

Study on stress among women of IT professionals in Patna, India

Dr.Mamta Kumari

Our study explores the influence of age and experience on stress and depression and the relationship between stress and depression among women information technology (IT) professionals in Patna, India. The present study aimed (1) to find out the level of stress and depression experienced by women IT professionals, (2) to understand the impact of age and experience on stress and depression, and (3) to study the relationship between stress and depression. The study was conducted in Patna, India with a sample of 500 women IT professionals. The sample selection was done by a convenience sampling method. The data collected were analyzed using descriptive one-way analysis of variance and Pearson's correlation test. Results showed that the women IT professionals experience moderate level of overall stress and stress dimensions. This study also reveals that 84% of the respondents experience medium level of depression and also suggest that age and experience significantly influence the overall stress and depression experienced by the employees. Our study shows that there might be a strong relationship between overall stress and depression.