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Impact Of Personal Stressors On Behaviour Of Advocates With Special Reference To Solapur District

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Abstract: Work stress affects the behaviour of advocates. The examination of its characteristics in the legal profession is relevant. The purpose of this investigation is to study the impact of work stress on behaviour of advocates in Solapur District. The data for the investigation was gathered from the 400 respondents through the questionnaire.

Keywords: Work stress, Advocates, Legal profession, Behaviour

1.0 Introduction

Advocates are the legal officers authorized by the state to promote and uphold justice. To this end, they are entrusted with the task of extracting the truth from conflicting sources of information by cross examining suspects, plaintiffs and defendants each day. Although they enjoy a high level of social respect, their working environment is psychologically challenging, leading to stress which can in turn adversely affect their health. Advocates may encounter different levels of occupational stress due to the differing nature of their jobs; similarly judges also preside over court hearings, read indictments, and write verdicts. As and when a client brings his case to the court, the case is assigned to a judge. The judge must review evidence presented by both parties through their pleaders and make a ruling. The immense weight of responsibility associated with passing a lasting, and possibly life-changing, judgment may induce psychological stress from the judge. On the other hand, lawyers launch an investigation when they become aware of a crime. They examine crime scenes with the cops and worked as

prosecutors in cases of public prosecution. Lawyers sometimes investigate high profile cases under the limelight of public opinion, such as cases involving election bribery, corruption, insider trading, fraudulent bankruptcy. All this would lead to stress which is caused by something bad. Stress among lawyers can be reflected in the forms of fatigability, depression, difficulty to concentrate, irritability and many more. Stress puts a negative impact on the physical as well as psychological health of lawyers and makes them unfit for work. Such stress is associated with cardiovascular disease events, hypertension, type 2 diabetes neurological disorders, lifestyle cancer risk factors, and many more. Therefore, high level of stress among lawyers affects the well-being and cases related to human lives whose properties are at stake.

Key Terminologies

1. Advocate : Sec. 2 renumbered as sub-section (1) of the Sec. 2 thereof by Act 60 of 1973 w.e.f. 31.07.1974, an “**advocate**” means an advocate entered in any roll under the provisions of this Act;

2. Work Stress : The stress due to workload can be defined as reluctance to come to work and a feeling of constant pressure associated with general physiological, psychological and behavioural stress symptoms.

3. Bar Council of India : “Bar Council of India” means the Bar Council constituted under section 4 for the territories to which this Act extends;

Statement of Problem : Lawyers handle a number of cases for their clients. Dignity, honor, and liberty of the client is in the hands of an efficient lawyer. Because of one mistake of a lawyer, someone can go to jail, or lose money, property, or a criminal who deserves to go to jail may be released on the road to commit more crimes. Therefore, lawyers are under huge pressure which come up with the job. They are not robots, they are pretty much made of flesh, blood, and nerves. The soldier is trained on how to handle pressure situation, cricketers have mentors, physios, coaches who work with them in order to ensure that they can perform well in high pressure situations. Perhaps it is the time to think if lawyers also need the same. Therefore, keeping in view the above facts, the present paper has been aimed to investigate the impact of work stress on the health of advocates.

2.0 Review of Literature

1. Amir Shani and others (2009) in their research article entitled, **“Work-Related Depression among Hotel Employees”** conducted a study on the depression of work among hotel employees in Central Florida. They have confirmed the incidence of depression among workers in the hospitality industry by evaluating the relationship between the occupational stress and work characteristics.

2. Li fang Zhang (2009) in his research article entitled **“Occupational stress and teaching approaches among Chinese**

academics” conducted a study. He suggested that to control the self-rating abilities of the participants, the conducive conceptual change in teaching approach and their role insufficiency predicted that the conceptual change in teaching strategy is negative.

3. Roland (2014) in his research paper entitled, **“Occupational Stress among Mauritian Nurses”** has carried out the research on the objective of identifying the novel interventions to prevent the condition of occupational stress. For the research purpose the author has taken a sample size of 414 patients. The result of the investigation stated that too much occupational stress may affect the physical as well as mental health of human beings by affecting one’s performance.

4. Abhishek Y. Dikshit and others (2014) in their research article entitled, **“A Study of Job Stress Level among Engineering Professionals Working In Manufacturing Sector in India”** have carried out the research on the objective of examining the effects of job stress on the engineering professionals among the manufacturing sector. For the investigation, a sample size of 236 respondents was taken. The results of the investigation revealed that stress reduction programs and strategies are inevitable due to the high job stress levels.

