

INDUSTRY-SPECIFIC MENTAL HEALTH: CHALLENGES ACROSS BUSINESS SECTORS

Satish Sharma

 /0009-0008-5988-9533

Lead Management Consultant, SKS Consulting & Advisors, India

ABSTRACT

Entrepreneurs across different industries face distinct mental health challenges that vary significantly based on their sectoral context. Every sector has unique psychological stressors and demands unique coping strategies from business founders. This chapter analyses high-stress sectors including technology, finance, and hospitality to study how these industry specific characteristics directly influence entrepreneurial mental health outcomes. Creative entrepreneurs encounter particular difficulties related to emotional labor requirements. Social entrepreneurs frequently experience compassion fatigue from their mission-driven work. Rural and remote entrepreneurs face geographic isolation challenges that compound typical business stresses. This analysis draws from occupational health psychology research, entrepreneurship studies, and sector-specific investigations to understand how industry context shapes mental health experiences for business founders. Entrepreneurship presents common mental health challenges regardless of sector. However, industry-specific factors either intensify or alter these experiences substantially. This variation requires customized mental health support systems and intervention strategies tailored to each sector's unique demands.

Keywords: entrepreneurial mental health, industry-specific stress, emotional labor, compassion fatigue

INTRODUCTION

Starting a business involves inherent challenges including uncertainty, risk-taking, and intense performance pressure. These common difficulties become significantly modified by the specific industry where entrepreneurs build their ventures. Each sector presents unique stressors, cultural expectations, and operational requirements that create distinct mental health patterns for founders (Stephan, 2018).

THIS IS A LIMITED PREVIEW OF THE CHAPTER.

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