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STRESS: COPING UP STRATEGIES AMONG WOMAN IN CORPORATE AND ACADEMIC LIBRARIES IN BANGALORE CITY

R. Pramila ⁽¹⁾ Lalitha Aswath ⁽²⁾

⁽¹⁾ Research Scholar, Department of Library and Information Science, Bangalore University, Bangalore, India.

⁽²⁾ Professor, Department of Library and Information Science, Bangalore University, Bangalore, India.

Abstract

For many, stress is a five letter companion from daybreak to dusk. In today's age, stress is evident everywhere, and in every workplace irrespective of nature, type or location. Here an attempt has been made to explore how women Library Professionals manage and cope up with stress in Corporate and academic environment.

An exclusive survey was carried out to identify the coping up strategies of women librarians working in corporate and academic libraries. Sample consisted of 21 women librarians from Corporate and 31 from Academic Libraries. Data has been collected through a structured questionnaire to understand how women librarians cope up and handle stress. The response shows the coping up strategies used, and the way women professionals manage stress in their day to day life and at workplace.

There is a significant difference in coping up strategies among woman library professionals from corporate and academic library is concerned. The findings reveal methods with which professionals manage personal and workplace stress through family support, socialising, adapting healthy habits, exercise, and positive approach and by actively pursuing their hobbies

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