

Abstract

The present study aimed to explore the differences between stress and anxiety among government and private media professionals. The sample consisted of 120 media professionals with the age range of 22-59 years ($M=37.27$, $SD=10.29$), who were selected through purposive sampling from government and private media channels of Lahore. Occupational Role Stress Scale (Sohail, 1996) and Siddiqui Anxiety scale (SAS) (Siddiqui & Hasnain, 1993) were used for data collection along with the demographic form. The analysis included correlation, Independent sample t-test, ANOVA and regression to explore the relationship, differences and prediction between stress and anxiety among media professionals. The results revealed a significant relationship between stress and anxiety among government and private media professionals. A Significant relationship was also found between anxiety and subscales of stress (ORSS). On the other hand, differences suggested that private media professionals experienced more stress and anxiety as compared to government media professionals. There were no significant differences found between gender, years of experience and stress and status of media professionals. Moreover, findings suggested that stress level was significantly higher in those media professionals who have long working hours. Furthermore, findings also revealed that Role Stagnation was the predictor of high anxiety and vulnerability to psychological stress among media professionals. Findings of current study highlighted the significance of awareness programs for their stress and anxiety management so that they can cope with their stress and anxiety and improve their level of productivity.

Keywords: Stress, Anxiety, Government, Private, Media Professionals.