

A Study Among Work Stress of Gig and Regular Workers in Coimbatore Region

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ABSTRACT

Work stress is a problem for people in their jobs these days. This is because jobs are getting harder and technology is changing fast. Also the way people work is changing. This study looks at how much stress gig workers and regular workers have in the Coimbatore area. Gig workers have jobs that're not stable and they do not know how much money they will make. They also do not have the security as regular workers. Regular workers get stressed because of the pressure from their company. Because they have to work so much.

This study asked 120 people questions to get some information. The study used some tools to understand what the people said. It found out that both gig workers and regular workers get stressed. The reasons for the stress are different. Gig workers get stressed because they do not know how money they will make and they do not have anyone to help them. Regular workers get stressed because they have to work much and their company expects a lot from them. The study says that companies need to help their workers manage stress so that they can be happy and healthy. This is true, for both gig workers and regular workers.

KEYWORD

Work Stress, Gig Workers, Regular Workers, Job Security, Income Stability, Work-Life Balance, Organizational Pressure

INTRODUCTION

Work is really stressful these days. Many people are feeling overwhelmed because of all the changes happening around them. New. The fact that the world is more connected than ever are changing the way people work. Employees have to do their jobs well even when they have a lot to do and are being watched all the time. This is a cause of stress.

The way people work is also changing with something called the gig economy. Gig workers are people who do jobs for short periods of time often using apps to find work. They might deliver food drive people around or do freelance work. This kind of work gives people flexibility and independence. It can also be unpredictable and does not offer the same benefits as a regular job.

On the hand some people have traditional jobs with regular hours and pay. They usually work in offices or other organized workplaces. These jobs are more stable and offer benefits. They can also be stressful because of the workload, who you have to answer to and the pressure to perform well. Sometimes people in these jobs do not have a lot of freedom to make their decisions.

Coimbatore is a city with a lot of industry and services so it has a mix of gig workers and people with jobs. This makes it a good place to study how stressed people are in these types of work. If we can understand what causes stress for each group, we can find ways to help people be happier and more productive at work. Work stress is a problem for gig workers and regular workers and understanding work stress is key to making things better, for everyone.

REVIEW OF LITERATURE

1. Rani and Furrer (2025)

Rani and Furrer (2025) looked at stress at work among gig workers on platforms. They found out that automated systems that monitor and evaluate workers create a lot of pressure. These systems track performance all the time. Give ratings that workers feel they need to maintain. This leads to overwork, fatigue and burnout. Since gig workers do not interact with people directly they feel isolated. The study by Rani and Furrer (2025) said that control through algorithms is a reason for stress in gig jobs.

2. Sarkar (2025)

Sarkar (2025) studied gig workers in India. Sarkar (2025) found that long hours and irregular schedules cause a lot of stress. Workers extend their hours for stability, which affects their health and personal life negatively. They also feel frustrated because there is no system to address their grievances. Sarkar (2025) highlighted that lack of support and unpredictable work patterns increase stress among gig workers.

3. Kumar and Singh (2025)

Kumar and Singh (2025) studied stress at work among employees in organizations. They found that much work, deadlines and performance expectations cause stress. Employees feel anxious because of competition and continuous evaluation. Kumar and Singh (2025) also found that much work leads to emotional exhaustion and less job satisfaction. They concluded that factors in the organization play a role in determining stress levels among regular workers.

4. Sharma and Mehta (2026)

Sharma and Mehta (2026) looked at how organizational support can reduce work stress. They found that employees who get support like policies, counseling and fair supervision have lower stress levels. Supportive work environments make employees happier. Improve their morale. Sharma and Mehta (2026) concluded that organizational support protects against stress and is essential, for employee wellbeing.

OBJECTIVES OF THE STUDY

- The main thing this study wants to find out is how much stress people have at work. It is going to compare the stress of gig workers and regular workers.
- The study also has some goals.
- These are to find out what things make gig workers and regular workers feel stressed at work.
- The study will look at how stress affects the wellbeing of gig workers and regular workers. It will also look at how secure gig workers and regular workers feel about their jobs and how work they have to do.
- The study wants to find ways to make work less stressful, for gig workers and regular workers.

RESEARCH METHODOLOGY

3.1 Research Design

The research design for this study is descriptive and analytical.

3.2 Data Collection

The methods for collecting the data are:

For Primary Data:

Structured Questionnaires

For Secondary Data:

Journals, Articles, Reports

3.3 Sample Size

The sample size for this study is 100, consisting of:

50 Gig Workers
 50 Regular Workers

3.4 Sampling Technique

Convenience sampling method was used for this study.

