

Occupational Stress: A Comparative Study between Rural and Urban Bhatra Tribe in Bastar District

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Abstract

Maslow (1968) have stated that work does not only fulfill basic needs for security, food or shelter, but also provides a means by which higher level needs, such as need for competence, meaning and social engagement are met while stress is a term that is widely used in everyday life and most people have some idea of its meaning. Thus, work related stress is recognised globally as a major challenge to workers' health, and the health of an organisation. By above background a hypothesis is developed for the study that work related stress is more prevalent in urban area as compare to rural area in same ethnic group. The main objectives of the study are to determine the scale of perceived stress and its effects at work and to determine difference between urban habitant and rural habitant of Bhatra tribe and also to identify stress management resorts regarding health care and performance efficiency which were related to study of stress at work. A comparative, qualitative in depth interview investigation was carried out in early 2015. The sample was selected in two criteria from urban and rural areas and comparisons were also made between same ethnic groups in different habitat. To justify the data, 4 and 5 point scales are developed to measures and account the prevalent occupational status, stress related symptoms, habit, choice of individual level stress management and expected measures, their implementation rate in working place. For objective, rural village Niyanar and urban impact area Asana, Jagdalpur, Chhattisgarh were selected. The findings of the study supports that there are significantly differences between the mental and physical health of rural and urban Bhatra tribe by occupational stress. Apart from that majority of the respondents of Bhatra workers from rural and urban areas, manage their stress by traditional folk dance and music because cultural or ethnic identity describes a process and outcome for a person's sense of 'who they are' and 'how they might be perceived' by others in their living and working environment. It can be concluded that transition from traditional occupation to trend modern occupation, job insecurity, lack of satisfaction from work creating bad health and mental stress among simple Bhatra tribe.

Keywords: Bhatra Tribe; Ethnic Identity; Traditional Occupation; Niyanar and Asana.

Introduction

Work, plays a major role in people's lives and wields an important influence on their sense of well-being and identity (Barling, 1990; Feather, 1990). It

provides a medium by which people identify themselves in society (Symanski, Ryan, Merz, Trevino & Johnston Rodriguez, 1996); and can be influenced by economic, societal, cultural and individual factors. As noted by Kielhofner (1995), a person's identity is a function of his or her validated social roles,

particularly those associated with occupation. Consequently, the loss of such valued roles can lead to psychological distress and subsequent loss of function.

The changing nature of work and indeed, changes in society itself, means that it is important to regularly review the levels of stress at work. Indeed, in the past it has often appeared that we have little relevant information on the current situation as can be seen from the following quote: "There are no reliable estimates of the incidence of perceived stress at work and related disorders in the British working population" (Health and Safety Commission, 1997). A number of recent surveys have attempted to provide information on the scale and costs of perceived stress at work and these have recently been briefly summarised (Health and Safety Commission, 1999) and are reported below. There is now considerable evidence that perceived stress at work is widespread and is associated with ill-health at work.

A survey of trade union members (MSF, 1997) showed that 81 percent of respondents thought that stress was either a fairly serious or very serious problem for employees in their organisation; 72 percent thought that stress levels were worse than a year ago. A survey of 500 randomly selected members of the Institute of Directors (Institute of Directors, 1998) showed that nearly 40 percent regarded stress as a major problem in their organisation. Nearly 90 percent thought that working practices could be a factor affecting the level of stress that people reported. More than 60 percent thought that responsibility for dealing with stress at work should be shared between employers and employees.

Such data are, for a number of reasons, imprecise and can only be used as a basis for "educated guesses" of the scale of perceived stress at work. In summary, while different studies all suggest that stress is a major problem there is considerable disagreement about the extent of it. Kearns (1986) has suggested that 40 million days are lost each year due to stress related disorders and that up to 60 percent of all work absence is caused by them. More recent estimates suggest that some 91.5 million working days are lost each year through stress related illness. It is clearly important, therefore, to provide more definitive figures on the prevalence of perceived stress at work.

Objectives

First, to determine the scale of perceived stress and

its effects at work in a random population sample and Secondly, to determine difference between urban habitant and rural habitant of Bhatra tribe. Finally, to identify stress management resorts among Bhatras regarding health care and performance efficiency which were related to study of stress at work.

