

A COMPARATIVE STUDY OF STRESS COPING OF GUJRATI AND PUNJABI ENTREPRENEURS

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ABSTRACT

The present study is aimed at investigating the relationship of stress coping such as task oriented (TO), defense oriented (DO) and ailment oriented (AO), reactions among entrepreneurs of Gujarati and Punjabi origin. A sample of 18 Gujarati and 38 Punjabi entrepreneurs from the urban industrial area of Raipur city in Chhattisgarh were selected on an incidental cum random basis. The measure for stress coping mechanism in (Hindi form) was administered in a small group setting. The statistical treatment given to the score on AO, TO and DO mechanism presents the following picture: Gujarati entrepreneurs gave first preference to TO (task oriented), second to DO (defense oriented) and third to AO (ailment oriented) reaction. While Punjabi entrepreneurs have shown more preference to defense oriented (DO), and task oriented (TO) than to ailment oriented (AO) reactions.

KEYWORDS: Ailment Oriented, Task Oriented, Defense Oriented

INTRODUCTION

Hogman (1983) studied the coping behavior of displaced Jewish children and found that as adults Ss continued to react to the effects of their early experiences by fighting helplessness and trying to integrate their feelings thus continuing the process of action coping.

Problems

- To study stress coping mechanisms among Gujarati entrepreneurs.
- To study stress coping mechanism in Punjabi entrepreneurs.

Hypothesis

- Gujarati will show more preference to ailment oriented than to task oriented and defense oriented coping device.
- Punjabi entrepreneurs will show more preference to task oriented coping device than to defense oriented and ailment oriented coping device.

Tools

A measure for stress coping mechanism (MSCM) was developed in Hindi by Ushakiran Agrawal and Dr R D Helode in (1991), containing 20 items. The reliability of scale by split half method corrected by S-B formula has been worked out for each type of coping devices. The r 's are 0.77 for AO, 0.85 for TO and 0.43 for DO * $p < 0.1$ for 48 df. The validity of MSCM was established against Hindi version of Tyrer's (1983) Test of Personality Tests (T) adapted by Helode (1992). The unit correlation among the AO, TO and DO coping devices (eg r AO AND T = -0.77*, r AO and DO = 0.003, r TO and DO = -0.64 * $p < 0.01$ for 298 df).

Procedure

Data were collected from small group of industrialists (Gujratis and Punjabis) they were instructed about MSCM in calm and quiet room made available in Urla (Raipur). 3 to 5 persons were subjected to psychological testing at a time after establishing rapport with them.

ANALYSIS AND DISCUSSIONS; COPING DEVICES (GUJRATIS N=18 M=54)

Table 1: Newman's Keols Results to More than DO and AO Devices

Devices	AO	TO	DO
N	18	18	18
M	33.27	47.94	38.77
SD	7.42	8.05	5.97

Table 2: Newman Keol's Results to Equivalent to DO and More than AO

Devices	AO	TO	DO
N	38	38	38
M	36.50	41.07	42.42
SD	7.30	9.10	5.77

Table 3: Punjabis Compared with Gujratis: Gujratis (N=18) Punjabis (N=38)

	TO	TO	Difference	t	Sig at 0.01
M	47.94	41.07	6.87	2.86	p>0.01
SD					P>0.05
	DO	DO			
M	38.77	42.22	3.65	2.17	p>0.05
SD	5.97	5.77			Significant at 0.05 level
	AO	AO			
M	33.27	36.50	3.23	1.53	Insignificant
SD					

Gujratis have shown more preference to TO it seems that on earning the enterprise they are more task oriented in handling the problems, Punjabis as compared to gujratis indulged in defense oriented reactions while handling the problems they face in the enterprises.

Both gave least preference to AO for coping with the stress.

The Sikhs are found athletes and in games they make very good mechanics and they have fighting qualities.

Gujratis are sailors besides manning country craft they ply up and down the west coast of India, to Aden and Zanzibar and as far as Singapore they are familiar as lascars in the liners running between Bombay and Europe.

CONCLUSIONS

Gujratis have given significantly greater preference to task oriented TO as compared to Punjabis. Punjabis have given significantly more preference to DO as compared to Gujratis while both gave almost equal preference to AO.

REFERENCES

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