



**“OCCUPATIONAL STRESS, MENTAL HEALTH AND PHYSICAL
AILMENTS AMONG PILOTS.”**

ABSTRACT

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Occupational Stress, Mental Health and Physical Ailments

Among Pilots

Abstract

Present study was basically intended to examine occupational stress and mental health in commercial pilots and its possible linkage with physical health, In other words the study was undertaken with following objectives.

To examine level of occupational stress of pilots, to examine level of mental health of pilots and to know about the different types of physical diseases with which pilots were suffering from.

Apart from that relation between occupational stress and mental health was also examined, Ninety commercial pilots belonging to different airlines having different length of service experience were purposively taken from Delhi. Later they were divided into three groups on the basis length of service experience. Group I pilots were having experience upto five years, group II five to fifteen years and group three more than fifteen years. Two different standardized tools were used one each for measuring occupational stress index was used for assessing level of occupational stress while Jagdish and

Srivastava mental health inventory was used to know mental health status of the pilots. Beside the two tools a self-developed comprehensive informational schedule was also used to know about the physical diseases, their types, marital status, service experience etc. of the pilots.

The data obtained on the basis of three different tools was analyzed in two different ways. The information obtained with the help of self develop schedule were analyzed in terms of frequencies and percentage and presented in the initial eight tables whereas the data gathered on basis of standardized tools were analyzed with the help of different statistical techniques and the results were presented in the subsequent tables.

From the two (master table) tables it appeared that most of the pilots belonging to group II was though married but divorced. The percentage of divorce in group II was higher than the total percentage of group I and group II and group III. Similarly, substantial number of pilots was suffering from physical health related problems in the form of various diseases. However, prevalence of diseases were exceedingly high in the group II followed by group II and group I. among the physical diseases there was high prevalence of diabetics among the pilots of all the groups followed by hypertension and obesity. However, a little percentage of pilots was also suffering from some unidentified diseases not considered in this study.

On the other hand, the data obtained on basis of administration of two different standardized tools clearly revealed that was high prevalence of occupational stress among the pilots particularly those belonging to group II. Significant difference was found between the three groups of pilots with regard to their level of occupational stress in general.

Whereas on the dimensions of occupational stress the pilots belonging to three different groups differed with each other significantly on nine out of twelve dimensions. It was indicating the fact that group II pilots having the length of service 5 – 15 years were the experiencing higher levels of occupational stress than the other two groups. In the way the prevalence of physical diseases and rate of divorce among the pilots belonging to group II can be understood in the light if their occupational stress.

Similarly, mental health status of the pilots also revealed that pilots belonging to group ii were the worst victim of mental health problem .they were found significantly inferior or the groups with regards to the positive mental health .As far as dimension wise mental health status of the three groups was concerned group II was found to be significantly of mental health. It was also revealing the fact that job related stress of the commercial pilots not only affecting their physical health and family life but also their mental health. This was confirmed on the basis of obtained relationship between scores on occupational stress and of mental health. The obtained correlation between the variables was found negative but significant.