Methodology

A pilot study was carried out to consider the use of measures designed to identify cultural issues, such as acculturation and discrimination. A comparative, qualitative in depth interview investigation was carried out in early 2015. The sample was selected in two criteria which were urban Bhatra tribe and rural Bhatras and comparisons were also made between both urban and rural tribe from same ethnic group. To justify the data, 4 and 5 point scales are developed to measures and account prevalent occupational status, stress related symptoms, habit and choice of individual level stress management and expected measures, their implementation rate in working place.

Study Area

Niyandar and Asana village of Bastar district, Chhattisgarh were selected for the study. Niyandar is a medium size tribal village located in Keskal of Bastar district, and Asana is a urban impact village in Jagdalpur Tehsil in Bastar District of Chhattisgarh State, India. It is located 4 KM far, towards east from District head quarters Jagdalpur and 281 KM from State capital Raipur. Bhatra community is more populated in Asana and Niyandar.

Bhatra Tribe in Bastar District

This tribe is clustered mainly around Bastar and Raipur districts of Chhattisgarh. Although there are several conjecture and surmises regarding their origin, there is no concrete evidence that solves this mind boggling mystery. The garments worn by the Bhatra tribals are truly one of a kind and their traditions are unparalleled by any other society in the world. It is formed by the conglomeration of the Pit, Sebhatra and Amnet tribes. Live in relationships are surprisingly not an alien or taboo concept in their society. Like all other tribals, the Bhatras too love to enjoy life to the hilt and regale in food, meat, drink, mirth and merriment. The Bhatras are also deeply religious and superstitious races, who believe in the magic of dark, art and sorcery.

Result and Discussion

Level of Literacy and Educational Status Related to Occupation

Table 1 shows that 55.45 percent respondents of Bhatras in rural area were illiterate which was followed by 44.55 percent of literacy whereas in urban area the literacy rate was 58.42 percent which was significantly higher as compare to literacy rate of rural Bhatras. Due to low level of literacy rate and status, there is a huge segment of workforce in the study village involved in economic activities of low economic value. Job demands may be the main cause of stress at workplace in which the employees do not know how to manage themselves in order to meet their job needs. Job stress has destructive consequences on both individual and organization (Larson, 2004; Malik, 2011). The educational status among literate population was not satisfied and they were characterized by low levels of education and wages. If the employees consistently perceive high job demands while they do not have adequate control to overcome on the situations, they will be in the risk

of negative outcomes like low job performance and dissatisfaction (Dollard and Winefield, 1998; Mansell and Brough, 2005).

Table 2 depicted that there is majority of the respondents were only primary educated (21.78 percent). Middle and high school level of education were 7.92 percent and 3.96 percent respectively which were followed by 8.91 percent were higher secondary educated and only 1.98 percent were graduated. The workforce and their related stress and low educated youth come from poor households. They cannot take up either agriculture due to landlessness/limited land holding or take up skilled occupations due to lack of skills. It is quite pertinent that the area has such a deep rooted problems which has neither remedy nor solution. Naxalism, poor quality of education, Lack of technical expertise, remoteness, unawareness are the limiting factors for the youth to avail good quality and status of education. But when we observed the urban Bhatras the education level was good where 12.87 percent Bhatras were obtained post graduation and 20.79 percent urban Bhatra respondents were attained graduation level of education.

Table 1: Literacy Status

S. N.	Education Qualification	Tribal Respondents in Rural Area		Tribal Respondents in Urban Area	
		Number	%	Number	%
1	Illiterate	56	55.45	42	41.58
2	Literate	45	44.55	59	58.42
	Total	101	100.00	101	100.00

Table 2: Educational Status

S. N.	Education Qualification	Rural Tribal Respondents		Urban Tribal Respondents	
		Number	%	Number	%
1	Primary	22	21.78	3	2.97
2	Middle	8	7.92	8	7.92
3	High School	4	3.96	2	1.98
4	Higher Secondary	9	8.91	12	11.89
5	Graduate	2	1.98	21	20.79
6	Post Graduate	-	-	13	12.87
7	Illiterate	56	55.45	42	41.58
	Total	101	100.00	101	100.00

