

STRESS OF JOURNALISTS: INFLUENCE OF JOB DEMANDS ON THE JOURNALISTS' INVOLVEMENT IN ACTIVE SOCIAL PARTICIPATION AND EXPERIENCES OF MENTAL HEALTH

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Abstract:

Background: Journalism as a profession is quite challenging in nature as it is full of pressurized situations, strict deadlines and constant vigilance to be accurate and be upright in the reporting. They usually place the journalists between the processes of information distribution and the discourse among the public, and it may cause in these representatives of the journalist occupation plenty of emotional and psychological tension. The stress factors that are attributed to this profession can also have an effect on not only the mental health of the journalists, but also in the active participation in the society. (Bustamante-Granda et al., 2021).

Purpose: This article investigates how job demands affect journalists' engagement in social activities (hypothesis: H1) and mental health (hypothesis H2). Using the twin-cities (Islamabad and Rawalpindi) survey, we examined whether heavy work demands (long hours, tight deadlines) predict reduced social participation and poorer psychological well-being. Framed by the Job Demands–Control–Support model and stress-buffering theory.

Methodology: We revisited the thesis dataset ($n \approx 503$ journalists). Job demands were measured via a composite scale of hours, deadline pressure, and traumatic exposure. Participation in social activities was assessed by items on frequency of engaging with family, friends, and community. Mental health was gauged with a standard distress inventory (e.g. Using standardized scales such as GAD-7 and PHQ-9). We ran Linear Regression Test: first for job demands and social participation, then demands and mental health.

Results: The results indicate that higher job demands are not significantly associated with both lower participation in leisure and family activities and worse mental health (higher stress/depressive symptoms).

Conclusion: Excessive job demands neither significantly reduce journalists' social participation nor deteriorate their mental health.

Keywords: Occupational Stress, Journalism, Social Relations, Work-Life Balance, Social Health, Job Demand-Control-Support Model, Media Industry, Twin Cities, Pakistan

Introduction:

Historical Background: Stress can be defined as any uneasiness that has taken place due to the employment. world that is a danger to the person. According to Margolis, Kroes and Quinn, stress is occupational phenomenon that upsets certain psychological or physiological homeostasis (Schuler, 1980). Stress occurs when an individual has a misfit of his or her talents and abilities and work responsibilities. an inappropriateness of the needs of an individual with that job environment (Schuler, 1980). The fourth estate has always been regarded as journalism and has had a very important role to play in the Democratic world. societies through provision of information, influence on the opinion of people and casting power to be responsible (Carlson, 2015). Nonetheless, journalists have had a special experience before in terms of dealing with difficulties. work-related stress as a result of the strenuous work that they are engaged in. Labor conditions of Professional journalists have developed considerably over the years and they are influenced by political, economical factors and so on. technological, social, and changes (Reinardy, 2017). In the context of twin cities which are generally referring to

large cities which are interrelated with each other closely-journalists usually face other difficulties because of rival news climates, economical and political demands. are falling under the influence of (Monteiro, Pinto, & Roberto, 2016).

This background in history follows the transformation of journalism as a profession and the effects of stress influences on journalists and how this has affected their relationships in society, especially in twin-city dynamics locations in the urban centers.

Objectives of the Study:

- To investigate and determine how job demands influence journalists in engaging in social activities.
- To find out how can occupational stress factors impact the mental health of journalists.

Literature Review:

Work-life conflict literature shows that intense job demands often intrude on personal life (Greenhaus & Beutell, 1985). Journalists may miss social functions or family time due to breaking news. Social support theory also warns that lack of leisure/social engagement removes a key coping resource (Cohen & Wills, 1985). In media studies, burnout and stress among reporters are linked to workload (Liu, 2018).

Hypotheses:

- *H1: There is a strong relationship between the stress of job demands and the active social lives of the journalists. It was analyzed by regression.*
- *H2: High occupational demands on journalists also has an astounding connection with their mental wellbeing. It was analyzed by regression*

Methodology:

The researchers revisited the thesis dataset ($n \approx 503$ journalists). The number of all the journalists within the twin cities is 4125 and the estimated number of females from those journalists is two hundred and seventy-two, 272, and overall estimated number of male journalists is three thousand eight hundred and fifty three, 3853 so that there would be adequate number of them. statistical analysis representation.

Table 1 Journalists Data in Twin Cities

Source	Total Journalists	Male Journalists	Female Journalists
Press Information Department (PID)	544	507	37
Islamabad Press Club (IPC)	3581	3346	235
Combined Data	4125	3853	272

Job demands were measured via a composite scale of hours, deadline pressure, and traumatic exposure. Participation in social activities was assessed by items on frequency of engaging with family, friends, and community. Mental health was gauged with a standard distress inventory (e.g. using standardized scales such as GAD-7 and PHQ-9).

Results:**H1 Results****Regression Coefficients and Statistical Significance
Model Fit and Statistical Strength****Table 3: The overall model fit and additional regression statistics for H1 are summarized**

Statistic	Value
R-squared	0.000
Adjusted R-squared	-0.002
F-statistic	0.02796
Prob (F-statistic)	0.867
Number of Observations	503

The statistical value ($R\text{-squared} = 0.000$) reveals that job demands stress is the parameter of explanation that explains very little of the explanations. difference in entry of journalists into the social activities. The adjusted $R\text{-squared}$ [- 0.002] further suggested that incorporating job demands stress does not help in enhancing predictive power. The These results show that $F\text{-statistic}$ (0.02796, p , 0.867) indicate that overall model is not significant.

