A Study on Stress Management among Bank Employees with special reference to Erode District

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Abstract

This research studies the causes which decides the stress among bank employees. The aim of the research is how to cope the stress among employees in banking industry. Banking industry has become one of the highly competitive sectors in India. The banking industries, since the beginning of this decade, have been in front of greater challenges in terms of global banking and technological changes. Stress is inevitable on the part of the employees as the procedures, system; techniques are receiving difficulty with the use of advanced technology. Every employee cannot handle with such rapid modifier taking place in the jobs. This directs to stress among employees. This research highlights to analysis the causes of stress among the bank employees and the ways to follow employees to manage the stress aroused at workplace. In this study primary data collected from the employee through questionnaire. 108 employees were selected in probability stratified sampling. It is identified that most number of employees in banks remains in stress. Majority of the employees make an effort to find solution to reduce the stress. The measures are also recommended in the research to defeat stress that affects their physical and mental health.

Keywords: Workplace stress, Bank employee, Physical and mental health, management, Strategies, Yoga and meditation.
References


