

MEASUREMENT OF PSYCHOLOGICAL STRESS LEVEL OF EMPLOYEE'S AT WORKPLACE

Prof. Aakanksha Landge
Assistant Professor, MIT ACSC
aalandge@mitacsc.ac.in

Praveen Kumar Yadav
TY BBA, MIT ACSC
yadavpraveen092@gmail.com

ABSTRACT:-

"Working hard for something we don't care about is called STRESS. Working hard for something we love is called PASSION."

"Always treat your employees exactly as you want them to treat your best customer." –

Stephen R. Covey

Stress at the workplace is nothing new, but it has become such a huge problem today and specially into corporates or at workplaces.

Stress in the workplace can affect every aspect of an organisation, from absenteeism rates to interpersonal relationships. It's vital to recognize the signs of stress as early as possible so that actions can be taken before serious stress-related illness occur. The challenge that we face when spotting stress is that everyone experiences it in different ways, which contributes to stress manifesting in very different ways.

There are many factors at work that can indicate a potential problem.

For an individual in the workplace, there will be changes; these changes can be physical, emotional, behavioral, or a combination of all three

The research focuses on measuring the psychological stress level of employees at workplace.

INTRODUCTION :-

The word stress is defined by the Oxford Dictionary as "a state of affair involving demand on physical or mental energy". A condition or circumstances (not always adverse) which can disturb the normal physical and mental health of an individual.

At one point or the other everybody suffers from stress. relationship demands, physical as well as mental health problems, pressure at workplace, meeting deadlines, growing-up tensions-all of the conditions and situations are valid causes of stress. People have their own methods of stress management.