

A Study on Occupational Stress Symptoms among Private Security Guards in Chennai City

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Abstract

The human body is intended to experience stress and respond to it. Stress may be of two types, namely, one is positive and other is negative. Positive stress keeps people alert, motivated and prepared to maintain a strategic distance from risk, whereas the negative stress makes people face continuous difficulties, both mental and physical, without relief, absorbs energy and results in lower productivity and less efficiency. Occupational stress is a stress interrelated to one's job. Occupational stress often originates from pressures that did not line up with an individual's knowledge, skills, or desires, inhibiting one's capacity to adapt. In this study 100 private security guards were chosen from different fields. The finding shows that the males outnumber females in the private security guard industry. Sleeplessness (insomnia) is the only stress factor affecting females than males whereas a set of stress factors affect males predominantly than females and by and large common stress factors affect both equally.

Keywords: Stress, Occupational Stress, Symptoms of Stress and Private Security Guards

1. INTRODUCTION

Stress is generally used word to express distress, the fatigue of the body mental capacities, and irritation. Despite the fact there is no logical investigations have been proven that people experience the ill effects of stress these days than on past times, this term has turned out to be ordinary in day by day interchanges. It might be seen that an unpleasant circumstance may disable a person's personal satisfaction, hurting their social and individual situations. However, stress refers to an example of responses that some way or another guide the organism to assault stressor agents. There are some physiological, psychological (mental), and behavioral consequences to stress. Physiological consequences include blood pressure, cholesterol and catecholamine, hypertension, cardiovascular ailment, and ulcers.

Among the psychological consequences are disappointment, congenital disorders, burnout, depression, and even mental issues. In short term behavioral consequences responsible for absenteeism, diminished efficiency, and active cooperation in the processes.

Security guards typically offer low-level protection to associations and organizations which include monitoring the premises, watching either by foot or in a vehicle. Security guards screen for a suspicious or unsafe activity that might be the risk to the wellbeing of the workplace or any people. For example, a man at or in the workplace is violation of some specific principles and guidelines, the guard must control the situation and make it right. Some security guards are required to monitor the general population who enter and leave the workplace and might be permitted to confine access to individuals with clearance. They should continuously by watching for any suspicious movement which may incite to robbery or brutality on the premises.

2. REVIEW OF LITERATURE

Kaur, R., Chodagiri, V. K., & Reddi, N. K. (2013) has considered the relationship of personality attributes and coping strategies to the development of mental worries in police personnel. In this study, the author showed that police officers with high neuroticism or psychoticism qualities were bound to experience the ill effects of high psychological stress.

Alawi, A.I.A., & Alawi, E.I.A. (2014) distinguished six fundamental stress elements were identified among Management Information System users banker staffs such as intrinsic work characteristics (job design); work culture and function; managerial role; career development; relationships at work and home-work interface. The bankers are exposed to high occupation stressors namely work structure.

3. STRESS

Stress is our body's reaction to specific situations. It's emotional, so something that is distressing for someone or may not be stressful for another person. There are various kinds of stress and not every one of them is awful. Stress can enable to rapidly in a crisis or help to meet a deadline. Stress can influence physical and mental health, and behavior. The body reacts to worry by creating synthetic substances and hormones to enable to meet people's high expectations. Pulse rate increases, brain works quicker, and have an abrupt blasted of energy. This response is essential and natural and is the thing that shielded ancestors from falling victim to hungry predators. But an excess of stress can have harmful impacts. It's difficult to totally wipe out awful worry from our life, but can figure out how to evade and

manage it. While some work environment stress is normal, excessive stress can interfere with productivity and performance, impact physical and emotional wellbeing, and affects relationships and family life. Stress can even mean the difference between success and failure in the work. People can't control everything in workplace, yet it doesn't mean that the people are powerless, even when the people stuck in difficult situation. Whatever aspirations or work request, there are steps can take to protect from the harming impacts of stress, improve job satisfaction, and reinforce prosperity all through the work environment.