Significance of the Study : Lawyers’ daily work is marked by the constant pressure of deadlines. increasing complexity of laws and legal procedures; the need for constant updates about the jurisprudence, doctrine and laws; the high level of demands from clients; increasing competition in judiciary, long working hours, constant contact with conflicts, aggression, and accusations may lead to stress among the lawyers. It is because when all else fails, one can still take recourse to legal system. Without a well-organized profession of law, the courts would not be in a position to manage

justice successfully as the indication in favor or against the parties to suit cannot be properly organized, facts cannot be properly expressed and the best opinion in support or against the case of the parties cannot be put forth before the court. Today an increasing number of lawyers are experiencing burnouts, Insomnia, low productivity and stress related illness due to lack of balance between personal and professional life. So, when stress is high, it can have ill effect on health. Therefore, present study has been conducted among the lawyers working in Solapur district as well as sessions court.

3.0 Scope of the Study

1. Topical Scope : The topical scope of the study has been confined to the title, “**Impact of Personal Stressors on Behaviour of Advocates with Special Reference to Solapur District**”

2. Geographical Scope : There are 11 talukas in Solapur district. of which only in 9 talukas the district and sessions courts are situated. Therefore, the lawyers in the Solapur district are practicing in 9 courts situated in these 9 talukas. The lawyers from the remaining 2 talukas where the courts are not situated are practicing in their nearest court.

3. Analytical Scope : The analytical scope of the study has been confined to the use of relevant statistical tools such as SPSS, MS Excel to interpret the data. The collected data has been analyzed by applying chi square test.

4.0 Objective of the Study

1. To study the impact of personal stressors on behaviour of advocates

5.0 Hypothesis of the Study

1. H₀: There is no significant relationship between personal stressors and behaviour of advocates.

2. H₁: There is a significant relationship between personal stressors and behaviour of advocates.

6.0 Methodology

In order to understand the work stress, exploratory research has been carried out using secondary data such as **reference books, past dissertations, law journals, bar association reports, and Advocate's Act, 1961**. Variables of the work stress were identified through exploratory study. The questionnaire has been developed for the advocates in Solapur district. For the purpose of investigation, 400 lawyers from Solapur district were considered through stratified random sampling. The criteria used for the selection of sample is according to their area of specialization.

7.0 Data Collection

The primary data for the investigation has been gathered through questionnaire.

Personal Stressors

Personal Stressors covers Personality, Unstable Mind, Relationship Difficulties, Loss of a job, Death of a beloved one, Chronic Illness or Injury, Hostility, Reluctant to Accept, Negative Self Talk, Procrastinating or Neglecting Responsibilities, Using Alcohol, Cigarettes, or caffeine to relax.

8.0 Data Analysis

The collected data has been analyzed using SPSS and MS Excel. Chi square test has been used to analyze the data.

Table No. I
Observed and Expected values

| Respondents | Observed Value | | | Expected Value | | |
|-----------------------|----------------|----------|-------|----------------|----------|-------|
| | Agree | Disagree | Total | Agree | Disagree | Total |
| Personal stressors | 270 | 108 | 378 | 244 | 134 | 378 |
| Behaviour of Advocate | 233 | 167 | 400 | 259 | 141 | 400 |
| Total | 503 | 275 | 778 | 503 | 275 | 778 |

Source: Field Survey

Table No. II
Chi-Square test value

| Respondents | Agree | Disagree |
|-----------------------|-------|----------|
| Personal stressors | 2.68 | 4.91 |
| Behaviour of Advocate | 2.54 | 4.64 |

Source: Field Survey

| | |
|--------------------------|-------|
| Chi Square Test | 14.77 |
| Significance Level | 0.05 |
| Degree of Freedom | 1.00 |
| Chi Square criticalvalue | 3.84 |

The estimated chi-square test value (14.77) is found to be greater than chi-square critical table value (3.84) at 5 percent significance level. **Hence H_0 is rejected and H_1 is accepted. Thus, there is a significant relationship between personal stressors and behaviour of advocates.**

9.0 Findings

It has been found that while driving open and honest dialogue, emphasize that the purpose of getting together is to discuss, not to debate or disagree. Setting up discussion rules is important so that conversations don't take a turn for the worse. It is also important that discussing matters too deeply can result in feelings of indignation and invalidation, which is not acceptable. The best course is listening to people's varying perspectives and finding ways to shape future actions.

10.0 Conclusion

From the above details, it has been suggested that arranging small group interactions where colleagues can get to know each other on an individual level. This will be effective when combined with training as well as team building activities. Constructive interaction with each other helps to cultivate meaningful relationships.

It is also suggested to provide opportunities for social interactions outside of work. Meeting in a less official manner may give people a chance to laugh together because humor is a great way to cope with depression and stress. A good chuckle can help everyone. Trust is the foundation of a positive work environment, and it can be a valuable buffer against the negative effects of stress, such as depression. Feeling respected and respecting others may lead to unity in the workplace and build relationships of trust, as trust is the basis of a positive work environment and can be a

valuable buffer against the negative effects of stress, such as depression.

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