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## **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.

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