4. COMMON SOURCES OF WORK STRESS

Certain variables tend to go hand-in-hand with occupation-related stress. Some common work environment stressors are: Low salaries, Excessive workloads, Few opportunities for growth or advancement, Work that isn't engaging or challenging, Absence of social support, Not having much control over job-related decisions, and Conflicting demands or vague performance expectations.

5. EFFECTS OF UNCONTROLLED STRESS

Work-related stress doesn't simply it disappear it head home for the day. When stress perseveres, it can negatively affect wellbeing and prosperity. For the time being, a stressful workplace can contribute to issues, like headache, stomachache, sleeping disorder, short temper, and difficulty concentrating. Chronic stress can result in anxiety, hypertension, and a high blood pressure, and a weakened immune system. It can likewise add to wellbeing conditions, for example, depression, obesity, and heart illness. Aggravating the issue, individuals who experience excessive stress often manage it in unhealthy ways such as overeating, eating unhealthy foods, smoking cigarettes or consuming drugs and liquor.

6. MANAGING STRESS

Stress influences every person differently. A few people may get headaches or stomachaches, while others may lose rest or get depressed or angry. People under consistent stress may also get sick a lot. Managing stress is significant for staying healthy. It's difficult to completely get rid of stress. The objective of stress is to identify the stressors, which are the things that cause the major issues or demand the vast majority of energy. In doing as such, it can conquer the negative stress those things initiate. The centers for Disease Control and Prevention suggested the following to help cope with stress:

- i. Take care of individuals, by eating healthy, exercising, and getting plenty of sleep.

- ii. Find support by talking to other people to get out problems and become relax.
- iii. Connect socially, as it's easy to isolate after a stressful event.
- iv. Take a break from whatever is causing stress.
- v. Avoid drugs and alcohol, which may seem to help with stress in the short term, but can actually cause more problems in the long term.

7. PRIVATE SECURITY GUARDS MANAGE THEIR STRESS IN 4 WAYS, THEY ARE:

- i. Stay Focused, ii. Practice Self-Control, iii. Create Plans, iv. Adopt a Healthy Lifestyle.

8. PROBLEM OF THE STUDY

This study focused on investigating the stressors of private security guards working in various fields such as hospitals, theatres, malls, apartments, temples, constructing building etc., in a Chennai city. Private security guard is a person who gives protection to their employer's property from the various hazards such as waste, damaged property, unsafe worker behavior, criminal activity such as theft, etc. In general private security guards are treated as watchdogs. They do not have proper facilities at their workplace. Private security guards work for long hours during their work and in turn they are poorly paid. Private security guards are not recognized by their employer for their job. They are not given the benefits which are due to them by their employer. This leads to stress and can affect the person mentally as well as physically. There are a lot of workplace stressors in the literature of occupational stress that are widely studied but when it comes to private security guards, the constant aversive stimulus acts as the main stressor and can have severe effects on their work and health.

9. OBJECTIVE OF THE STUDY

- i. To analyze the socio-demographic and occupational stress symptoms of private security guards in Chennai city.
- ii. To study the various occupational stress symptoms of private security guards in Chennai city.

10. RESEARCH METHODOLOGY

In this study both primary and secondary data were collected. Secondary data were collected from journals, articles, books, magazines, Google scholars, internet etc., and primary data were collected through structured questionnaire. The investigator used

interview method for collecting the data. The questionnaire consists of both demographic and inferential part. In demographic variables such as age, gender, income, qualification, marital status and experience are included and occupation stress symptoms were analyzed. In this paper t-test and one-way ANOVA were used for analysis.

11. SAMPLING DESIGN

In this research, non-probability purposive sampling method was adopted to select the sample. In this study 100 private security guards were selected through the structured questionnaire those who working in a private organizations such as hospitals, theatres, malls, apartments, temples, building construction site etc., in Chennai city.

12. LIMITATION OF THE STUDY

- The study is limited to the area of Chennai city only.
- The sample size of this study was only 100 respondents.
- As the numbers of female security guard participants were fewer than male participants, the findings are biased towards demographic and occupation stress symptoms on male security guards.