3.5 Tools for Analysis

Percentage Analysis
 Chi-Square Test

Regression Correlation
 Independent Sample t-tests

DATA ANALYSIS AND INTERPRETATION INDEPENDENT SAMPLE TEST

Hypothesis

Null Hypothesis H₀: There is no significant difference between the two groups regarding their job stress, work pressure, tiredness, mental health, work worry frequency, physical fatigue, and job satisfaction.

Alternative Hypothesis H₁: There is a significant difference between the two groups regarding their job stress, work pressure, tiredness, mental health, work worry frequency, physical fatigue, and job satisfaction.

Independent Samples Test

	Levene's Test for Equality of Variances	t-test for Equality of Means								
		F	Sig.	t	df	Sig. (2-tailed)	Mean Difference	Std. Error Difference	95% Confidence Interval of the Difference	
									Lower	Upper
JOBSTRESS	Equal variances assumed	7.416	.007	-2.126	117	.036	-.376	.177	-.725	-.026
	Equal variances not assumed			-2.244	113.701	.027	-.376	.167	-.707	-.044
WORKPRESSURE	Equal variances assumed	.681	.411	-.487	117	.627	.083	.171	-.256	.422

	Equal variance s not assume d			.497	104.947	.620	.083	.168	-.249	.416
TIREDNESS	Equal variance s assume d	.036	.851	2.063	117	.041	-.374	.181	-.733	-.015
	Equal variance s not assume d			2.089	102.634	.039	-.374	.179	-.729	-.019
MENTALHEALTH	Equal variance s assume d	7.913	.006	-.864	117	.390	-.131	.151	-.430	.169
	Equal variance s not assume d			-.926	116.062	.356	-.131	.141	-.410	.149
WORKWORRYFREQUENCY	Equal variance s assume d	.559	.456	.559	117	.577	.087	.156	-.222	.397
	Equal variance s not assume d			.566	102.674	.572	.087	.154	-.219	.394
PHYSICALFATIGUE	Equal variance s assume d	1.521	.220	1.502	117	.136	.231	.154	-.074	.536

	Equal variance s not assume d			1.481	93.780	.142	.231	.156	-.079	.541
JOB SATISFACTION	Equal variance s assume d	1.157	.284	-.999	117	.320	-.158	.158	-.471	.155
	Equal variance s not assume d			1.032	108.404	.304	-.158	.153	-.462	.146

INTERPRETATION

From the table, the significance values for Job Stress and Tiredness are 0.036 and 0.041 respectively, which are less than 0.05. Hence, the null hypothesis is rejected at a 95% confidence level, indicating that there is a significant difference between the groups for these variables.

The significance values for Work Pressure, Mental Health, Work Worry Frequency, Physical Fatigue, and Job Satisfaction are 0.627, 0.390, 0.577, 0.136, and 0.320 respectively, which are greater than 0.05. Hence, the null hypothesis is accepted at a 95% confidence level, indicating that there is no significant difference between the groups for these variables.

The significance value for Work Equity is 0.082, which is greater than 0.05. Hence, the null hypothesis is accepted at a 95% confidence level, although it shows a borderline difference.

5.2 ANOVA

Hypothesis

Null Hypothesis (H₀): There is no significant difference in Job Stress levels between gig workers and regular workers.

Alternative Hypothesis (H₁): There is a significant difference in Job Stress levels between gig workers and regular workers.

ANOVA

		Sum of Squares	df	Mean Square	F	Sig.
JOBSTRESS	Between Groups	4.012	1	4.012	4.520	.036
	Within Groups	103.837	117	.887		
	Total	107.849	118			

WORKPRESSURE	Between Groups	.197	1	.197	.237	.627
	Within Groups	97.500	117	.833		
	Total	97.697	118			
TIREDNESS	Between Groups	3.980	1	3.980	4.256	.041
	Within Groups	109.415	117	.935		
	Total	113.395	118			
MENTALHEALTH	Between Groups	.485	1	.485	.746	.390
	Within Groups	76.086	117	.650		
	Total	76.571	118			
WORKWORRYFREQUENCY	Between Groups	.218	1	.218	.312	.577
	Within Groups	81.480	117	.696		
	Total	81.697	118			
WORKEQUENCY	Between Groups	2.246	1	2.246	3.069	.082
	Within Groups	85.620	117	.732		
	Total	87.866	118			
PHYSICALFATIGUE	Between Groups	1.519	1	1.519	2.256	.136
	Within Groups	78.767	117	.673		
	Total	80.286	118			
JOBSATISFACTION	Between Groups	.711	1	.711	.999	.320
	Within Groups	83.256	117	.712		
	Total	83.966	118			

INTERPRETATION

One-way ANOVA was carried out to compare the work-related variables between the two groups. The results indicate that Job Stress has a probability of 0.036 and Tiredness has a probability of 0.041. Both values are less than 0.05; hence, the null hypothesis can be rejected.

