INFLUENCE OF JOB DEMANDS ON DEPRESSION – AN EMPIRICAL STUDY AMONG SOFTWAREProfessionals

S.M.SARANYA 1, DR. AJOY MATHEW2

1PH. D SCHOLAR, BHARATHIAR SCHOOL OF MANAGEMENT & ENTREPRENEUR DEVELOPMENT, BHARATHIAR UNIVERSITY, COIMBATORE.

2ASSOCIATE PROFESSOR, BHARATHIAR SCHOOL OF MANAGEMENT & ENTREPRENEUR DEVELOPMENT, BHARATHIAR UNIVERSITY, COIMBATORE – 641046.

ABSTRACT
The past decade has grasped engineers of all interests sinking towards software industry - like bees towards contemporary blossom. This sector is very unstable and faces the problem of lack of job security and endless upgradation of skills to stay marketable. This study aims to assess levels of Depression and Job Demands among 89 software professionals working in Chennai. A discriminant analysis was conducted to predict software professionals depression levels on Job demands. The dimensions of job demands were Work Pressure, Emotional Demands, Cognitive Demands, Role conflicts, and Hassles. Zung self rating depression scale the most common instrument for measuring depression, was used for this purpose as it was created and validated for software professionals. Reliability co-efficient of the instrument is determined. There is significant difference between the two. The study related to depression among software professionals are scared. Inference and scope of research is discussed.

KEYWORDS: Software professionals, Zung self-rating depression, Job Demands, Discriminant function analysis

REFERENCES:


