

Insurance Is Most Stressful Employment Sector in Russia, Survey Says

By [The Moscow Times](#)

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The insurance sector has been ranked as the most stressful field of work for employees in Russia, according to a survey published Thursday by Russian news agencies.

The study, conducted by the HeadHunter recruitment firm, indicates that 79 percent of insurance-sector workers frequently experience stress in the workplace, Lenta.ru reported.

Marketing and human resources are the second-most stressful industries, with 73 percent of employees in each sector experiencing tension, followed by procurement and accounting, level on 69 percent, the survey said.

The least stressful types of work are security, on 52 percent, and fitness and beauty, both on 53 percent.

Just less than half of respondents said that engaging in hobbies is the best way for them

to unwind, whereas a third said that discussing problems with friends and family is their preferred method.

About a fifth said they use sedatives and antidepressants to counter work-related stress, while 13 percent said they resort to drinking to cope with pressure.

The study was carried out among 2,669 employees of Russian companies between May 1-13. No margin of error was given.

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