However, the probability values for Work Pressure, Mental Health, Work Worry Frequency, Physical Fatigue, and Job Satisfaction are more than 0.05. Therefore, the null hypothesis can be accepted. Moreover, the probability value for Work Equity is 0.082, which is more than

0.05. Therefore, the null hypothesis can be accepted. The probability shows that there is no significant variation between the groups.

6. . Discussion

The analysis shows that work stress is a problem for both gig workers and regular workers but the reasons, for this stress are really different.

Gig workers get stressed out mostly because of things.

Gig workers have to deal with things that cause them a lot of stress. Some of the things that cause stress for gig workers include:

- Income instability
- Lack of job security
- Algorithm-based performance pressure
- Irregular working hours

Regular workers experience stress due to:

- Heavy workload
- Organizational hierarchy
- Performance pressure
- Work-life imbalance

The study also indicates that younger employees (21–30 years) form the majority and are more vulnerable to stress due to career pressure and financial responsibilities.

7. FINDING

- Work stress is something that affects people in all kinds of jobs.
- Gig workers have to deal with a lot of stress and worry about their jobs.
- Regular workers on the hand get stressed out by the demands of their organization and the amount of work they have to do.
- Work-life balance is a problem that both gig workers and regular workers have to face.
- The thing that really affects how stressed out people get is job security it is a deal, for work stress.

8. SUGGESTIONS

- We need to provide social security benefits for gig workers so that they can feel secure.
- Social security benefits for gig workers are really important.
- We have to improve income stability for gig workers and regular employees through policy measures.
- This can be done by introducing work schedules for regular employees.
- People get really stressed so we should conduct stress management and counseling programs for them.
- We also need to promote work-life balance initiatives to help people manage their professional life.
- Organizational support systems should be strengthened to support social security benefits for gig workers and regular employees.
- This will help improve income stability and provide social security benefits, for gig workers.

9. CONCLUSION

Work stress is a problem for people who work. It affects people who have jobs and those who do gig work. People who do gig work get stressed because they do not know what is going to happen and they do not have any protection. On the hand people with regular jobs get stressed because of all the pressure they have to deal with at work.

Because the things that stress people out are different we need to come up with plans to help each group. We need to do things like help people with policies change the way companies work and have programs to help people feel better. Work stress is not just bad for the people who work it is also bad for the economy and the companies they work for. If we can make work stress better people will be happier. Get more work done which is good, for everyone including work stress and

the people who experience work stress.

10. LIMITATIONS OF THE STUDY

Every study has some things that're not perfect and these things can change what we learn from the study. The study on work stress among gig workers and regular workers in the Coimbatore region has some limitations too.

The study on work stress among gig workers and regular workers in the Coimbatore region is limited in some ways.

Limited Sample Size:

we only talked to 120 people. That is not a lot of people so we may not have gotten a picture of what gig workers and regular workers are going through. If we had talked to people we might have gotten more accurate results.

Geographical Limitation:

we only looked at the Coimbatore region. What we found out might not be true for cities or areas.

The study on work stress among gig workers and regular workers in the Coimbatore region was done in an amount of time.

Time Constraint:

we did the study in one month. Because of this we could not see how stress levels changed over time.

Convenience Sampling Method:

we chose people to talk to base on who was available and willing. This might not have given us a mix of people so our results might be biased.

The study on work stress among gig workers and regular workers in the Coimbatore region relied on what people told us.

Self-Reported Data:

people might not have told us the truth. They might not have been completely honest. We did not look at everything that could affect work stress.

Limited Variables Considered:

The study on work stress among gig workers and regular workers in the Coimbatore region mainly looked at things like workload and job security. We did not dig deep into important things like personality or mental health.

The study on work stress among gig workers and regular workers in the Coimbatore region did not compare our results to the country.

Lack of Comparative National Data:

if we had compared our results to the country we might have learned more.

The gig economy is always changing. Dynamic Nature of Gig Economy:

what we found out might not be true, in the future because the gig economy is changing fast.

11. REFERENCES

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