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Overview of stress on Librarian

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INTRODUCTION:-

Librarians are traditionally working as acquisition, Cataloguing, Bibliographies, Classification, adopted transaction systems, dissemination, storage of documents, bindings, daily facing staff management, they have lack of organization support, economic problems, they follow better security systems, this huge work also completed by librarian and they have urge to adopt modern technology. Modern technological inventions impact on social changes, these day today social changes yielding huge information or documents. Therefore, librarians also must need to use modern technologies to save time and retrieve information from huge storage. New era also requires providing modern services as internet service, Browsing Service, Digital Information, e-journals to the user, it is not possible without using computer or modern technologies. The Modern Librarians has a very important role to play in the process of communication of information in today's world by using modern technologies/ Computers and digital tools. The concept and role of 'Librarian' is changed to 'Information Manager'. In this context the role of librarian is of much suffer from already workload. How will they match their time after working and managing all these works? When should they go to trainings of new technologies/ Computer hardware and software? Librarians not only facing day today all these above problems but also they facing new urge of technological changes and use of computers. Today's librarians are suffering from stress.

Currently the library services students, staff and research fellows with text and other modern resources. This condition has over-stretched the usage of the facilities and also poses high stress implications on the staff. This can be noticed from the library statistics on the number of users patronizing the library per day, the level of usage of the materials consulted and the number of slips for outside users counted per day.

Today's everyone has in burden or stressful life due to faster life style, technological changes and use of computer also affected to each and every field. Employee has various problems to use these technologies. These problems are budget availability, trained staff members, software's, technician, technological durability, illiteracy of

technology. These all technological changes are increased stress and burden on librarians and other professionals at workplace.

Definition:-

Stress can be broadly defined as the negative reaction people have to aspects of their environment as they perceive it. Stress is therefore a response to a stimulus and involves a sense of an inability to cope. We each perceive, interpret, cope with and react to the world differently, but a stress reaction is an unpleasant state of anxiety.

Two things should be kept in mind: firstly, being stressed is a 'state' - and therefore not permanent in all but the most extreme cases; secondly, when we are stressed, or under the influence of stress, we are less likely to behave in the rational way we do when we are calm.

How we manage pressure is influenced by many factors, some past, and some current; how we learned, how others behaved around us when we were young, what behaviors were rewarded and what punished. We all cope better when we have support and when we have resources such as time, equipment, know-how and control.

Causes of short-term stress include tough deadlines, having to carry out tasks we find very difficult, having to do many things at once, or having to act in difficult circumstances or under external pressures - for instance, when under extra emotional strain or feeling low or upset.

Stress generally comes from aspects of personal lives; bereavement is a major cause of stress, as is loss of any kind, including through divorce or separation. Other life events which are stress-inducing include being ill or illness of a partner or family member, unemployment, financial pressure, running a business and indebtedness. Being stressed may not be articulated by everyone in the same way: for instance, although we all experience stress through loss, people will explain the experience differently, cope with it differently, acknowledge it differently and recover from it in many different ways.

The word "Stress" was originally adapted from physics by Walter Cannon. It is most commonly used as a metaphor with a wide range of individualized,

contextualized and momentary meanings attributed to it. As the case is with many expressions, there is no single, generally agreed upon definition. So the word "Stress" has numerous different meanings within scientific contexts as well as in everyday life. Furthermore, the word "Stress" is commonly used in popular cultures to describe numerous self diagnosed physical and mental ailments, the severity of which often depends on subjective perceptions. One important distinction, however, may be to clarify if stress is a cause (Stressors) or an effect (stress response) of a certain event.

Objectives of the Study:

The present study investigation deals to study the following objectives.

- i) To describe librarian problems increasing stress.
- ii) Find out what kind of health problems facing by librarians.
- iii) To suggest some stress preventive ideas to librarians.

Method

Present study has discussed types of stress, various reasons about rising stress and some suggestions are given in descriptive form.