Table 3: Occupational Status among Bhatras

S. N.	Variables	Rural Tribal Respondents		Urban Tribal Respondents	
		Number	%	Number	%
1	Daily Wages workers	56	55.44	10	9.90
2	Permanent Plant Workers	3	2.98	37	36.63
3	Field Workers	13	12.87	7	6.93
4	Contract Labour	5	4.95	22	21.79
5	Grade III Government Servant	5	4.95	10	9.90
6	SPO	9	8.91	8	7.92
7	Others (digging tube well, bore well etc.)	10	9.90	7	6.93
	Total	101	100.00	101	100.00

Table 3 stated that 55.44 percent respondents in rural Bhatras were daily wages workers, which followed by 2.98 percent were permanent plant

workers and 12.87 percent were field workers and rest doing other kind of job. It had been observed that very less percentage of respondents had government

job while in urban area 36.63 percent of respondents were permanent plant workers. Second most prevalent occupation among Bhatra in urban area was contractor labouring work where a certain amount of money is given by contractor for their work.

The workers usually go to work in the construction site, steel & other plant, tube well & bore well digging and other places. Those who are working in construction industry and factories on in a plants have at least one destination and work in a routine shifts. They have fixed duty hours for working. They have a systematic and organized daily schedule. Similarly the workers of factories and other places and other units also have a systematic routine. But the most vulnerable group of the workers is the field workers. There are the workers those who do digging the tube well, bore well and other work. This is the most strenuous job amongst all. This work is always a moving job. They cannot remain stationed in one place. Regular movement from one place to another disturbs their life a lot. Their work defines no boundaries of summer, winter or rains. They do not have any day or night in their routine. These workers are not getting the complete payment which is released from the employer. The workers are also getting overtime for the additional work done by them. But does not getting proper amount of money in right time generate occupational stress among workers. Thus, work in long hours or role overload lead to occupational stress (Widmer, 1993). Rosse & Rosse (1981) noted that role conflict (incompatible demands from supervisor or colleagues) and role ambiguity (lack of clarity of supervisor or colleagues' expectations) significantly lead to job stress and consequently intention to leave job. Although the effects of occupational stress on nurses have been examined in developed countries (Espeland, 2006),

not much attention has been paid to these factors in developing countries such as Iran. The previous studies examined different factors like working in long hours, low levels of recognition and reward, organizational justice and poorly management that associated to occupational stress (Wu, et al., 2007), but the effects of role overload, role conflict and role ambiguity on occupational stress have been less studied.

Table 4 reveals that large percentage of the respondents were suffering occupational stress from two to ten years (60.40 percent) whereas 24.75 percent aspirants were suffering stress either physical and psychological from less than 2 years (24.75 percent). It has been also observed that only 7.92 percent and 6.93 percent were suffering stress for 11 to 20 years and above 20 years because industrialisation and penetration of modern work like construction and officials' job etc. were introduced recently (few year ago) in trend. But in urban area recent trend of occupation is prevalent not only among Bhatra but also amongst all tribals group. So the urban Bhatras were around more than 50 percent were facing occupational stress within less than 2 year of their occupation.

It has been observed from table 5 that majority of the respondents were not satisfied from their job whereas 23.76 percent were less satisfied. The respondents, who were in permanent job, were highly satisfied (43.96 percent) but their frequency was lowest among all observed respondents. 9.90 percent consider themselves that they were satisfied from their work. It had been observed that Bhatras who were living in rural area were more satisfied than urban Bhatras significantly. Before few years they did their traditional job which satisfied them economically as well as psychologically.

