

A STUDY ON STRESS MANAGEMENT AMONG THE EMPLOYEES OF BANKS

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ABSTRACT

Stress is a physical, mental, or emotional response to events that causes bodily or mental tension. Simply, stress is any outside force or event that has an effect on our body or mind. Banking, like other services, has become one of the highly competitive sectors in India. The banking organizations, since the beginning of this decade, have been facing greater challenges in terms of technological revolution, service diversification and global banking. Stress is unavoidable on the part of the employees as the systems, procedures; techniques are getting complicated with the use of advance technology. Every employee cannot cope with such rapid changes taking place in the jobs. This will lead to arising of stress among employees. An attempt has been made through this research paper to know the reasons of stress among the bank employees and the ways used by employees to cope with the stress generated at workplace. It is found that maximum number of employees in bank's remains in stress. Majority of employees try to find solution to relieve them from stress.

KEY WORDS: workplace stress, social the life, satisfaction, conflict.

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