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Occupational Stress Management for Bank Employees

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Occupational Stress Management For Bank Employees

Dr. M. Santhi, Dr. P. Niranjan Reddy



Occupational Stress Management For Bank Employees:

Occupational Stress Management for Bank Employees Mohammad Tazul Islam, Mahmuda Kabir, 2014-11-19 Today the workplace demands a lot While the rewards may be higher there is the stress too An inability to relax or take a break can result in burnout Not everyone experiences stress as severely as the clinic s patients but many people are suffering from stress without even realizing it However occupational stress has become an important for harmful psychological and physiological effect on employees as stress is the major cause of employee turnover and absenteeism Many employers around the globe may feel that a stress audit is a waste of time or money but in fact the opposite is the case Stress costs European employers up to 10% of Gross National Product GNP in terms of lost productivity and insurance claims The study finds that almost half of the junior and senior level bank employees are experiencing moderate level of occupational stress The study recommends that moderate level stress is helpful to increase employees productivity and a culture of openness and understanding rather than of criticism is essential

An Analytical Study On Occupational Stress Among Bank Employees In Kerala Dr. Gangadathannair d dr. Gireeshkumar g. S, **International Journal of Indian Psychology, Volume 6, Issue 2, (No. 5)** IJIP.IN, 2018-07-30 Occupational Stress and Coping Strategies G. Kavitha, 2009 Study on job stress of bank employees conducting in Erode District Tamil Nadu India

OCCUPATIONAL STRESS, JOB PERFORMANCE AND JOB SATISFACTION Dr. M. Santhi, Dr. P. Niranjana Reddy, 2019-01-21 An organization without working professionals cannot be built Human resource is a real asset to the organization How best it can be utilized lies in the hands of managers who strive for the attainment of organizational goals They have to adopt a comprehensive approach to manage people develop their skills and create a work spirit in the minds of employees In the present uncertain economic environment many employees are finding it difficult to get out of the work redundancies Further to perform duties at a higher level for a long period the employees are strained In the process of work accomplishment most of the employees in many organizations face stress in satisfying the demands of the employers The word stress is a complex phenomenon experienced by most of the individuals and it is related to their emotions Stress is a discomfort of an individual

Strategic Stress Management of Gold Collars M. Beulah Viji Christiana, Stress is a problem in almost all the countries of the world irrespective of the fact whether the economy is strong or weak In today s changing and competitive work environment stress plays a crucial role among the gold collar employees Knowledge is considered to be the only source of competitive advantage for an organization in the highly competitive current scenario Knowledge work is typically characterized by high decision latitude and classified as an active job This book titled Strategic Stress Management of Gold collars is an empirical study carried out to find the various factors that influence stress among the knowledge workers termed as the gold collar employees This book emphasizes on the various coping strategies resorted by the gold collars to combat stress and throws light on the extent of effectiveness of the strategies resorted The study was carried out among various Professionals like doctors professors

software professionals executives engineers etc The stress level of gold collar employees depends especially on the fact that how intense the stress is how long it lasts and how well an individual copes with the situation The stress level of gold collar employees depends especially on the fact that how intense the stress is how long it lasts and how well an individual copes with the situation Gold collars are also of the opinion that stress can be managed This positive attitude may be helpful for the gold collars in alleviating stress to a very great extent

Emerging Trends in the role of Banking and Management in India Mr. A. Shanmugam, Mr. M. Manohar, Mr. P. Rajini, Mr. R. Rajavel, Mrs. T. Gnana Sundari& Miss. K. Sarala,2014

Recent Research in Management, Accounting and Economics (RRMAE) Hafinaz,Hariharan R.,R. Senthil Kumar,2025-03-07 The conference brought together innovative academics and industrial experts to present novel contributions related to real world aspects of Economics Management and Accounting The primary goal of the conference was to promote research and developmental activities in these three fields Another goal was to promote scientific information interchange between researchers developers engineers students and practitioners working in and around the world

Smart and Sustainable Solutions: Global Perspectives on Computer Science and Business Management Prof. (Dr.) Ajay Sharma,Mr. Kapil Saini,Dr. Neeraj Rana,Prof.(Dr.) Vivek Rastogi, Dr. Poonam,2025-04-21

Occupational Stress in South African Work Culture Nasima MH Carrim,J. Alewyn Nel,Riana Schoeman,2021-01-30 This book explores avenues for organisations to better understand the origins of occupational stress so as to enable their managerial employees to effectively manage stress levels By way of the work locus of control as a personality variable the book identifies stressors both within and outside the organisation that underpin high stress levels in organisational culture In grappling with what is required in the new workforce of Generation Y millennials in a hyper networked and mobile age the authors present examples from everyday professional situations in South Africa to contribute to critical understanding of today s working world By applying neuroscientific principles developed from a foundation of empirical research the authors introduce the concepts of a red zone and blue zone to explain differences between the brain areas controlled either by its stem limbic areas or the limbic cortical cortex areas respectively This becomes a psychological shorthand for describing and applying knowledge to encourage practitioners in leadership and management roles to achieve desired behaviour outcomes and to establish a framework for understanding employee values and worldviews The book is relevant to practitioners postgraduate students and researchers interested in industrial psychology personality psychology business management and human resources