Table 4: Suffering Period of any Kind of Stress by their Present Occupation

S. N.	Total Experience Range	Rural Tribal Respondents		Urban Tribal Respondents	
		Number	%	Number	%
1	Less than 2 yrs	25	24.75	56	55.45
2	2-10 years	61	60.40	33	32.67
3	11-20 yrs	8	7.92	9	8.91
4	Above 20 yrs	7	6.93	3	2.97
	Total	101	100	101	100.00

Table 5: Opinion on Present Job

S. N.	Variables	Rural Tribal Respondents		Urban Tribal Respondents	
		Number	%	Number	%
1	Highly Satisfied	4	3.96	3	2.97
2	Satisfied	63	62.38	19	18.81
3	Less satisfied	24	23.76	36	35.64
4	Not Satisfied	10	9.90	43	42.58
	Total	101	100	101	100.00

Occupational Status and Its Measures; Overview of Respondents

In general, occupational status among Bhatra tribe, the un-educated and less educated youth prefer the worker trade because; this trade doesn't require much education. Table 6 stated that study village had very high prevalence of follow up workers (32.67 percent) which were moderate (50.50 percent) in status among respondents because they do not like to do this kind of stressful and physically laborious job. The effect of these constructs on negative job-related attitudes and behaviours is pervasive (Cordes & Dougherty, 1993; Rosenzweig & Karst, 1984; Steers & Mowbray, 1981). Role ambiguity exists when an individual lacks information about the requirements of his or her role, how those role requirements are to be met, and the evaluative procedures available to ensure that the role is being performed successfully (Beehr, Walsh & Taber, 1976; Cordes & Dougherty, 1993; Cooper, 1991; Dyer & Quine, 1998; Ursprung, 1986). Thus, Role ambiguity has been found to lead to such negative outcomes as reduced confidence, a sense of hopelessness, anxiety, and depression (Jackson & Schuler, 1985; Muchinsky, 1997). Understanding the poor and limited literacy, workers can be seriously considered for skill building among the youth to enhance the employability so the high (6.93 percent) level of acceptance were also present among respondents and rest 9.90 percent respondents had low level of acceptance towards follow-up working. The current scenario of workers as well as different level of job has engaged good number of youth as unskilled wage labour, and they can be seen as a potential group for enhancing their skill as follow up workers. In spite this kind of facilities, there is moderate level (53.47 percent) of freedom to choose own method of working and variety of job is very

low (43.56 percent). It has been observed by the respondents as well as researcher also, that absolute responsibility was not given by higher authority. It can be considered as moderate rate among workers but among some experienced workers, they had some responsibility as high (35.64 percent) recognised. When observation about the procedural of job among respondents, their level of autonomy of job and status of trust for management were moderate which showed 45.54 percent, 41.58 percent and 40.59 percent respectively. It is significantly noticed that pay and promotion of workers were low (57.43 percent), Lacking of team work (74.26 percent), low funds and resources (77.23 percent), job security is poor (87.13 percent), reward and motivation for work is moderate (37.62 percent) and the opportunity for self development among work place is moderate (38.61 percent) as well as low (29.52 percent). Conflict is pervasive across all types of organisations and can manifest itself in a variety of ways including emotional turmoil (i.e., anxiety, tension, and frustration), increased absenteeism, job turnover, violence and, from a group conflict perspective, strikes and demonstrations (Cooper & Payne, 1988; Toohey, 1993). There were also no consideration for workers and their families' health (32.67 percent). Thus lower level of job security, no reward and motivation, partiality among workers, absence of trust of management, no team work and poor concern of health were responsible factors of occupational stress among Bhatras. Finally, long hours, work overload, time pressure, difficult or complex tasks, lack of breaks, lack of variety and poor work conditions (for example, space, temperature, light) are causes of occupational stress (Malik, 2011).

Table 6: Occupational status and Their Prevalent Measures among Respondents

Variables	Very High		High		Moderate		Low	
	No	%	No	%	No	%	No	%
Follow workers	33	32.67	7	6.93	51	50.50	10	9.90
Freedom to choose own method of working	1	0.99	33	32.67	54	53.47	13	12.87
Variety of Jobs	3	2.97	14	13.86	40	39.60	44	43.56
Amount of responsibility	2	1.98	36	35.64	37	36.63	26	25.74
Procedural fairness	3	2.97	35	34.65	46	45.54	17	16.83
Level of autonomy	11	10.89	32	31.68	42	41.58	16	15.84
Trust of management	15	14.85	25	24.75	41	40.59	20	19.80
Pay and promotion	7	6.93	17	16.83	19	18.81	58	57.43
Opportunity of self development	4	3.96	28	27.72	39	38.61	30	29.52
Corporate reputation	10	9.90	38	37.62	37	36.63	16	15.84
Rewards and motivation	14	13.86	35	34.65	38	37.62	14	13.86
Concern for health and family	18	17.82	26	25.74	24	23.76	33	32.67
Team work	3	2.97	8	7.92	15	14.85	75	74.26
Funds and resources	1	0.99	6	5.94	16	15.84	78	77.23
Job security	1	0.99	7	6.93	5	4.95	88	87.13

