

BIBLIOTHERAPY FOR ALL AN INNOVATIVE PRACTICE IN LIBRARY

Editors

**Dr. P. Sundara Pandian
Dr. G. Amudha
Dr. S. Aravind
Dr. J. Kamatchi Eswaran**

Associate Editors

**Dr. P. Karuppasamy
Dr. S. Senthur Velmurugan**

CENTRAL LIBRARY

**Virudhunagar Hindu Nadars' Senthil kumara Nadar College
(Autonomous),
Virudhunagar, Tamilnadu, India**

Published by



Tamilsuvadi Publication

182, First Middle Street, Thiyagaraja Nagar

Tirunelveli-627 011.

Cell : 8870340966. www.tamilsuvadi.com

Disclaimer:

The findings/views/opinions expressed in the book are solely those of the authors and do not necessarily reflect the views of the publisher.

Copyright : Tamilsuvadi Publication

ALL RIGHTS RESERVED

No part of this publication can be reproduced in any form by any means without the prior written permission from the publisher. All the contents, data, information, views opinions, chart tables, figures, graphs etc. that are published in this book are the sole responsibility of the authors. Neither the publisher nor the editor in anyway are responsible for the same.

Book Name : **BIBLIOTHERAPY FOR ALL AN INNOVATIVE PRACTICE IN LIBRARY**

Editors

Dr. P. Sundara Pandian

Dr. G. Amudha

Dr. S. Aravind

Dr. J. Kamatchi Eswaran

Associate Editors

Dr. P. Karuppasamy

Dr. S. Senthur Velmurugan

First Edition : 2020

Pages : 221 (218 + 3)

ISBN No : 978-81-944351-5-0

Price : Rs 750/-

BEST PRACTICE OF STRESS MANAGEMENT FOR LIBRARY PROFESSIONALS: AN OVERVIEW

Dr.J.Santhi, Librarian, Arumugam Pillai Seethai Ammal College, Tiruppattur.

Mrs.V.Swarnamugi, Research Scholar, Bharathiar University, Coimbatore

Dr.S.Jeyachitra, Librarian, Urumudhanalakshmi College, Trichy.

Abstract:

Stress in the workplace is an emerging topic of enormous interest. Excessive pressure can create harmful effects on professional's health issues and anxiety. The application of information communication technologies in libraries and academic programs library professionals exposed to a considerable amount of stress and pressure in their day-to-day activities. This article will discuss sources of stress, reasons and challenges faced by the library professionals at their workplace and also suggest some of the best practices overcome from stress management.

Keyword: Library professionals, Stress Management and Stress Remedies.

Introduction:

Stress is a fact of life; the simplest definition of stress is physical and psychological responses to the pressures of daily life. Usually, anxiety is the changes, which our bodies experienced as one, adjust to the continually changing environment. It has affected both physical and emotional effects on us and can create both positive and negative feelings. Due to the emerging modern technology, the traditional concept of the library profession was subjected to rapid changes. Many aspects of the daily life activity and the library profession of in house operations can create feelings of stress.

Definition of stress:

In 1936 the term "stress" was coined by Hans Selye¹, who defined it as "the nonspecific response of the body to any demand for change". The stress is within the person. The challenge or the source of the demand is 'stressor'². Otherwise, the pressure is the importance of the person's perception or way of thinking about the situation.

Sources of Stress in Library:

- Stress is obtained from physical, mental and situational anxiety.
- Physical stress can be brought on by lack of rest, over workload and poor diet.
 - Mental stress is a person's mental state of mind, which involves more expectation, worries and regrets.
 - Situational stress is in the form of interaction with modern technologies, role as a library manager.

Reasons for stress among library professionals:

Librarians work in a nearly pressurerised environment and that their stress level is low compared to that other professional in the past few years ago. However, nowadays Library Professional are generally library administrators and experience high stress because administrators bear most of the burden for planning, procuring, preparing and budgeting. Tension among the Librarians increased in frequency and duration, the sources of stress, such as coworkers, patrons, workload, management, schedules, lack of positive feedback, lack of training, feelings of being pulled and tugged, technology and equipment, physical

facilities, bureaucracy, unchallenging work, uncertainty or a sense of failure and Lack of Budget or resources.

