Occupational Stress in Banking Sector of India

Dr. Geet
Department of Human Resource Development
I. K. Gujral Punjab Technical University
Jalandhar, India
geet_ik4307@yahoo.com

***Abstract*— In today's era, there has been heightened awareness that job stress contributes to a significant portion of worker compensation claims, health-care cost, disability, absenteeism and productivity loss. Chair stress is a significant and costly problem, and that the challenge for all banks to manage work stress in order to reduce health-care cost and improves productivity. The important role of occupational health has long been highlighted by world health organization. Work plays a central role in the lives of many people and thus the impact of job stress is an important issue both for individual employees and the organization for which they work. Although the mechanisms through which the work can cause or contribute to illness are complex, there is a strong evidence to indicate that stress experienced at work can have adverse outcomes for the well being of individual employees. Similarly, this paper analyzes the major causes of stress to the employee of different gender and age group in the Indian banking. It also determines the various strategies followed by the employees to remove their stress. The study is based on the primary data and the likert scale is used to measure the response of the employees.**

***Key Words*— Productivity, Strategy, Compensation, Stressful, workload, Profession etc.**

IJBAMR