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STRESS MANAGEMENT FOR LIBRARY PROFESSIONALS: A STUDY

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ABSTRACT

As we know that today is the world of rapid growth and competition that's rapid progress affects human being also it increases the stress of every professional field in the world. The same thing affects the library profession also. In every institute, the academic library is an important organization and librarian Play an important role in the library and it is important that librarian should not be in stress because if the librarian is in stress that effects on its working capacity and not provide quality service to the library. The student comes to the library for not only to read books but also to solve their queries because librarian has knowledge of various subjects or the knowledge of how to search the information they need. So that librarian needs a peaceful mind. The paper shortly discusses the stress effects on the librarian; how they improve stress, also discuss other aspects that affect library professionals. Also discuss stress management, skill and styles of stress management, healing ways, how to Reduce, Prevent, and Cope with Stress. The main aim of the paper is to give stress management techniques and also some positively heal techniques from professional stress.

Keywords: Stress, stress management, library professionals, technology, healing etc.

Introduction:

What is stress?

There is no general definition of stress because it's very difficult to define stress, it is a reaction by us to a different situation. In a different situation different people react differently, The stress which I am having is not a stress at all to another person and vice-versa.

When library professional face the situation he/she cannot handle, they feel stressed. Even when they are overburdened or overworked, then also they feel stressed out. Stress is the situation from which we want to come out. We can't stay in that situation for a long time. We need relief from it.

Symptoms:

When we feel stress our behaviour and feelings are not normal. Symptoms of stress vary from person to person and individual to individual.

1. Faster Heart rate
2. Increased Blood Pressure
3. Knots in stomach

In every institute, the academic library is an important organization and librarian play an important role in the library and it is important that librarian should not be in stress because if the librarian is in stress that effects on its working capacity and not provide quality service to the library. The student comes to the library for not only to read books but also to solve their queries because librarian has knowledge of various subjects or the knowledge of how to search the information they need. So that librarian needs a peaceful mind.

Library professionals Stress have some following categories like

Speaking in Public:

Librarians feel mental stress when they speak in front of public or audience regarding library provide quality service and library resources because they do not have practice to speaking on the stage

Tension:

Many Librarians can take tension of the situation they face.

Perfection:

Perfectionist library professionals become more stressful because of their smallest mistake than others.

Environmental Stressors:

Environmental stressors including crowd & noise in the library, connectivity problem of library software, library staff working with other departments of the college.

Now today library professionals have general problems also like as follows that improves their stress

- 1] In the competitive world, it must for library professionals to qualify the NET /SET exam
- 2] Different working hours /work in shift, workload & responsibilities.
- 3] Writing Research papers.
- 4] Problems of Pay Scales.
- 5] Also the Lack of Library Staff, funds, principal, management, institutional and self-staff politics are increases the stress of the librarian.
- 6] Some librarians working and their behaviors with self-staff also create stress.
- 7] No time to read books for Self-Development, Personality Development
- 8] Do not get time for them.
- 9] The changing old concept of a library to digital library

Finding:

Preventing Stress:

Exercise and nutritious diet:

Negative feeling and emotions creates stress. Exercise and a nutritious diet gives us the energy to tackle our daily tasks. We can do things as simple as a few yoga postures, sit-ups, or even push-ups

Organized work:

When we did not organize our work we become unbalance in physically and mentally also. Organizing our work at professional and personal life our energy level increases and it decreases our stress level.

Prepared:

If stressful events coming be prepare and practice for it. Advance preparation helps us to deal with the situation better.

Positive attitude:

Learning to accept the situation rather than worry and stress about it. Face the difficult situation head-on with positivity and we will find the answers we seek in an easy way.

Conclusion:

There are many different types of problems faced by library professionals in the present period like working hours /work in shift, workload , responsibilities, Lack of Library Staff, funds, do not get time for themselves due to that they feel stress, and librarian handles the problem alone. In the academic field, there are many differences in this profession and professionals. Nobody comes forward to solve librarian problems. So it must for library professionals to work with a positive attitude and stressful.

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