

A STUDY ON STRESS MANAGEMENT IN SELECTED COMPANY

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ABSTRACT

Work stress is recognized world-wide as a major challenge to workers' health and the healthiness of their organizations. Workers who are stressed are also more likely to be unhealthy, poorly motivated, less productive and less safe at work. Their organizations are less likely to be successful in a competitive market. Stress can be brought about by pressures at home and at work. Employers cannot usually protect workers from stress arising outside of work, but they can protect them from stress that arises through work.

Stress is physical and mental reasons to circumstances that frighten, confuse, endanger or irritate. If the stress is controlled it works like a friend and strengthen to encounter many failures. Stress can be taken as negative value as well as positive value. consider, for example when you undergo annual performance review at work, you feel stress because you confront opportunity, constraints, and demands.

KEYWORDS: A Study on Stress Management in Selected Company