower score indicates low mental depression and interprets that males are not significant of mental depression in their retired employee than females. In this way our hypothesis as 'There is no difference between retired employee male and retired employee female in terms of their mental depression' were accepted.

#### • Conclusions:

Findings are substantial and relevant on the line of hypotheses. These salient results are mentioned here in brief.

1. The private sector retired male and female employees have been no significant difference of personal stress than government sector retired male and female employee.
2. There is no difference between the means of the male and female retired employee in terms of their personal stress.
3. There is no significant difference between the private and government male and female retired employee in terms of their mental depression.
4. There is no difference between the means of the male and female retired employee in terms of their mental depression.

#### Reference:

- Ajai S. Gaur, Sanjaya S. Geur. (2011). *Statistical Methods for Practice and Research*. Sage Books New Delhi.
- Borude P.R. (2005) *Research Methodology* Pune Vidyarthi Gruha Prakashan.
- Choudhari Dharampal.(1992). *Ageing and Aged*, New Delhi, Inter India pub.
- Corol Orlock. (1998). *The End of Aging*. Megha Publication, Mumbai.
- Gilford, T. M., King, R.A., King, J. A. (1993) *"Introduction to Psychology"*, Delhi: Tata McGraw Hill Publishing Company Limited.
- Goldberg RJ, Steury S (2001). Depression in the workplace: Costs and barriers to treatment. *Psychiatric Services*, 52 (12): 1639, December.
- Ruch, F.L., (1970), "Psychology and Life", Bombay, Taraporeala.
- Kreitman, N. Alcohol consumption and the prevention paradox. *British Journal of Addiction* 81, 353-363, 1986