HYPOTHESIS I

Null Hypothesis: There is no significant difference between Male and Female with respect to Factors of Symptom of Stress of Private Security Guards

TABLE: 1 t test for significant difference between Male and Female respondents with respect to Factors of Symptoms of Stress of Private Security Guards

Factors of Symptoms of Stress	Gender				t value	P value
	Male		Female			
	Mean	SD	Mean	SD		
Back pain	4.09	1.356	4.50	0.535	0.853	0.396
Knee problem / Leg pain	4.61	0.825	4.50	0.535	0.365	0.716
Varicose vein	1.39	0.994	1.00	0.000	1.108	0.270
Alcohol addition	4.02	1.430	5.00	0.000	1.927	0.057

Breathing problem	1.74	1.382	1.00	0.000	1.506	0.135
Skin problem	1.70	1.340	1.00	0.000	1.461	0.147
Continuous headache	3.26	1.366	3.50	1.195	0.479	0.633
Depression situation	3.13	1.385	3.75	0.886	1.240	0.218
Blood pressure	3.07	1.488	4.00	1.069	1.734	0.086
Angry feeling	2.52	1.288	3.00	1.309	1.006	0.317
Aching of neck and muscles	4.15	0.784	3.50	1.604	2.038	0.044*
Sleeplessness	2.46	0.882	3.50	1.195	3.117	0.002**
Heart ailments	1.30	0.781	1.00	0.000	1.097	0.275

Note: 1. ** denotes significant at 1% level
2. * denotes significant at 5% level

INTERPRETATION

Since P value is less than 0.01, null hypothesis is rejected at 1% level with regard to factors of sleeplessness (insomnia). Hence there is significance difference between male and female of private security guards with regard to the factors of sleeplessness. Based on mean score, the female have high score in sleeplessness factors than male which means female security guards were suffered sleeplessness disorder than male.

Since P value is less than 0.05, the null hypothesis is rejected at 5% level, with regard to aching of neck and muscles. Hence there is significance different between male and female with regard aching of neck and muscles. Based on mean score, the male have high score than female which means male security guards were suffered (neck and muscles pain)more than female.

There is no significance difference between male and female of private security guards with regard to factors of back pain, knee problem / leg pain, varicose vein, alcohol addiction, breathing problem, skin problem, continuous headache, depression situation, blood pressure, angry feeling, and heart ailments. Since P value is greater than 0.05. Hence the null hypothesis is accepted at 5% level with regard to back pain, knee problem / leg pain, varicose

vein, alcohol addition, breathing problem, skin problem, continuous headache, depression situation, blood pressure, angry feeling, and heart ailments.

HYPOTHESIS II

Null Hypothesis: There is no significant difference among Age Group in years
with respect to Factors of Symptoms of Stress of Private Security Guards

TABLE: 2ANOVA for significant difference among Age Group in years with respect to Factors of Symptoms of Stress of Private Security Guards

Factors of Symptoms of Stress of Private Security Guards	Age Group in years				F value	P value
	45-50	50-55	55-60	Above 60		
Back pain	5.00 ^a (0.000)	4.00 ^a (1.455)	4.33 ^a (1.121)	3.95 ^a (1.413)	0.897	0.446
Knee problem / Leg pain	5.00 ^a (0.000)	4.44 ^a (0.984)	4.94 ^a (0.232)	4.36 ^a (0.942)	4.238	0.007**
Varicose vein	1.00 ^a (0.000)	1.00 ^a (0.000)	1.44 ^a (1.275)	1.45 ^a (0.848)	1.182	0.321
Alcohol addition	5.00 ^a (0.000)	4.44 ^a (1.097)	3.67 ^a (1.757)	4.27 ^a (1.107)	2.089	0.107
Breathing problem	5.00 ^b (0.000)	2.44 ^a (1.886)	1.33 ^a (0.956)	1.50 ^a (1.045)	8.793	<0.001**
Skin problem	5.00 ^b (0.000)	2.44 ^a (1.886)	1.33 ^a (0.956)	1.41 ^a (0.897)	10.062	<0.001**
Continuous headache	1.00 ^a (0.000)	3.33 ^b (1.455)	3.06 ^b (1.286)	3.55 ^b (1.284)	2.983	0.350
Depression situation	1.00 ^a (0.000)	3.44 ^b (1.542)	3.17 ^b (1.134)	3.18 ^b (1.419)	2.004	0.119
Blood pressure	5.00 ^b (0.000)	3.44 ^{ab} (1.542)	2.83 ^a (1.483)	3.18 ^a (1.419)	1.890	0.136
Angry feeling	5.00 ^b (0.000)	3.11 ^a (1.568)	2.06 ^a (0.984)	2.64 ^a (1.203)	6.219	0.001**
Aching of neck and muscles	5.00 ^b (0.000)	3.89 ^a (1.231)	4.44 ^{ab} (0.607)	3.86 ^a (0.824)	4.316	0.007**
Sleeplessness	2.00 ^a (0.00)	2.89 ^a (1.323)	2.33 ^a (0.956)	2.59 ^a (0.726)	1.678	0.177
Heart ailments	1.00 ^a (0.00)	1.33 ^a (0.970)	1.22 ^a (0.637)	1.32 ^a (0.771)	0.225	0.879

