



THE CAUSES OF STRESS AND ITS IMPACT AMONG THE PUBLIC SECTOR BANK EMPLOYEES IN INDIA –WITH SPECIAL REFERENCE TO COIMBATORE

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Abstract

Stress or pressure is an integral part of human's life. It presents very where including family, working place and social environment. Among many places, pressure in companies or organizations is a major threat to employee. Though the technology has made many ways to complete task easily, it has added some stress to the employee like pressure for more production, satisfaction and a threatening feel of temporariness in the organization.

Keywords: Stress, Public Sector Bank Employees, Satisfaction, Threatening Feel.

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INTRODUCTION

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Stress is a physiological or psychological react to an event that quiet upset a person's. When a person faced a stress with threat, the body buttresses kick into high gear in a faster manner and this process is named fight of flight response. It's well known, what this stress response feels like: heart pounding in the chest, muscles tensing up, breath coming faster, every sense on red alert.

In particular, the highly dangerous effects of pressure have rarely been noticed in positive positions. Stress is a emotion or reaction felt when a person receives the demand that exceeds his/her expectations.

In the modern world, many people deal with constant stress. The overextended working mother, the hard-charging 'Type A' personality, the self-critical perfectionist, the chronic warrior, they are always wound up, always stretched to the breaking point, always rushing around in a frenzy or juggling too many demands.

Managing stress is a way of task balancing: changing thoughts, emotions, scheduling, environment. The main goal of happy life with family, work, relaxation fun and calm to hold up under stress and to meet challenges head on.

Chiu et al. (2005) conducted a survey on impacts of stress and showed that factor like goals and achievements affects more internals than externals. The person who has trust himself is named internals and the person who has believe in external factors like luck is named externals. Target achievements, organizational commitments and support of leader and co works affects more internals when compared to externals.

Statement of the Problem

Stress is a physical phenomenon. Stress is presented in everywhere including working place, family, entertainment place and social environment. A person faces many stresses from birth to end of his life. Stress occurs when a person responds to other emotions. All the events trigger stress in human life. It is not possible to remove stress from human's life.

During the last quarter of this century, the subject of stress has been studied extensively by different investigators, to examine its causal relationship, qualification, consequences, etc., by applying various research methods. In spite of various researches which have been conducted by many researchers to trace the causes and consequences of stress, the strategies for coping with stress do not seem to have gained finality.

Goals

The main purpose of this study is given below:

1. To analyse the impact of stress among the public sector bank employees in Coimbatore District.
2. To propose new ideas to avoid pressure among public sector employees.

METHODOLOGY OF THE STUDY

Source of Data

Based on the above issues, the present study aims at identifying the level of stress and the impact of internal and external factors on the level of stress. This requires the collection of primary data.

Primary Data Collection - Sample Procedure

The main goal of this paper is to collect the opinion of the bank staffs on the level of stress due to changing banking business environment. This requires the selection of appropriate study area. Coimbatore, the Manchester of South India, is an extremely mechanized district in Tamil Nadu and provides around 45% outcome out of industries production of Tamil Nadu. There are 237 branches of these 26 banks, from which only 48 branches selected, where 2499 employees are working, out of which we have selected a sample of 325 respondents for the study purpose.