Challenges of Stress Management in Library Professionals:

According to the Pantry (2007)³ stated that library professionals deal with always changing technology, shrinking budgets, outsourcing, excessive workload, and burnout, all of which can precipitate internal stress and conflict. The Changes in the following factors are responsible for creating tension like

1. Library Environment:

In the digital era, Automation of the library helps take some of the workloads of librarians and other staff members in the areas of acquisitions, cataloguing and circulation, which in turn allows them to serve their patrons better. Library Staff members must unlearn old habits and procedures and learn to understand the new system. It has provided a lack of fund and insufficient training, e.g., inadequate budget allocation and lack of many management support, and too much responsibility.

2. Type of Resources:

In the ICT environment, libraries are now acquiring materials in the digital format such as CD-ROM or e-documents or digital format. On the Adhoc basis, the documents were handled and incorporated into the routine acquisitions workflow. E.g., the digital format of e-books and e-journals.

3. Physical facility:

Changes in physical facilities have become an essential problem in present libraries. Due to the increased usage of electronic resources and digital formats, most of the libraries are moving into new facilities with less space and losing space to other operational functions. Hybrid types of libraries facing many problems relating to change in physical facilities of the library, e.g., library automation, web OPAC.

4. Technological Change:

In libraries, application of ICT is also changing at an alarming rate, secondary duties & heavy workload, which create stress among library professionals. e.g. implementation of RFID Technology, Procurement of database, create Digital Library

5. User Requirements:

Due to the rapid growth of information explosion, Users attitude, needs and requirement of resources have changed. Accordingly, the acquisition, implementation, organization and retrieved of information in quickest possible time have given an enormous amount of stress in the mind of library professionals. e.g., Research scholar, Project needs Faculty.

6. Lack of Manpower:

Some of the libraries have lack of library staff, it provides reorganization, loss of staff positions, and accomplished the work have increasingly common which has been a source of stress with the increasing workload of library professionals.

Best practice of stress management for library professionals:

- Good mental attitude-Think positive, remember the good things in our life
- Healthy eating habit
- Physical activity provides immediate stress relief
- Meditation and yoga classes helps to manage stress and also improve concentration
- Consistent sleep

- Healthy relationship in working place
- Time management
- Spirituality may help to manage stress.

Conclusion:

Library Professionals stressed out in the present scenario. There are many different types of problems the Library Professionals have to face at this hour. In the Digital Library environment, user's expectations are changed in terms of documents, infrastructure facilities, finance and staff. In the academic setup, there are many disparities about this profession as well as these professionals. Nobody is coming forward to solve the problems of the Library Professionals. In this situation, LIS professionals have to manage or control the events that impact their work. It is not possible to remove all work stress. By various personal, planning, teamwork, managerial skills and organizational strategies, it can reduce. The present study focused not only the causes and effect of stress but also suggesting the methods to manage the stress.

References:

1. Rosch, P. J. (2014). Hans Selye: Birth of Stress. The American Institute of Stress.
2. Brook, A. (1978). "Coping with the stress of change", *Management International Review*, 18 (3), 9-15.
3. Pantry, S. (2007). *Managing Stress and Conflict in Libraries*, Facet, London
4. Routray, B., & Satpathy, S. K. (2007). Stress-management of library and information science professionals in the digital environment. *LIS E-Prints in Library and Information Science*.
5. Raja, K.D. (2011). Stress Management for Library and Information Professionals. *International Journal of Librarianship and Administration* ISSN 2231-1300 Volume, 2, 13-17.
6. Bunge, C. A. (1989). Stress in the library workplace. 29th Allerton Park Institute (1987).
7. VIJ, D. R. (2017). Management of pressures and stress on library professionals in the 21st century. *Int. J. of Research in Humanities and Soc. Science*, 5(3), 82-88.
8. Benjamin, L., & Walz, G. R. (1987). *Counselling Students and Faculty for Stress Management*.
9. Patil, Y., Village, K., & East, M. Stress Management for Library Professionals.
10. Shah, M. A. (2015). Stress among library professionals: Can Vivekananda's philosophy teach to control over anxiety. *Knowledge Librarian*, 2(4).