Sources of stress on Librarian

In general, stress is related to both external and internal factors. Major two types of stress for librarian. These are:

External stress factor:

External factors include the physical environment, including your job, your relationships with others, your home, and all the situations, challenges, difficulties, and expectations you're confronted with on a daily basis.

Internal stress factor:

Internal factors are body's ability to respond to, and deal with, the external stress-inducing factors. Internal factors which influence your ability to handle stress include your nutritional status, overall health and fitness levels, emotional well-being, and the amount of sleep and rest you get.

External stress factors:

1. Physical Environment
2. Social Interaction
3. Organizational stress factor
4. Major life events
5. Daily hassles
6. Library staff
7. Library users
8. Higher Authorities
9. Infrastructure
10. Computerization
11. Information technology

Internal Stress factors:

1. Life Style Choices
2. Negative self talk
3. Mind traps
4. Personality traits

Causes of Workplace Stress -

Various researches indicate different causes of workplace stress. Some of them are as follows, these are common to many:

- High workloads, intense pressure, constant deadlines
- Lack of Control over work demands, conflicting demands
- Powerlessness - a sense that 'nothing can be done about it'
- Poor communication /consultation and/or information sharing
- Lack of feedback on performance & feeling undervalued
- Management style, inflexible working arrangements & unpredictable hours
- Uncomfortable work environments; frustration with faulty equipment
- Interpersonal conflict
- Change and uncertainty

Symptoms of stress:

Stress can marked itself in a variety of emotional, behavioral, and even physical symptoms and the symptoms of stress vary enormously among different individuals.

Common physical symptoms:

1. sleep disturbances or changes in sleeping habits,
2. muscle tension, muscle aches, headache,
3. gastrointestinal problems,
4. fatigue

Emotional and behavioral symptoms:

1. nervousness,
2. anxiety,
3. changes in eating habits, overeating
4. loss of enthusiasm or energy,
5. mood changes, bad temper, depression.

Effect of stress:

It is also known that people under stress have a tendency to engage in unhealthy behaviors, such as excessive use or abuse of alcohol and drugs, cigarette smoking, and making poor exercise and nutritional choices.

Effect of stress on health:

- Digestive disorders
- User
- Skin Complaints psoriasis

- Headaches and migraines
- Pre menstrual syndrome
- Depression

Stress prevention remedies

There are healthy ways to overcome stress - good lifestyle, diet, social team spirit, meaningful work which can widen our social ties - as well as unhealthy ways to react - such as over- or under- eating, excessive drinking, angry outbursts, defensiveness - which can lead to lack of quality sleep, decreased exercise and social isolation.

- Change your life style and thinking
- Change you behavior
- Be assertive, firm
- Get organized
- Ventilation
- Humor, fun
- Diversion and distraction, (hobby and entertainment)
- **Exercise:** Exercise on a regular basis helps to turn down the production of stress hormones.
- Relax
- Stay Healthy
- Cultivate a positive attitude.
- Manage your time

For centuries in Eastern religious traditions, the benefits of meditation and other relaxation techniques have been well known. Now, Western medicine and psychology have rediscovered that particular wisdom,

translated it into simple non-spiritual methods, and scientifically verified its effectiveness. Thus, one or two 20-30 minute meditation sessions a day can have lasting beneficial effects on health. Indeed, advanced mediators can even significantly control their blood pressure and heart rate as well.

Conclusion

Now a day's LIS professionals are faced with constant changes and challenges in their working environments. They are playing their roles inside libraries with users high expectations always seems to exceed library's capacity in terms of documents, infrastructure facilities, finance, staff etc. In this context the LIS professionals have impact their work and produce stress. It is simply not possible to remove all sources of stress in the library workplace but, the library managers can manage stress among their teams which will help to reduce some of its consequences, such as: poor morale, reduced performance and team conflict. The best way to manage stress in library environment are: to create a supportive culture; to appreciate people's differences; to recognize the signs of stress; to resolve issues as they arise and make strategy to reduce stress, etc.

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