Physical and Psychological Stress by Occupation

The negative effects of stress on individuals are tiredness, depression, anxiety, sleep disorders and difficulty in making decision (Adeoye & Afolabi, 2011; Malik, 2011). Also, stress leads to low productivity, dissatisfaction, low commitment, absenteeism, and employees 'turnover in organizations (Michael and Petal, 2009). In addition with above, nursing profession is essentially stressful than other comparable professions in which they work in long hours to take care of patients (Adeb-Saeedi, 2002). Usually, nurses become tired, fatigue, and depressed for their working in long hours especially in night shifts (Sawada, 1997).

Table 7 shows the physical problems of the sufferer by occupational stress. According to analysis of the table headache (43.56 percent), muscle tension (46.53 percent), fatigue (48.51 percent), loss of appetite (40.59 percent) and insomnia (39.60 percent) were moderate in level among respondents. Overeating is high (40.59 percent) among stress persons which is also consider as moderate (40.59 percent). Constipation (38.61 percent), diarrhea (39.60 percent) and rapid heart

beat (36.63 percent) were prevalently high among stressed workers.

Stress cannot be attributed to the vulnerabilities of the person or the demands of the job/environment independent of each other. Instead, stress results from the degree to which the two fail to 'fit' together (Blau, 1981). In recent years, however, the number of claims has been steadily increasing and the reported cause for these claims has moved away from traumatic stress to chronic conditions (Bull, 1996).

Table 8 depicted that physically stressed workers were also suffering from psychological stress and illness. Inattentiveness, irritability, anger, anxiety and depression were not only 39.64 percent, 38.61 percent, 36.63 percent, 33.66 percent and 30.69 percent moderate in stage respectively but also high in level. High prevalence of (35.64 percent) forgetfulness (loss of memory), poor concentration level (35.64 percent), restlessness mind (36.63 percent), hyperactivity (36.63 percent) in any situation and frustration (35.64 percent) were occurred among respondents.

Table 7: Physical Symptoms of Stress among Bhatras

Variables	Very High		High		Moderate		Low	
	No	%	No	%	No	%	No	%
Headaches	10	9.90	23	22.77	44	43.56	24	23.76
Muscle tension	6	5.94	36	35.64	47	46.53	12	11.88
Fatigue	4	3.96	38	37.62	49	48.51	10	9.90
Overeating	8	7.92	41	40.59	41	40.59	11	10.89
Loss of appetite	20	19.80	31	30.69	41	40.59	9	8.91
Constipation	25	24.75	39	38.61	28	27.72	9	8.91
Diarrhoea	31	30.69	40	39.60	24	23.76	6	5.94
Rapid heartbeat	28	27.72	37	36.63	24	23.76	12	11.88
Hypertension	31	30.69	30	29.70	30	29.70	10	9.90
Insomnia	25	24.75	33	32.67	40	39.60	3	2.97

Table 8: Psychological Symptoms of Stress among Bhatras

Variables	Very High		High		Moderate		Low	
	No	%	No	%	No	%	No	%
Inattentiveness	32	19.80	35	35.64	40	39.60	6	5.94
Forgetfulness	30	29.70	35	35.64	32	31.68	4	3.96
Poor concentration	30	29.70	35	35.64	32	31.68	4	3.96
Irritability	23	22.77	36	35.64	39	38.61	3	2.97
Restlessness	26	25.74	37	36.63	29	28.71	9	8.91
Hyperactivity	28	27.72	37	36.63	26	25.74	10	9.90
Frustration	22	21.78	35	35.64	32	31.68	12	11.88
Anger	20	19.80	33	32.67	37	36.63	11	10.89
Anxiety	21	20.79	31	30.69	34	33.66	15	14.85
Depression	18	17.82	24	23.76	31	30.69	28	27.72

