



IMPACT OF LEARNED OPTIMISM OVER STRESS FOR THE EMPLOYEES IN MANUFACTURING SECTOR

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INTRODUCTION

- *Learned optimism*: is the idea in positive psychology like talent for joy, or any other can be cultivate.
- *Stress*: The harmful physical and emotional response that occur when the requirements of the job do not match the capabilities, resources or needs of the worker.
- Employees working in manufacturing sector face lots of stress when compared to the employees in other sector.

WHY THIS TOPIC?

- Seeing the employees working in a factory which manufactures agricultural implements which is owned by my father motivated me to take this topic for my research project.
- It is said that employees working in manufacturing sector experience more stress when compared to the employees working in the other sector.

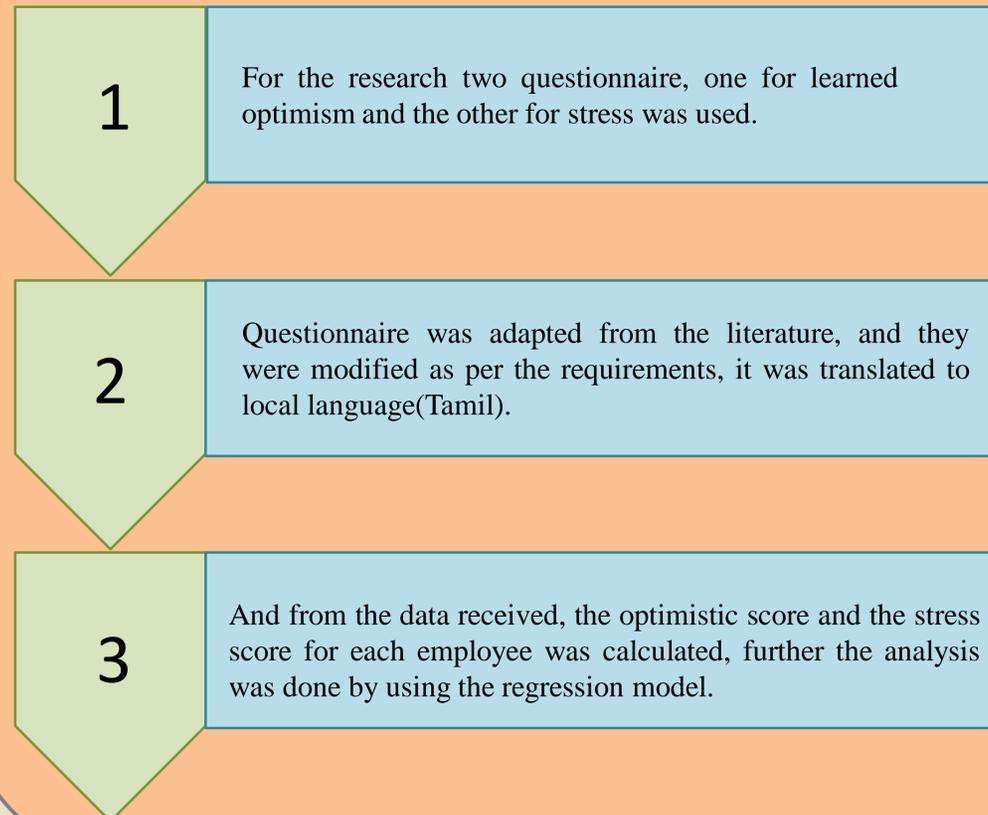
OBJECTIVE

- To find whether learned optimism has impact over stress for the employees working in the manufacturing sector.
- If yes, higher the optimistic level and lowers the stress level for the employees.

RESEARCH QUESTION

Does learned optimism has impact over stress for employees working in manufacturing sector?

METHODOLOGY

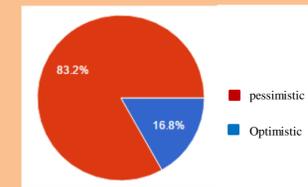


DATA COLLECTION

Type of the City	No of Respondents
Tier I	127
Tier II	40
Tier III	33

Sample Size: 200

ANALYSIS



- As the chart shows, about 83,2 % of employees were pessimistic and they were facing more stress. And 16.8% of employees were optimistic and their stress was less when compared to the others.

RESULT

- For every one unit increase in learned optimism score, the stress decreases by 2 units.
- R-Squared value was 0.24, which tells the model is efficient. And it was significant at 1% level of significance.
- Hence learned optimism has impact over stress for the employees working in the manufacturing sector.

CONCLUSION

- Since learned optimism has impact over stress, some training programs can be conducted in the organization, which will increase the optimistic level of an employee and thereby decreases the stress.
- This will benefit the employee personally as he his experiencing less stress and also it will increase in the production which will be more beneficial for the organization.