



A STUDY ON LEVEL OF STRESS AMONG THE TOP EXECUTIVES IN PUBLIC SECTOR BANKS IN DINDIGUL DISTRICT.

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ABSTRACT

Stress is part and parcel of our life. Their impact on life is high. Stress can be positive and negative stress. Negative impact of stress creates hurdles in the attainment of the goals of the executives. Positive stress motivate to attain their goals. This paper highlights the level of stress faced by the public sector bank executives in Dindigul District. It is a known fact that there is no fixed value to study the level of stress among the executives. The researcher has identified the following as major components associated with stress. 1. Organizational Process 2. Working conditions 3. Individual stressors and 4. Extra-organizational stressors. On the basis of the value secured by the respondents, they have been classified into three categories namely high, medium, and low. It is found that the maximum respondents have the medium level of stress and some suggestions are also given to reduce the stress.

KEYWORDS :

INTRODUCTION

The paper is to study the stress among the executives of public sector banks in Dindigul District. For the purpose of this study, the executives who have been working in the public sector banks in Dindigul District have been selected. It does not include any other individuals and institutions which are directly or indirectly associated with banks.

OBJECTIVES OF THE STUDY

The main objectives of the study are as follows

1. To study the conceptual aspects of stress
2. To study the level of stress among the top executives of the public sector banks in Dindigul District.
3. To study the factors influencing the level of stress
4. To give suitable suggestions for minimizing the stress among the executives of private and public sector banks.

Sample size

For this study 50 samples selected from public sector banks by using convenient sampling method. Thus, the sample respondents consisted of 50 executives of public sector banks in Dindigul District.

METHODOLOGY

The primary data were collected from the sample respondents through the questionnaire and by meeting top executives in their work place. This study is based on the primary data and secondary data. The secondary data were collected from offices of various branches of banks, regional offices of the banks, banking related web sites, newspapers, journals, and reports.

Data analysis

Age

Age	No of Respondents	%
Below 25	12	24
35-45	28	56
Above 45	10	20
Total	50	100

Gender

Gender	No of Respondents	%
Female	18	36
Male	32	64
Total	50	100

Marital Status

Marital Status	No of Respondents	%
Married	38	76
Unmarried	12	24
Total	50	100

Religion

Religion	No of Respondents	%
Hindu	24	48
Muslim	4	8
Christian	22	44
Total	50	100

Annual Income

Annual Income	No of Respondents	%
Below 1 lakh	15	30
1 – 2 lakhs	12	24
Above 3 lakhs	23	46
Total	50	100

Location

Location	No of Respondents	%
Urban	5	10
Semi-urban	18	36
Rural	27	45
Total	50	100

Staff Strength

Staff strength	No of Respondents	%
Below 10	13	26
10-20	23	46
Above 20	14	28
Total	50	100

Level Of Stress

Sno	Age	Public Banks			Total
		High	Medium	Low	
1	Below 25	5	3	3	11
2	35-45	8	4	4	16
3	Above 45	12	4	7	23
Total		25	11	14	50

Sno	Religion	Public Banks			Total
		High	Medium	Low	
1	Hindu	4	11	3	18
2	Muslim	4	9	3	16
3	Christian	5	9	2	16
Total		12	29	9	50

Sno	Gender	Public Banks			Total
		High	Medium	Low	
1	Female	8	17	3	28
2	Male	7	11	4	22
Total		15	22	7	50

Sno	Annual Income	Public Banks			Total
		High	Medium	Low	
1	Below 1 lakh	4	11	3	18
2	1 – 2 lakhs	3	9	8	20
3	Above 3 lakhs	4	5	3	12
Total	11	25	14	50	

Sno	Location	Public Banks			Total
		High	Medium	Low	
1	Urban	2	8	3	13
2	Semi-urban	3	9	5	17
3	Rural	4	13	3	20
Total	9	31	8	50	

Sno	Staff Strength	Public Banks			Total
		High	Medium	Low	
1	Below 10	13	7	2	22
2	10-20	9	2	2	13
3	Above 20	7	4	4	15
Total	29	13	8	50	

Findings

From the above table it is found that the majority of the respondents above the 45 years have experienced high level of stress. The respondents who belong to Hindu religion have experienced the high level of stress whereas the Christian and Muslim religions have experienced medium level of stress. The female respondents have experienced the high level of stress, the annual of the respondents from 1,00,000 to 2,00,000 have experienced the high level of stress, strength of the staff in the bank less than 10 and in the location from rural respondents experienced high level of stress.

Suggestions

People of all ages can go for walking, jogging, swimming, riding, bicycles, or playing tennis. so that they can get relieved of pre-occupied stresses that are stored in their minds. They can get relieved of stress , if they do these exercises. Time pressure is the prime source of stress for managers. The use of time management techniques would avoid stress. There is some research evidence that much meditation can have a desirable physical and mental impacts. Job should be enriched. They should have positive attitudes always. Stress mangement programmes should be conducted periodically.

CONCLUSION

It is unavoidable that every top executives incurs stress when he discharges his duties but he must know the art of overcoming stress. If he has less stress it will definitely uncrease his efficiency.

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