Expected Measures for Management of Occupational Stress

Table 9 reveals that majority of the respondents know about the expected measures to manage occupational stress in their work place as well as in

their home but the implementation measures were not satisfied. To justify the acceptance and avoidance of opinion researcher used five point scale to measures their responses which are must, should, may, never and nil, Majority of the respondents nil

in opinion where responses were, clear duties and responsibilities were not provided by authority, not give direction to work but desire for completion of work within time, not provide sufficient opportunities for development and growth, not provide complete autonomy to function effectively, not provide complete support in case of crisis and adverse situation, not projected complete support image among Industry, clientele and society at large, so the frequency was highest (77.23 percent) among workers. In any kind of crisis institution not compensate (69.30 percent) efforts in favour of workers. The workers seek for requisite equipment and resources to the best of the capacity for completion of assigned task (64.36 percent). Workers expected that institution provide training for

maintaining proper inter-personal relationship with superiors, co-workers and subordinates inform time-to-time about the prevailing organizational culture, provide sufficiently trained co-workers to handle various assignments efficiently, take appropriate punitive action against those indulging in abuse to work/insult of superiors and co-workers, provide clear guidelines to take critical spot decisions but they not got (77.23 percent). When researcher asked to respondents that what they want to highly implement in work place they replied that higher authority should invite suggestions while taking policy decisions (77.23 percent) and do fair process of selection for promotion and advancement in career and job (74.26 percent).

Table 9: Expected Measures and Their Implementation Rate for Management of Respondents Stress in Working Place

Variables	Must		Should		May		Never		Nil	
	No	%	No	%	No	%	No	%	No	%
Provide clear duties and responsibilities in the form of job description	1	0.99	14	13.86	8	7.92	-	-	78	77.23
Direct to work overtime, If most desired for completion of task within defined time frame	3	2.97	8	7.92	11	10.89	1	0.99	78	77.23
Provide sufficient opportunities for workers development and growth	4	3.96	9	8.91	10	9.90	-	-	78	77.23
Provide training to handle demanding and unfamiliar tasks	3	2.97	17	16.83	3	2.97	8	7.92	70	69.30
Provide complete autonomy to function effectively	4	3.96	12	11.88	7	6.93	-	-	78	77.23
Provide complete support to employers' in case of crisis situation	3	2.97	11	10.89	7	6.93	2	1.98	78	77.23
Project a positive corporate image among industry, clientele and society at large	2	1.98	11	10.89	9	8.91	1	0.99	78	77.23
Properly compensate efforts	5	4.95	10	9.90	5	4.95	11	10.89	70	69.30
Provide requisite equipment and resources to the best of the capacity for completion of assigned task	5	4.95	14	13.84	7	6.93	18	17.82	65	64.36
Provide complete support when opt an assignment of higher responsibility voluntary	5	4.95	20	19.80	5	4.95	3	2.97	68	67.32
Clearly indicate time frame for completion of task	7	6.93	5	4.95	8	7.92	3	2.97	78	77.23
Provide training for maintaining proper inter-personal relationship with superiors, co-workers and subordinates	3	2.97	10	9.90	8	7.92	2	2.97	78	77.23
Inform time-to-time about the prevailing organizational culture	5	4.95	12	11.88	4	3.96	2	1.98	78	77.23
Provide sufficiently trained co-workers to handle various assignments efficiently	8	7.92	31		3	2.97	8	7.92	40	39.60
Provide clear guidelines to take critical spot decisions	3	2.97	12	11.88	7	6.93	1	0.99	78	77.23
Take appropriate punitive action against those indulging in abuse to work/insult of superiors and co-workers	4	3.96	13	12.87	5	4.95	10	9.90	69	68.32
Invite suggestions also while making policy decisions	3	2.97	78	77.23	12	11.88	5	4.95	1	0.99
Choose fair process of selection for promotion and advancement in career	3	2.97	75	74.26	1	0.99	11	10.89	11	10.89

