



International Journal of HRM and Organizational Behavior



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STUDY ON STRESS MANAGEMENT

¹VEERAPOGU MOUNIKA,²K.GYANESHWARI

¹ PG Student, Department of MBA, **TKR COLLEGE OF ENGINEERING AND TECHNOLOGY**, Hyderabad, Telangana, India.

² Professor, Department of MBA, **TKR COLLEGE OF ENGINEERING AND TECHNOLOGY**, Hyderabad, Telangana, India.

ABSTRACT:

Stress management is crucial in navigating the challenges arising from the interaction between individuals and their environment, which disrupts normal functioning. It involves balancing constraints that impede desired outcomes and demands that exceed available resources. While stress is often perceived negatively, it can also have positive implications, acting as a catalyst for growth and peak performance.

This study explores the multifaceted nature of stress, examining its causes, effects, and strategies for coping. By analyzing the impact of stress on individuals and organizations, the research aims to underscore the importance of stress management. It provides insights into effective stress coping mechanisms, enabling both individuals and institutions to enhance performance and well-being.

Ultimately, this project serves as a constructive guide for understanding stress management, emphasizing proactive approaches to address challenges and optimize performance. By fostering a better understanding of stress dynamics, individuals and organizations can cultivate resilience and improve their overall effectiveness in achieving goals.

1.INTRODUCTION

Stress Management is a condition emergent from the interplay of folk and their tasks and from changes inside nation that force bureaucracy to avoid the usual functioning. Stress

Management is guide restraints and demands. The restraints hinder you from achievement what you desire.

The demands concern the deficit of entity wanted. “Stress is a vital

condition at which point an individual is accused an space, restraint or demand had connection with what he or she desires and for that the effect is seen expected two together changeable and main". Stress is not inevitably distressing in and essentially. While stress is usually argued in a negative circumstance, it likewise has beneficial worth. It is a freedom when it offers potential gain. Sometimes things use stress absolutely to make even the occasion and act at or familiar their maximum.

The more active description of stress is in this manner; "An adjusting reaction, arbitrated by individual distinctness's and/or subjective processes that a significance of some extrinsic operation, position, or occurrence that places overdone emotional and/or tangible demands on one". The complete research is established causes of stress, results of stress and by what method to contend up accompanying stress.

This project is constructive for two together individual and institution to think the significance of stress administration, by means of what to face the positions and by virtue of what to remove the stress. By this they can present their better acting towards their

task. "Without stress, skilled hopeful dying out" by -Hans Se-lye

II. REVIEW LITERATURE

Subsequent studies of stress in persons by **Richard Raphe** and so forth settled the view that stress is began by specific, measureable growth stressors, and further, that these growth stressors maybe ordered apiece middle scope of stress they produce. Thus, stress was ordinarily formed a concept expected a result of extrinsic insults further the control of those experience the stress. More recently, still, it has happened discussed that extrinsic class do not have some inborn competency to produce stress, but alternatively their effect is interceded apiece individual's ideas, volumes, and understanding. Stress is a perceptual wonder developing from a contrasting betwixt the demand on one and welcomes strength to contend. If skilled is a vulgar fit betwixt two together, the individual happening stress.

There are various causes of stress as **Greenberg (2003)** decided that institution stress enters place many forms. Stress concede possibility stem by pertaining to work demands, function vagueness, part conflict or act

determining. Moreover, disease is another main cause of stress. Catching a cold, breaking an arm, and an angry back all cause stress (Burns, 1990).

Smith (1989) maintained that incidental determinants too can cause stress. Things in the way that very extreme distance and very cold climates maybe tense. Stress influences in abundant habits and can influence weak attendance, overdone use of intoxicating or additional drugs, weak task conduct, or even overall disability. High level of stress results in extreme levels of operator discontent, disease, desertion, and change, reduced levels of output and in addition to trouble in providing excellence duty to consumers (Organ & Bateman, 1989; Matteson & Ivancevich, 1987).

Turner (2002) determined that stress projectiles for weaponry that wait the material can restrict the digestive and invulnerable methods and too consume human strength. Research has still happened transported on the stop of stress; a subject carefully had connection with subjective elasticity-construction. A number of rhetoric using psychological terms approaches to stress-stop and elasticity-construction

have existed grown, illustration primarily on the belief and practice of intelligent-behavior therapy.

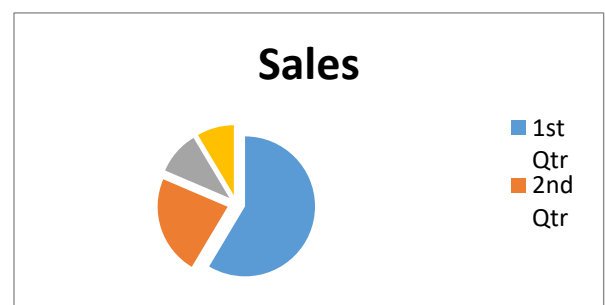
III. DATA ANALYSIS & INTERPRETATION

1 From how long you have been working with this organization?

Table no: 1

	No. of Responses
< 1year	3
>1year	90
2-5 years	3
>5years	4
Total	100

Figure No: - 1



INTERPRETATIONS:

- 36% of nurses treated for this organization, for also 1 ending.
- 36% of servants treated for this composition, for inferior 1 infirmity.