Handbook of Human Factors and Ergonomics in Contemporary Business Shad Ahmad Khan,Sumit Narula,Arshi Naim,Monika Srivastava,2025-07-30 Handbook of Human Factors and Ergonomics in Contemporary Business highlights the symbiotic relationship between human centric approaches and organizational success in 21st century business and corporate culture It delivers a comprehensive exploration of how integrating human factors and ergonomics strategically can fuel innovation enhance performance and deliver a competitive advantage By promoting employee wellbeing to implementing

ergonomic interventions for heightened productivity the chapters offer invaluable insights into the role of human factors across differing business sectors Edited and authored by distinguished experts in the field this handbook presents theoretical frameworks empirical evidence and real world case studies Across these chapters split into various sections on perspectives digitalization and wellbeing it provides interdisciplinary perspectives and practical applications to equip readers with the tools needed to encourage thriving workplace environments nurture employee welfare and foster innovation and creativity International case studies from diverse businesses and topics on Industry 5.0 logistics strategy UX productivity green issues and much more result in a thorough overview of the topic It will help any reader optimize organizational performance and understand the key connections between human factors and business success This title is an essential read for researchers and professionals in ergonomics and human factors business and management leadership engineering design and human resources

A study on the stress management practices and job satisfaction of women employees in the state bank of india, tamil nadu S. JOTHIBASU, *Strategies for Inclusive Growth and Sustainable Economic Development* Prof. G. Sudarsana Reddy, Prof. B. Shekhar Prof. P. Paramashivaiah, [International Journal of Social Impact, Volume 1, Issue 1](#)

IJSI,2016-03-21 International Journal of Social Impact is the official journal of the RED SHINE Publication The principal purpose of the journal is to publish scholarly work in the social sciences defined in the classical sense that is in the social sciences the humanities and the natural sciences The research that is published may take a theoretical or speculative model as well as statistical and mathematical Contributions are welcome from all fields which have relevant and insightful comments to make about the social sciences While International Journal of Social Impact IJSI is the publication of a regional association it attracts submissions from a wide range of countries

International Journal of Indian Psychology, Volume 6, Issue 2, (No. 6) IJIP.IN,2018-07-30 *Organizational Stress Around the World* Kajal Sharma,Cary Cooper,D.M. Pestonjee,2021-01-28 Stress is defined as a feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize It can occur due to environmental issues such as a looming work deadline or psychological for example persistent worry about familial problems While the acute response to life threatening circumstances can be life saving research reveals that the body's stress response is largely similar when it reacts to less threatening but chronically present stressors such as work overload deadline pressures and family conflicts It is proffered that chronic activation of stress response in the body can lead to several pathological changes such as elevated blood pressure clogging of blood vessels anxiety depression and addiction Organizational Stress Around the World Research and Practice aims to present a sound theoretical and empirical basis for understanding the evolving and changing nature of stress in contemporary organizations It presents research that expands theory and practice by addressing real world issues across cultures and by providing multiple perspectives on organizational stress and research relevant to different occupational settings and cultures Personal occupational organizational and societal issues relevant to stress identification

along with management techniques approach to confront stress and its associated problems at individual and organizational level are also explored It will be of value to researchers academics practitioners and students interested in stress management research

Innovative Ways to Manage Job Stress Dr. Dileep Kumar M & Srota Pandya, **Strategic Stress Management** V. Sutherland, C. Cooper, 2000-04-14 Stress has recently overtaken the common cold as the most common cause of sick leave in many European countries and is a major cause of concern for companies worldwide Why then do most of the Coping with Stress texts to be found in bookshops consider this a problem only to be tackled by the Individual Strategic Stress Management is different it shows how companies can boost performance by adopting integrated organizational strategies to identify and reduce stress in their employees Including practical advice on how to conduct a stress audit and how to target stress hot spots with an organization Strategic Stress Management provides a fresh strategic model for the manager concerned with the negative effects stress can have both on company performance and the quality of life of individuals at work This is the latest book from best selling stress management author Cary Cooper and will be eagerly awaited by HR Directors Organizational Consultants Occupational Psychologists Managing Directors and all managers who wish to work with healthy stable and productive staff

THE INTERNATIONAL JOURNAL OF INDIAN PSYCHOLOGY, Volume 8, No. 4, Part 5 Dr. Suresh Makvana ,Dr. Ankit Patel, 2021-01-01 **Handbook of Research on the Complexities and Strategies of Occupational Stress** Haque, Adnan ul, 2022-06-24 Stress is commonly witnessed in the workplace due to environmental factors and human interaction and can result in health complications high turnover and more While stress is often perceived negatively a manageable amount of stress may work as a helpful motivator for some workers In the dynamic business environment the performances working efficiency innovative work behavior and creativity in the existence of stress is understudied It is essential to understand the complexities of occupational stress and the strategies to use it as a support The Handbook of Research on the Complexities and Strategies of Occupational Stress provides an in depth understanding about the magnitude and the reasons behind varying impacts of stressors It delimits the geographical context while including cross cultural dimensions to explore the depth and variations of occupational stress Covering topics such as health capital turnover intentions and work family conflict this premier reference source is an excellent resource for business leaders and managers human resource managers libraries students and educators of higher education government organizations occupational therapists researchers and academicians

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