Stressed respondents do some measures to take themselves relief from stress. Table 10 depicted about that situation. Maximum respondents answered that they may consult to physician and psychiatrist (53.47

percent) to take medication for fast relief. To keep themselves relax 48.51 percent respondents were very fond to smoking cigarette, 39.60 percent like to take short break from work, 41.58 percent prefer drink

with friends or alone, 39.60 percent discuss issue with like-minded people, 38.61 percent like to take a nap (Short Sleep), 44.55 percent respondents do complain to higher authorities and 42.57 like to keep them silent for that time. These above frequencies and variables may have highest among respondents. 39.60 percent answered that stress people should chew tobacco, *ghutkha* or chewing gum at adverse situation. 36.63 percent respondent should like to take medicine and keep worrying but not tell to anybody, 39.60 percent prefer to take long leave from work and go out, and 49.53 attend to or listen to

religious discourses to overcome from stress. Reading book and magazine (48.51 percent) is not prevalent measures to overcome from stress among tribals. The significant frequency among respondents about the measure to overcome from stress is Attending Folk lore/Folk Dance/Folk Music (67.31 percent). This step is must satisfactory instrument for Bhatra tribe. Tribals also consider indulging hobbies (35.64 percent) and physical activities (38.61 percent) as tools to manage stress level but not prevalent among them.

Table 10: Prevalent Resort of Stress Management among Bhatras

Variables	Must		Should		May		Never		Nil	
	No	%	No	%	No	%	No	%	No	%
Consult the physician/psychiatrist	5	4.95	40	39.60	54	53.47	1	0.99	1	0.99
Smoke a cigarette	6	5.94	29	28.71	49	48.51	17	16.83	-	-
Tit for tat and react back with the same impulse	10	9.90	41	40.59	36	35.64	13	12.87	1	0.99
Take a short break from work	14	13.84	35	34.65	40	39.60	12	11.88	-	-
Chew tobacco, <i>ghutkha</i> or chewing gum	17	16.83	40	39.60	29	28.71	15	14.85	-	-
Take medicines	18	17.82	37	36.63	35	34.65	11	10.89	-	-
Occasional drinking with friends or alone.	17	16.83	37	36.63	42	41.58	5	4.95	-	-
Keep worrying and do not tell anybody	18	17.82	37	36.63	35	34.65	11	10.89	-	-
Discuss issue with like minded people	16	15.84	38	37.62	40	39.60	7	6.93	-	-
Take long leave from work and go	19	18.81	40	39.60	32	31.68	10	9.90	-	-
Take a nap (short sleep)	21	20.79	31	30.69	39	38.61	10	9.90	-	-
Use auto suggestions	28	27.72	34	33.66	28	27.72	11	10.89	-	-
Attend to or listen to religious discourses.	20	19.80	47	49.53	28	27.72	6	5.94	-	-
Complain to higher authorities	9	8.91	32	31.68	45	44.55	15	14.85	-	-
Keep silent	9	8.91	27	26.73	43	42.57	22	21.78	-	-
Read a book or magazine	5	4.95	19	18.81	28	27.72	49	48.51	-	-
Arrange to family get-to-gather.	6	5.94	21	20.79	38	37.62	36	35.64	-	-
Listen to music	7	6.93	22	21.78	35	34.65	37	36.63	-	-
Attend Folk lore/folk dance/folk music	70	67.31	15	14.85	11	10.89	4	3.96	1	0.99
Indulge In hobbies	8	7.92	34	33.66	36	35.64	23	22.77	-	-
Indulge in physical activity	14	13.84	39	38.61	33	32.67	15	14.85	-	-

Conclusion

There was significant difference between the mental and physical health of rural and urban Bhatra tribe. Hear researchers were still unable to conceptualise and define 'culture' and its impact on recent transition period. In this paper we can conclude that transition from traditional occupation to trend modern occupation creating bad health and mental stress among simple Bhatra tribe. So, cultural or ethnic identity describes a process and outcome for a person's sense of 'who they are' and 'how they might be perceived' by others in their living and working environment. The rural Bhatra tribals were more peaceful and satisfied as compare to urban Bhatras because amongst urban Bhatras the crises of cultural or ethnic identity has some bearing on a person's coping with the harmful effects of life and work stress and mental health, and while the

empirical evidence for this is limited, it is argued that a strong cultural or ethnic identity buffers the harmful effects of stress. Therefore, this topic is important to explore for further study, such as it will create new ground in the discipline.

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