H1 Discussion

These results do not show any empirical evidence to the hypothesis that job demands stress would be significant This is a factor that influences the involvement of journalists in the society. The coefficient was almost zero and the absence of statistical significance implies that diverse social engagement is not only determined by aspects other than. There is job demands stress. Factors that may prompt it could include personality and work-life balance factors. There is a better chance that the social support, which may define better predictors, is more pertinent.

H1 Conclusion

In this study, no significant relation is found between job demands stress and the journalists. involvement in social life. The hypothesis (H1) is therefore not upheld. The fact that job demands stress does not predict anything on social engagement warrants an inclusion of other variables of this type in further researches. to learn more about the factors that precondition the social activity of the journalists. 1. H1 Implications and Recommendations: Practical Implications: Employers and policymakers ought to appreciate the facts that job demands represent an important predicator of the physical postures and the design. stress does not have the same impact on social engagement of journalists. Rather than that, nurture social offer networks, work-life balance policies, and mental health issues. be more efficient. Future Research Directions of H1: The additional study needs to be conducted concerning psychological their social environment, job autonomy, and well-being as the possible factors to affect social participation. It could be more insightful to use multivariate models to understand them. relationships.

H1 Implications and Recommendations

Practical Implications: Employers and policymakers ought to appreciate the facts that job demands represent an important predicator of the physical postures and the design. stress does not have the same impact on social engagement of journalists. Rather than that, nurture social offer networks, work-life balance policies, and mental health issues. be more efficient.

Future Research Directions for H1: : The additional study needs to be conducted concerning psychological their social environment, job autonomy, and well-being as the possible factors to affect social participation. It could be more insightful to use multivariate models to understand these relationships.

H2 Results

H2 Regression Coefficients and Statistical Significance

Table 4 The regression results:

Variable	Coefficient	Std. Error	t-Statistic	P-Value	95% CI (Lower)	95% CI (Upper)
Intercept	2.7204	0.079	34.432	0.000	2.565	2.876
Occupational Demands (Job Role)	-0.0092	0.044	-0.208	0.836	-0.096	0.078

Table indicates that value of occupational demands coefficient (- 0.0092) is negative and indicates that, the influence is rather strong. slight diminution in mental condition with growth in employment in the occupations. But the p value (0.836) shows that this relationship is insignificant. The 95 percent confidence interval is (-0.096 to the proportion of 0.078) has a zero hence affirming the fact that occupational necessities do not highly affect that proportion, do not affect the mental health of journalists.

H2 Model Fit and Statistical Strength

Table 5 provides additional regression statistics:

Statistic	Value
R-squared	0.000
Adjusted R-squared	-0.002
F-statistic	0.04312
Prob (F-statistic)	0.836
Number of Observations	503

The value of 0.000 indicates that the occupational demands can be attributed to 0.0 per cent of the variance. the psychological wellbeing of journalists. The adjusted R-squared (-0.002) also shows that there is a reduction in the amount of variance in the data explained by the addition of tax-to-price to explain when it is adjusted. occupational demands are not predictive and therefore they do not enhance performance. The F-statistic The fact that (0.04312, $p = 0.836$) supports the fact that the entire model about job demands stress factor is statistically insignificant.

H2 Discussion

The conclusion does not give empirical evidence to support the hypothesis that the demands of the occupation have great impacts on the mental health of journalists. The insignificant and small coefficient indicates that deviations in mental health may have other causes as opposed to occupational demands. Psychological resilience, organizational support, work balance and personal coping responses can prove to be more instrumental in acquiring mental health of journalists' health.

H2 Conclusion

The research does not establish any correlation between job requirements and the mental well-being of journalists. This (H2) hypothesis is therefore not proved. All of these factors together with the fact that occupational demands do not significantly predict mental health, so further research must include more variables, since they may have a greater influencing effect on the well-being of journalists.

H2 Implications and Recommendations

- **Practical Implications:** To enhance the well-being of journalists, the employers and policymakers must pay attention to supplementary aspects that are related to occupational requirements, like mental wellbeing provisions, work flexibility frameworks, and the emotional support system, among others.
- **Future Research Directions:** Future research should investigate other stress related variables, emotional exhaustion, nature of work in management of life and job independence which were not included in the current study to carry out more research to understand what determines the mental health of journalists. A more detailed picture of these dynamics may be achieved with the help of multivariate regression models and longitudinal studies.

Overall Results:

The analyses did not support both hypotheses. Journalists with higher job demands did not report significant social participation ($p > .005$). Similarly, job demands did not predict psychological distress ($p > .005$). These effects held after accounting for gender, age, and job control.

Overall Discussion:

The findings indicate that heavy occupational demands among journalists doesn't substantially erode their social life and well-being. High workload and trauma exposure didn't leave reporters with little time or energy for friends and family, inconsistent with work-family conflict research. The results have not found any empirical evidence that stress due to job demands has any significant influence on the social activity engagement of the journalism profession. The insignificance of the coefficient indicate that changes in social engagement and mental health of journalists are not led by job demands stress. Other potential factors like personality, work life balance or type of social support might form more of a predictor.

The JDCS model helps explain these patterns otherwise: when demands are high and control is low, the lack of recuperative resources leads to strain (Karasek & Theorell, 1990). Media sociology scholars note that modern journalism's "always-on" culture pushes reporters beyond normal limits (Mellado, 2020).

Summary:

Excessive job demands significantly neither reduce journalists' social participation nor deteriorate their mental health. These findings (confirming H1 and H2) shed light on the occupational health risk of current newswork practices in Islamabad–Rawalpindi. By acknowledging the matter of job stress into personal life, media managers and policymakers can adopt strategies (e.g. workload monitoring, support services) to keep sustaining the journalists' well-being. The study reconsiders the JDCS model in the context of journalism and highlights the centrality of work-life balance in media sociology.

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