

Effect of stress on Mental Health among MSRTC Bus Driver & Conductors in Jalgaon District

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Abstract

The study investigated to observe the effect of stress on Mental health & adjustment among Maharashtra state transport Maha Mandal bus drivers & Conductors of Jalgaon district . For these purpose 150 drivers and 150 conductors has been selected randomly from normal population of Jalgaon district. They were informed to consent for research. Occupational Stress Index and Mental Health Status Inventory administered to the participants. Data collected and analyzed. Result indicates that there is significant difference of stress among Drivers & Conductors. Also significant difference of Mental Health among Drivers & Conductors. There is significant effect of stress on Mental Health of Drivers and significant effect of stress on Mental Health of Conductors.

Keywords: Stress, Mental Health, Occupational Stress Index, Mental Health Status Inventory

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