

# **A Study on Job Stress Among Private Security Guards in Select Areas of Chhattisgarh**

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## **ABSTRACT**

Everyone in today's culture and corporate environment is stressed out as a result of the increased competition. According to the definition of stress, it is "the force, pressure, or force exerted on a material, object, or person that resists these forces and attempts to sustain its unique state." Stress is the body's physical and emotional response to changes, circumstances, and events in a person's life. The harmful physical and emotional responses that arise when a worker's abilities, resources, or needs do not match the demands of the job are known as occupational stress. In addition to increasing life's difficulties, work stress negatively impacts security guards' health. Due to prolonged periods of time spent awake, security guards experience stress from an early level, which increases their mental tension. hence this study is based on job stress among private security guards in Raipur city.

**KEY WORDS:** Security Guards, Private, Job stress

## **INTRODUCTION**

Job stress, within the context of workplace health, refers to a physiological condition in which work-related duties and responsibilities become burdensome and overwhelming to the point that it imposes unhealthy effects on the mental and physical wellness of employees. The workplace is often a breeding ground for stressful situations because of the relative high expectations and priorities assigned by employers. The clash of multiple personality types between employees and the fear of losing a source of income can also factor into creating job stress.

One of the most demanding occupations is that of a security guard; they must manage challenging situations with professionalism. To defend your company, you should engage expert security guards. Hiring a security guard implies that you are putting your workers and business security in their hands. So, you feel they are well-trained and have the finest expertise to deal with tough situations. The main reason you employ a security team is because you are concerned about the possible danger to your company's reputation.

Well qualified security professionals is the first step in keeping the client's business secure. Dangerous circumstances can arise at any moment and in various ways. As a result, choosing a security crew that has been trained to manage these difficult situations will assist you in protecting your organization. Security guards will face a variety of challenging scenarios throughout their tenure. Different firms confront different security concerns, but one thing remains constant: learning how to manage these stressful situations is critical.

## **OBJECTIVE**

- To analyze the factors causing job stress among private security guards in select areas of CG.

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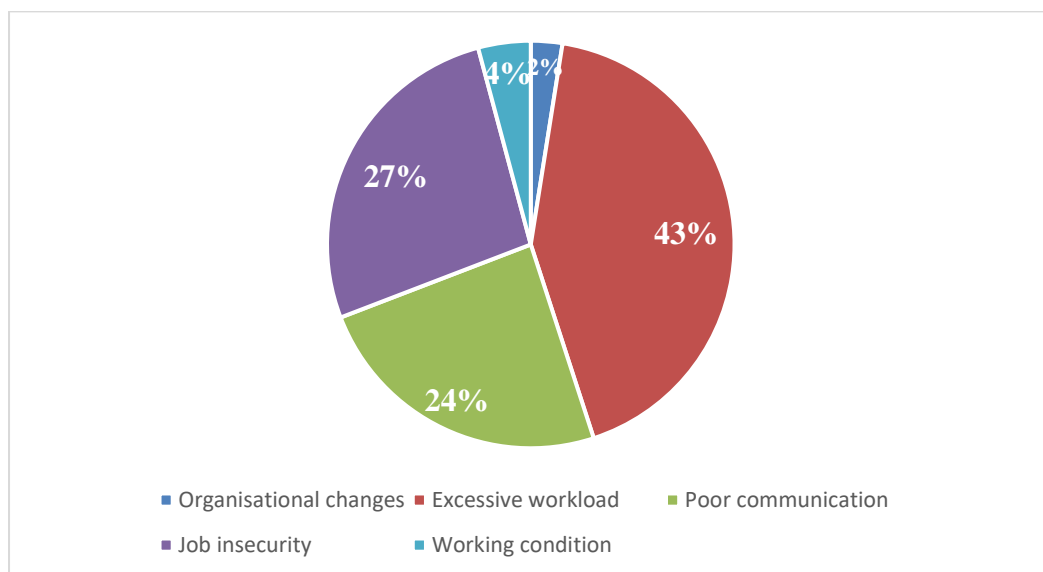
- To understand the problems faced by security guards in select areas of CG.

## RESEARCH METHODOLOGY

This study is based on empirical research by conduction survey. It is purely based on primary data from 120 respondents following convenience sampling method. Simple Percentage Analysis, Ranking method, Chi-Square Test have been used as a research tool. A well-structured questionnaire was administered to analyze the factors causing job stress among security guards.

CAUSES OF STRESS	NO. OF RESPONDENT	PERCENTAGE (%)
Organizational changes	3	3
Excess workload	51	43
Poor communication	29	24
Job insecurity	32	27
Supervisor conflict	0	0
Working condition	5	4
Others	0	0
<b>TOTAL</b>	<b>120</b>	<b>100</b>

TABLE.NO.1  
CAUSE OF SECURITY GUARDS STRESS



## INFERENCE

From the table it is inferred that the maximum (43%) of the respondents are stressed due to excessive workload.

PROBLEMS FACED	1(5)	2(4)	3(3)	4(2)	5(1)	TOTAL	MEAN SCORE
Fear of being laid off or fired	69	13	18	4	6	120	<b>3.88</b>
	345	52	54	8	6	465	
Worry about poor pension	32	39	22	20	7	120	<b>3.58</b>
	160	156	66	40	7	429	
Concerned about low wages	32	33	22	14	9	120	<b>3.29</b>
	160	132	66	28	9	395	
Could be fired without reason	31	27	32	20	10	120	<b>3.41</b>
	155	108	96	40	10	409	

## INFERENCE

TABLE. NO. 2

### PROBLEM FACED BY THE SECURITY GUARDS

From the table it is inferred that the majority of the respondents faces the problem of fear of being laid off or fired in which the mean score was 3.88.

