



IMPACT ON WORK STRESS AMONG THE PRIVATE BANK EMPLOYEES IN KUMBAKONAM – A CONCEPTUAL FRAMEWORK

Mrs. B. Logeswari

Assistant Professor, Department of Business Administration,
Idhaya College for Women, Kumbakonam.

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ABSTRACT

Stress is common term used by all age people, Because each and every one is having their own stress depends on their age. Even a kids are also having a stress. Stress can leads to physical, Mental and Attitude difficulties. This paper mainly focuses on the Impact on work stress among the private bank employees in Kumbakonam by using a conceptual method. Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything that requires attention or action.

I. Introduction

Work Stress

Stress is a fact of life, wherever you are and whatever you are doing. You cannot avoid stress, but you can learn to manage it so it doesn't manage you. Stress is the way human beings react both physically and mentally to changes, events, and situations in their lives. People experience stress in different ways and for different reasons. Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything that requires attention or action. Everyone experiences stress to some degree. The way you respond to stress, however, makes a big difference to your overall well-being. Sometimes, the best way to manage your stress involves changing your situation. At other times, the best strategy involves changing the way you respond to the situation.

II. Review of Literature

Reddy et al. (2018) in their study concludes that stream wise difference in stress does exist in students. It is important to deal with stress at personal, social and institutional level. Remedies such as feedback, yoga, life skills training, mindfulness, meditation and psychotherapy have been found useful to deal with stress. To identify the main reason of stress is the key to deal with it. Professionals can develop tailor made strategies to deal with stress. The integrated well-being of the students is important not only for the individual but for the institute as well.

Sharma et al. (2016) in their study stated the use of various methods to curb stress. Doing one physical exercise on daily basis can address the concern of stress. One can also adopt to various time management tools and get involved with leisure activities which can benefit students. Also, it was suggested that colleges should have a conducive ambience to curtail the stress. Change in the style of delivery from teacher's end and providing mentors can bring fresh air to the teaching style.

III. Research Methodology

3.1 Objectives of the study

1. To identify the attitude of the employees towards Work stress.
2. To know how the employees gets suffered by the Work stress.

3.2 Sources of data: This is based on secondary data were collected from various journals, books, websites, thesis, etc.

IV. Work Stress

4.1 Causes of Work Stress

Stress management is the need of the hour. However hard we try to go beyond a stress situation, life seems to find new ways of stressing us out and plaguing us with anxiety attacks. Moreover, be it our anxiety, mind-body exhaustion or our erring attitudes, we tend to overlook causes of stress and the conditions triggered by those. In such unsettling moments we often forget that stressors, if not escapable, are fairly manageable and treatable. Stress, either quick or constant, can induce risky body-mind disorders. Immediate disorders such as dizzy spells, anxiety attacks, tension, sleeplessness, nervousness and muscle cramps can all result in chronic health problems. They may also affect our immune, cardiovascular and nervous systems and lead individuals to habitual addictions, which are inter-linked with stress. Like "stress reactions", "relaxation responses" and stress management techniques are some of the body's important built-in response systems.

4.2 Impact of Work Stress

The connection between your mind and body is apparent when you examine the impact stress has on your life. Feeling stressed out over a relationship, money, or your living situation can create physical health issues. The inverse is also true. Health problems, whether you're dealing with high blood pressure or you have diabetes, will also affect your stress level and your mental health. When your brain experiences high degrees of stress, your body reacts accordingly. Stress also takes an emotional toll. While some stress may produce feelings of mild anxiety or frustration, prolonged stress can also lead to burnout, anxiety disorders, and depression. Chronic stress can have a serious impact on your health as well. If you experience chronic stress, your autonomic nervous system will be overactive, which is likely to damage your body.

4.3 Types of Stress

Not all types of stress are harmful or even negative. Some of the different types of stress that you might experience include:

- **Acute stress:** Acute stress is a very short-term type of stress that can either be positive or more distressing; this is the type of stress we most often encounter in day-to-day life.
- **Chronic stress:** Chronic stress is stress that seems never-ending and inescapable, like the stress of a bad marriage or an extremely taxing job; chronic stress can also stem from traumatic experiences and childhood trauma.
- **Episodic acute stress:** Episodic acute stress is acute stress that seems to run rampant and be a way of life, creating a life of ongoing distress.
- **Eustress:** Eustress is fun and exciting. It's known as a positive type of stress that can keep you energized. It's associated with surges of adrenaline, such as when you are skiing or racing to meet a deadline.

V. Conclusion

Stress in the work place has become the black plague of the present century. The main aim of the study is to analyse the stress among the Private Bank employees in Kumbakonam. From the study it is known that the employees are having high level of stress and also they are having some stress related diseases due to their work pressure and how the employee gets suffered by their Work stress was known. Stress can be managed by yoga & meditation, relaxation, physical exercise, laughter therapy, music therapy, behaviour of self-control and involving in other interested hobbies or sports, etc.,

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