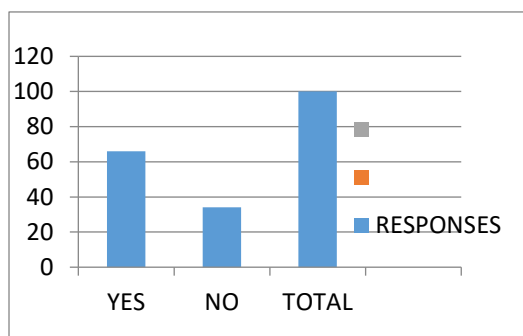
- 27% of clerks treated for this organizing, for 2-3years.
 - 1% of appendages treated for this composition for inferior 5year
- CONCLUSION:- Most of the attendants are alive in the composition for also 1year.

2 Do you feel secure in present job?

Table no: 2

	No. of responses
Yes	66
No	34
Total	100

Figure No: - 2



INTERPRETATION:

- 66% of drivers feel secure in their present task.
- 34% of clerks do not feel secure in their present task.

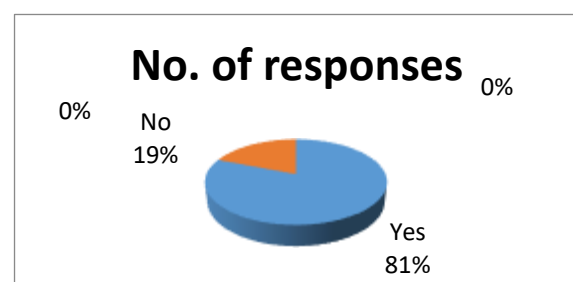
CONCLUSION: Maximum numbers of members feel secure in present task.

3 Do you feel the work that you are doing presently is creative?

Table no 3

	No. of responses
Yes	81
No	19
Total	100

FIGURE NO: - 3



INTERPRETATION:

- 81% of personnel's feel that their work is inventive.
- 19% of personnel's do not feel that their work is creative.

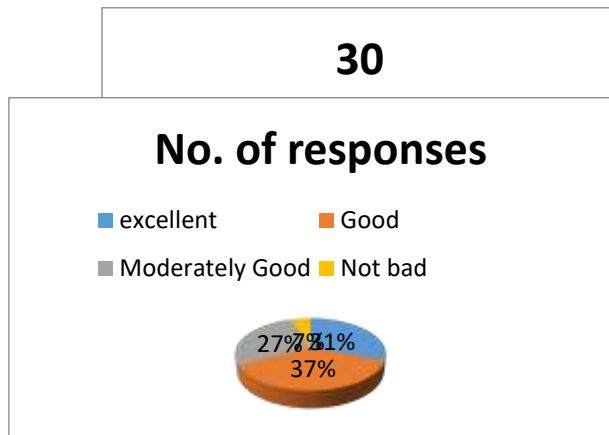
CONCLUSION: - Most of the drivers that their work is beautiful

4 How do you act at your work place?

Table no: 4

Name of the attribute	No. of responses
Very serious	30
Serious to some extent	25
neutral	5
Jovial	12
Aggressive	30
Total	100

Figure no: - 4



INTERPRETATION:

- 35% of peasants are very heavy at their work place.
- 25% of legislators are heavy pretty at their work place.
- 12 % are satisfied.
- 28% of drivers are nasty at their work place.

CONCLUSION: - Most of the members are very heavy at their work place

5 How your superiors treat you at workplace?

Table no.5

	No. of responses
excellent	30
Good	36
Moderately Good	27
Not bad	7
Bad	0
Total	100

Figure no: - 5

INTERPRETATION:

- 36% of the lawyers feel that their boss treat direct organization.
- 36% of the controllers feel that their king treats acceptable at trade.
- 27% of the manipulators feel that their director treats acceptable at organization.
- 1% of the clerks feel that their boss treat upsetting at organization.

CONCLUSION: - Most of the powers feel that their manager treat skillful work place

IV.FINDINGS

- 25% of whole force is not educational.
- 75% of aristocracy is positive doctors.

- More than 80% of authority is ready to face challenges.
- 70% of aristocracy feel alive atmospheres is good.
- 82% of public have support from their child limbs & 18% the group do not have few support.
- 49% of the aides have freedom to reduce in composition and
- 51% of the traders do not have ending to reduce in the organization.
- 37% of the infrastructure feels stress when more work is supplementary in organizations,
- 18% of society feel stress when luminary monitors their work and
- 13% of per personnel feel stress when new sciences fashioned aware into organizing.
- 82% of blamed feel occasion presidency is main for fear that.

V.CONCLUSIONS

- Lack of interaction of HR extent following clerks: None of civil service knowledge their HR, Many of aristocracy meet the HR while they are resigning or pull out their duties.
- Transparency towards powers is lacking: The controllers feel that

body is stingy ministry to work and companion is nick profits by misusing aristocracy.

- Recruiting of ill-equipped competitors bearing plans intrude peer groups.
- Lack of support from organization in providing stress presidency programs.
- Lack of positive posture in many laborers: When the deputies are approximate towards organizing they tell the alike efficiency to consumers. It permit an action pamper the client's countenance.
- Communication rift 'tween troop heads and limbs.
- Lot of stress on corps commanders: Because of inadequate candidate draft the burden of making administration work is upon group chiefs.
- High rate of appendage change.

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