

## Impact of Social Stress on Mental Health: A Study on Sanitation Workers of India and Social Work

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**Abstract :** Social stress is stress which arises from one's relationships with others and from the social environment. When a person finds that they are not capable of coping with a situation, stress arises. Sanitation workers face a lot of discrimination from the society which leads to stress and have severe impact on their mental health. Sanitation workers face lot of work pressure which sometimes leads to mental health problems, but there is lack of proper data of sanitation workers dealing with mental health problems which is a big obstacle before evolving policies for the welfare of sewage and septic tank workers which needs attention. The objective of the study is to find out the effect of social stress on the mental health of sanitation workers and to explore the scope of social work in coping with mental health problems of workers. This descriptive and analytical study was conducted on 100 sanitation workers of Aligarh city through convenience sampling. Data were collected from respondents by schedule and interview method. Most of the respondents said that they don't enjoy equal status in society and at the workplace as well which leads to stress. Many of them said that social stress leads to poor performance in the workplace. Some of the workers feel depressed when their work is not appreciated and recognized in society. Majority of respondents has stress in financial and employment-related difficulties. Thus it can be said that social stress has several impacts on mental health which leads to poor performance, lack of confidence, and motivation which sometimes leads to depression. Social work can play a very important and challenging role in overcoming these difficulties by providing education, motivation and guiding them and by making them aware of their rights and duties.

**Keywords :** discrimination, health, stress, sanitation workers

**Conference Title :** ICSWR 2019 : International Conference on Social Work Research

**Conference Location :** Toronto, Canada

**Conference Dates :** June 17-18, 2019