

A STUDY TO ASSESS STRESS AND COPING AMONG COMPUTER EMPLOYEES IN SELECTED INSTITUTIONS SALEM TAMIL NADU

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ABSTRACT: A non experimental cross sectional survey design was conducted on 100 computer employees to assess stress and coping. The study findings indicated that computer employees suffer from significant stress and uses negative coping measures to overcome it. It needs ergonomic and multi disciplinary modalities to combat stress and psychosomatic disorders.

Key Words: Computer Employees, Stress, Demographic characteristics,

About Author



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