

Psychosocial Stressors and Life Satisfaction among Bureaucrats

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Abstract

The aim of the present research paper was to find out and compare the impact of the seven sub variables of psychosocial stressors, i.e., strained interpersonal relationship, excessive responsibilities, financial constraints, marriage related stress, health related problems, adverse situations, and perceived threat on life satisfaction among male and female bureaucrats. The sample comprised of 128 male and 47 female bureaucrats from the state of Himachal Pradesh. The correlation and regression analysis was carried out for analyzing the data. The results revealed that psychosocial stressors in terms of marriage related stress was found to be significantly and negatively related to life satisfaction among male bureaucrats. Among female bureaucrats perceived threats was significantly and negatively related to life satisfaction. Furthermore, regression analysis also revealed that marriage related stress emerged to be the only significant predictor of life satisfaction among male bureaucrats, whereas, perceived threat came up as the significant predictor among female bureaucrats. Thus, it can be concluded that out of the seven sub variables of psychosocial stressors only marriage related stress and perceived threat have significantly suppressed the life satisfaction among the male and female officers.

Key Words: Psychosocial Stressors, Perceived Threat, Marriage Related Stress, Life satisfaction, Male and Female Bureaucrats.

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