



JOB STRESS AMONG CHARTERED ACCOUNTANTS PRACTICING IN CHENNAI CITY

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1.1 OVERVIEW OF STRESS

Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. Stress isn't always bad. In small doses, it can help you perform under pressure and motivate people to do their best. But when people are constantly running in emergency mode, their mind and body pay the price.

Stress is a normal physical response to events that make people feel threatened or upset their balance in some way. When people sense danger – whether it's real or imagined – the body's defenses kick into high gear in a rapid, automatic process known as the “fight-or-flight” reaction, or the *stress response*.

Long-term exposure to stress can lead to serious health problems. Chronic stress disrupts nearly every system in human body. It can raise blood pressure, suppress the immune system, increase the risk of heart attack and stroke, contribute to infertility, and speed up the aging process. Long-term stress can even rewire the brain, leaving people more vulnerable to anxiety and depression.

The situations and pressures that cause stress are known as *stressors*. We usually think of stressors as being negative, such as an exhausting work schedule or a rocky relationship.

However, anything that puts high demands on human beings or forces people to adjust can be stressful. This includes positive events such as getting married, buying a house, going to college, or receiving a promotion. What causes stress depends, at least in part, on perception of it. Something that's stressful to people may not faze someone else; they may even enjoy it.

1.2 CAUSES FOR STRESS

There are many reasons for the creation of stress. Some of the causes which are acting as stressors are classified as External sources and internal sources which are given below

1.2.1 Common external causes of stress

Not all stress is caused by external factors. Stress can also be self-generated:

- Major life changes
- Work
- Relationship difficulties
- Financial problems
- Being too busy
- Children and family

1.2.2 Common internal causes of stress

Not all stress is caused by external factors. Stress can also be self-generated:

- Inability to accept uncertainty
- Pessimism
- Negative self-talk
- Unrealistic expectations
- Perfectionism
- Lack of assertiveness

1.3 SYMPTOMS AND SIGNS OF STRESS

Cognitive Symptoms	Emotional Symptoms
<ul style="list-style-type: none"> • Memory problems • Inability to concentrate • Poor judgment • Seeing only the negative • Anxious or racing thoughts • Constant worrying 	<ul style="list-style-type: none"> • Moodiness • Irritability or short temper • Agitation, inability to relax • Feeling overwhelmed • Sense of loneliness and isolation • Depression or general unhappiness
Physical Symptoms	Behavioral Symptoms
<ul style="list-style-type: none"> • Aches and pains • Diarrhea or constipation • Nausea, dizziness • Chest pain, rapid heartbeat 	<ul style="list-style-type: none"> • Eating more or less • Sleeping too much or too little • Isolating yourself from others • Procrastinating or neglecting responsibilities



<ul style="list-style-type: none"> • Loss of sex drive • Frequent colds 	<ul style="list-style-type: none"> • Using alcohol, cigarettes, or drugs to relax • Nervous habits (e.g. nail biting, pacing)
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1.4 JOB STRESS AMONG CHARTERED ACCOUNTANTS

Chartered Accountants are professionals who are subject to heavy stress during the job. There are more than 1000 Chartered Accountants practicing in Chennai city. Everybody feels that CA is earning simply putting their signature and it is a very easy task of practicing CA. It is false opinion. There are many stress arising out of profession for the practicing Chartered Accountants which is given below

1. They become stress during their practice since they are mostly squeezed between the Income Tax Department and the Client.
2. Chartered Accountants face stressful situation during their practice since they want to satisfy their client and the department so that CA has to work hard to win the heart of the client and the departmental officers.
3. Many of the clients are not paying their fees after Audit to the Chartered Accountants put the CA into stress because of outstanding Audit fees from the clients.
4. Tough competition among Chartered Accountants boost up job stress among the practicing CA.
5. Many Chartered Accountants face stress due to their Assistants and Articled Clerks since they are irregular.
6. Last Date for Online Filing develops a stress among the Chartered Accountants so that they become nervous.
7. Family problems in many cases boost up the job stress among the practicing CA.
8. Many old Chartered Accountants who lack computer knowledge face a stressful situation during their job since they are completely dependent over the Assistants.
9. Chartered Accountants develop stress over their job due to the work of their articled clerk and paid Assistants.
10. Chartered Accountants needs frequent update of their knowledge about the Taxation and Government norms and procedures which may develop stress.
11. Monotonous work and Seat work mainly develops job stress among most of the Chartered Accountants.
12. Improper diet, poor intake lead to health problems which may create job stress easily

1.5 MEASURES FOR RELIEVING STRESS AMONG CHARTERED ACCOUNTANTS

The following are some of the important measures suggested for relieving the Chartered Accountants from their job stress

1. Practice of Yoga, daily physical exercise may help CA for relieving them from job stress
2. Systematic Delegation of work among the Assistants may reduce the job stress among CA
3. Planned tours and travels, rest in holidays may relieve the CA from job stress mostly.
4. Building self-confidence, selecting talented Assistants may reduce job stress among CA
5. Healthy and timely diet will help CA to reduce job stress
6. Health awareness and reduction of over body weight may reduce job stress among CA
7. Frequent relaxation, good sleep in night avoiding late night audit work may help them to relieve them from Job Stress

CONCLUSION

This study has analysed the various reasons from the job stress among the Chartered Accountants and also have suggested many good measures for relieving them from job stress. Relieving job stress may help the CA to avoid later health complications occurring in future. So all the Chartered Accountants may take preventive action for reliving them from job stress and live a healthy life.