



Stress Coping Skill among Self Help Groups (SHGs) – A Study with Special Reference to Cuddalore District

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Abstract

A Self Help Group (SHG) is a small economically homogeneous affinity group of the rural poor voluntarily coming together to save small amount regularly, which is deposited in a common fund to meet members' emergency needs and to provide collateral-free loans decided by the group. The members of these groups are facing a lot of stress during their activities due to their misunderstanding or the ego state of mind. Hence the present study is designed to cope up the stress using special skills by the members particularly in a place of the weaker economy of the state. Thus the study is carried out in Panruti Taluk of Cuddalore district using 85 members from various groups for the study. The study revealed the results of that the training is required for the workers for coping up the stress and Self-motivation is also required for keeping a mindset positively for a successful business. Proper counseling has to be given to the entrepreneurs by the government. The government may have conducted the competitions and exhibitions to the SHGs for their morale.

Key words: Self Help Groups, Entrepreneurs, Stress, Yoga, Meditation and Other skills.