Note : 1. The value within bracket refers to SD

2. Different alphabet among age group denotes significance at 5% Level using Duncan Multiple RangeTest (DMRT)

INTERPRETATION

Since P value is less than 0.01, null hypothesis is rejected at 1% level with regard to the factors of knee problem / leg pain, breathing problem, skin problem, angry feeling, and aching of neck and muscles. Hence there is significance difference among symptoms of stress of private security guards with regard to the dimension of knee problem / leg pain, breathing problem, skin problem, angry feeling, and aching of neck and muscles. Based on Duncan Multiple Range Test

(DMRT), there is no significant difference between 45-50 years, 50-55 years, 55-60 years and above 60 years in knee problem/leg pain. 50-55years, 55-60years and above 60 years are significantly differed with 45-50 years at 5% level, but there is no significant difference between 50-55years, 55-60 years and above 60 years in breathing problem, skin problem and angry feeling. 45-50years is significantly differed with 50-55years and above 60years at 5% level, but there is no significant difference between 50-55years, 55-60 years and above 60years and also 45-50 years and 55-60 years in aching of neck and muscles.

13. FINDINGS AND SUGGESTIONS

In this study, two hypotheses were tested the first one is based on the gender, whereas the second one is based on the different age groups. Rejection of null hypothesis at 1% level of t-test with respect to the factors of sleeplessness (Insomnia) between male and female security guards reveals that female security guards are more prone to insomnia than male security guards. Again rejection of null hypothesis at 5% level of t-test with regard to aching of neck and muscles among male and female security guards implied male security guards are put to demanding situations which requires physical strength and also have extended working hours than female security guards. As null hypothesis is accepted with respect to the remaining stress symptoms like back pain, knee problem/leg pain, etc., with regard to male and female leads us to conclude that the above stress symptoms are common among both male and female security guards.

As far as study of age groups with respect to factors of symptoms of stress of private security guards is concerned, rejection of null hypothesis at 1% level with regard to the factors knee problem / leg pain, breathing problem, skin problem, angry feeling, and aching of neck and muscles among age groups revealed that as the age increases, private security guards are easily prone to the above problems of stress.

To avoid sleeplessness (insomnia), private security guards must be provided with counseling or take up practices like yoga or breathing exercises. Work schedule must be devised so that they get periodic short break which refreshes their mind and body. Employers should provide suitable facilities, improve the skill level of private security guards by state of the art training, conducting refreshing programs, avoid continual and extended working hours, etc.,

14. CONCLUSION

Every job is either directly or indirectly associated with stress. Even when the demands of the job and skills of an employee coincide with one another there would be a small amount of stress in the working environment but when the skills set are not in line with the job requirements the level of stress would be great. So to avoid stress in the working environment, the employer must adopt certain best practices like equipping the employees with the latest technology and techniques adopted in the industry, providing necessary amenities for the employers, by identifying the likes and dislikes of employees and accordingly create an environment which eases stress. Though stress factors cannot be completely alleviated from the work environment but can be minimized to least possible level.

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