



**Managing stress during fighting Covid 19 time:  
A perception study among the healthcare workers  
in Bangalore and Mysore**

**Dr. Nilanjan Sengupta (Principal Researcher)**

Professor – HRM & OB

SDMIMD Mysuru

**Dr. Mousumi Sengupta**

Professor – HRM & OB

SDMIMD Mysuru

**Prof. L. Gandhi**

Assistant Professor – HRM & OB

SDMIMD Mysuru



Shri Dharmasthala Manjunatheshwara  
Center for Development Studies (SDM CDS)  
SDM Institute for Management Development  
Mysuru - 570 011

(C) Applied Research Project 2021, SDM Center for Development Studies (SDM CDS) SDMIMD, Mysuru

Note:

All views expressed in this work are that of the author(s). SDM CDS does not take any responsibility for the views expressed herein by the author(s).

No part of this publication can be reproduced or transmitted in any form or by any means, without prior permission of the publisher.

## Preface

SDM Center for Development Studies (SDM CDS) was formed at SDMIMD to promote research in the fields of development studies, including issues in social development, social responsibility and corporate social responsibility. The Center envisions to promote developmental research and studies and thereby contributing to the cause of effective decision making through policy framework of the government and support in making appropriate intervention strategies of Non-Government Organisations.

The applied research develops strategic ways of addressing/solving the problems, thereby contributing to the successful business, economy and policy implementation. The applied projects are run Faculty members being the primary project investigators and students as project assistants. These researches would help in documenting the meaningful work that is being done in the development sector by many organizations, thereby, sensitizing readers in the field of social and developmental issues.

From the academic viewpoint, these projects provide a unique opportunity to the faculty members and the students to get a first-hand experience, in investigating issues and concerns of targeted organizations or groups, through field work, thereby, helping in knowledge creation and its transfer.

The Institute factors the time and resources required by the faculty members to carry out such projects, and fully sponsors them to cover the various costs of the project work.

This applied research document is published by SDM CDS after review and sufficient revisions to the original draft and thereby upholding the quality of the research contribution.

**Dr. B. Venkatraja**  
Chairperson, SDM CDS



Applied Research Project, 2021

## Acknowledgement

We wish to thank Dr. N. R. Parasuraman, Director – SDMIMD, who has been the key inspiration behind the present study.

We wish to thank the SDME Trust, which has been a constant source of motivation in this academic endeavor.

We thank all the faculty and staff members, who have helped us, directly or indirectly, to complete this project.

Finally, we like to extend our thanks to all the respondents, who, despite their busy schedule, obliged us by providing valuable information by filling up the questionnaire and attending the personal interviews.

**Dr. Nilanjan Sengupta**  
**Dr. Mousumi Sengupta**  
**Prof. L. Gandhi**



Applied Research Project, 2021

## Table of Content

Section 1: Introduction to job stress, its nature, causes and impact .....	1
Section2: Job stress among healthcare workers/professionals .....	3
Section 3: Stress among health care professionals, during Covid 19.....	5
Section 4: Research design .....	9
Discussion.....	80
Future scope of the study .....	82
References .....	82