PERCEIVED STRESS, WORK-FAMILY CONFLICT OF AIR WARRIORS FROM THEIR LIFESTYLE - A DESCRIPTIVE STUDY AT AFAC, COIMBATORE

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ABSTRACT

Stress – common and overwritten concept by researches as well as a buzz word from every individual today. Work Family Conflict – this concept basically identified at western countries and now this is an emerging issue in India, because of Globalization and Industrialization. Author found the life style of Air Force officials indeed different from other profession and 100 air warriors from Coimbatore AFAC, and the structured questionnaire framed to identify the lifestyle of AF officials and perceived stress, Work Family Conflict and their problems in Work-Family balance. From analysis it is found there is stress in defense activity practices and taken work, family variables also positively significant with perceived stress of an official. Recommendations provided, as the possible techniques to reduce stress and work-family conflict of AF officials.

KEYWORDS: Stress, Work-Family Conflict, Globalization, Industrialization.