FACTORS	1(4)	2(3)	3(2)	4(1)	TOTAL	MEAN SCORE
<b>Physical Factors</b>						
Headaches	33	31	24	32	120	<b>2.54</b>
	132	93	48	32	305	
Muscle pain	33	42	32	13	120	<b>2.79</b>
	132	126	64	13	335	

Other pain	45	20	52	3	120	<b>2.89</b>
	180	60	104	3	347	
<b>Psychological Factors</b>						
Feeling isolated	47	38	19	16	120	<b>2.97</b>
	188	114	38	16	356	
Negative feeling	45	46	21	8	120	<b>3.07</b>
	180	138	42	8	368	
Feeling depressed	58	23	26	13	120	<b>3.05</b>
	232	69	52	13	366	
<b>Sociological Factors</b>						
Unsecured of the job	36	48	24	20	120	<b>2.97</b>
	144	144	48	20	356	
Insecurity	40	22	50	7	120	<b>2.78</b>
	160	66	100	7	333	
Underemployed	39	21	37	23	120	<b>2.63</b>
	156	63	74	23	316	
<b>Behavioural Factors</b>						
Mind change	56	40	17	7	120	<b>3.21</b>
	224	120	34	7	385	
Memory	37	54	10	19	120	<b>2.91</b>
	148	162	20	19	349	

Appetite	52 208	39 107	13 26	16 16	120 357	<b>2.98</b>
Weight loss	33 132	52 156	32 64	3 3	120 355	<b>2.96</b>
Sleep disturbance	35 140	29 87	32 64	14 14	120 305	<b>2.54</b>
Work output	64 256	15 45	24 48	17 17	120 366	<b>3.05</b>
Energy levels	37 148	15 45	64 128	4 4	120 325	<b>2.71</b>
Worry	19 76	36 108	24 48	41 41	120 273	<b>2.28</b>

## INFERENCE

TABLE.NO.4

### STRESS LEVEL OF SECURITY GUARDS

From the table it is inferred that the majority of the respondent faces stress level of mind change in which the mean score was 3.21.

Effects of stress	4(1)	3(2)	2(3)	1(4)	TOTAL	RANK
Back pain	60 60	40 80	13 36	7 28	120 204	<b>11</b>
Knee problem	32 32	33 66	22 66	33 132	120 296	<b>5</b>
Alcohol addiction	51 51	25 50	23 69	21 84	120 254	<b>8</b>
Breathing problem	10	25	32	43	120	

	10	50	96	172	328	<b>3</b>
Skin problem	9	39	10	62	120	<b>2</b>
	9	78	30	248	365	
Headache	32	49	4	35	120	<b>6</b>
	32	98	12	140	282	
Depression	45	42	25	9	120	<b>9</b>
	45	84	75	36	240	
Blood pressure	53	34	23	20	120	<b>7</b>
	53	68	69	80	272	
Getting Angry	13	14	6	77	120	<b>1</b>
	13	28	18	308	367	
Aching of neck and muscles	62	19	21	17	120	<b>10</b>
	62	38	63	68	231	
Sleeplessness	27	28	42	23	120	<b>4</b>
	27	56	126	92	301	
Heart ailment	63	38	11	8	120	<b>11</b>
	63	76	33	32	204	

INFERENCE

TABLE.NO.5

## HEALTH EFFECTS OF STRESS OF PRIVATE SECURITY GUARDS

From the table it is inferred that the majority of the respondent's stress effects were getting angry.

S. N O	WORKING HOURS	CAUSES OF STRESS							TOTAL
		ORGANISATIONAL CHANGES	EXCESSIVE WORKLOAD	POOR COMMUNICATION	JOB INSECURITY	SUPERVISOR CONFLICT	WORKING CONDITIONS	OTHERS	
	Less than 8hrs	1	1	3	9	0	1	0	<b>15</b>
	8-10 hrs	1	31	20	16	0	1	0	<b>69</b>

	Above 10hrs	1	19	6	7	0	3	0	36
TOTAL		3	51	29	32	0	5	0	120

TABLE.NO.6

## RELATIONSHIP BETWEEN WORKING HOURS AND THE CAUSES OF STRESS

### NULL HYPOTHESIS:

There is no significant relationship between working hours and cause of stress

Chi-Square Tests			
	Value	df	Asymptotic Significance (2-sided)
Pearson Chi-Square	25.166	8	.001
Likelihood Ratio	24.678	8	.002
Linear-by-Linear Association	1.230	1	.267
N of Valid Cases	120		
a. 8 cells (53.3%) have expected count less than 5. The minimum expected count is .38.			

## INTERPERTATION

At 8% significant level calculated value is 18.315 and the table value is 0.05. the calculated value is less than table value, therefore the hypothesis is accepted. There is no significant relationship between working hours and cause of stress by private security guards.

## CONCLUSION

A large majority of private security guards entered the industry after the age of 45. They were previously engaged in other occupations and are now required to work as private security guards. Friends, family, periodicals, and self-interest provided information about private security guard jobs. They are not directly employed by any other company, but were hired by a private security firm. They are not only inexperienced in the field of private security guards, but they also lack adequate training. They do not stay with a single private security firm due to low pay and other advantages. Companies, factories, and building constructions are where they work. They were frequently required to work more than 10 hours every day.

## REFERENCE

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