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WORK AND STRESS AMONG SUPERVISORS IN SELECTED MANUFACTURING INDUSTRIES

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Objective: This study looked at sources of work stress among supervisor. s in manufacturing industries

Aim: This research aims to elucidate data on occupational stress among supervisors in manufacturing industries and associated risk factors at work.

Method: The sample consisted of 23 establishments and from this, 47 supervisors were taken, and interviewed using survey questionnaires and focus group discussions.

Results: Among the 47 supervisors, 51% were from garments industry while 49% from electronics industry, and 66 % were women. Work among supervisors was reported to be challenging and stimulating but regular upgrading of skills was needed. Based on the FGDs conducted among the supervisors, the issues in the workplace included information overload, keeping abreast with developments in their fields of expertise, the need to be multiskilled, stress brought about by information technology, the new pedagogy in the workplace affecting occupational stress, stringent and the need for new organizational strategies. On logistic regression, occupational stress among supervisors was found to be significantly associated with heavy load stress, mental requirements of work, massive technical/ office work, and the use of microelectronics equipment needing concentration and literacy in IT, and regular upgrading of skills.

Conclusion: Based on these findings, we can conclude that occupational factors play a significant role in influencing the stress among supervisors.