Research Paper

Different Techniques being followed by the Respondents for Stress Management by the KVK Functionaries in Odisha.

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**Abstract**

Stress in general and occupational stress in particular has become the topics of discussion for the past several decades all over the world. As the agricultural sector by its very nature is a risk business, the attention given to agricultural workers in the national level in general and state level in particular as far stress and its management aspects are considered is minimal. This study research Different Techniques being followed by the Respondents for Stress Management by the KVK Functionaries in Odisha therefore, explored the situation of the Krishi Vigyan Kendras (KVK) functionaries as far as stress and its management aspects are considered. Stress levels of functionaries, sources of stress, consequences of stress, and coping mechanism to stress were studied. Random sampling was employed to select the sample of 16 KVKs from the overall 33 KVKs under ‘Orissa University of Agriculture and Technology. Taking the small human resource capacity of the KVKs during the study time in to consideration, total enumeration (census method) was used for data collection. Finally, a total of
80 respondents were picked as sample respondents. Both qualitative and quantitative data were collected from the sample respondents using mailed questionnaire. Regarding the stress management techniques being followed by the sample respondents, it was indicated that time management techniques, physical exercise (prayer and listen to music) and social support were the stress copying mechanism the functionaries were using to minimize their stress. Generally the result of this study indicates that stress management aspect is complex issues which should be handled by both the individuals and the organizations properly in reference to the suggested model by the scholar.

**Keywords:** Stress management, Time management, Individual stress coping technique, Physical exercise, Social support and Organizational techniques.
method of data analysis based on an analytical descriptive study. In the beginning, the strategic plan of the organization was evaluated and its success rate in achieving the strategic objectives was measured on the basis of the balanced score card. According to the research objectives, based on the analysis of the success rate of Imam Reza Hospital in Mashhad, the organization's strategic plan, reports and documentation in the organization have been used to analyze the performance of the organization on the horizons desired for implementation of the programs. Rate of achieving strategic goals in improving employee productivity, the support process, the status of the hospital information system and the physical environment for each program has individually been designed to 43.92-41.07-44.66 and 62.34 and in the area of development of health services, and establishment of the system for assessing service satisfaction with 26.68-61.25 and in the area of upgrading the management of equipment supply and distribution of 41% and in the field of development of educational activities with zero percent. However, the strategic objectives of the study achieved center proportion to the percentage of the base, but based on the strategic thinking, a necessary commitment to implementing the right strategies, appropriate monitoring and evaluation system can be upgraded strategic management in organizations like Imam Reza center.  
**Keywords:** Strategy, Strategic Management, Performance Appraisal, Strategic Objectives