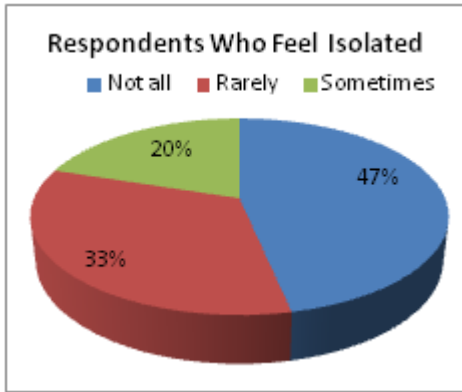


	TOTAL	30	100.0
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Inference:

This table shows that majority of the people do not feel isolated or lonely. 46.7% of them do not feel any isolation while 33.3% say it happens rarely. Therefore, it is seen that most of the employees have someone to talk to and relate with and are not isolated or alone.

7. Respondents With Bad Eating Habits

Table 8

Respondents With Bad Eating Habits				
Valid			Frequency	Percentage (%)
	SOMETIMES		9	30.0
	OFTEN		12	40.0
	VERY OFTEN		9	30.0
	TOTAL		30	100.0



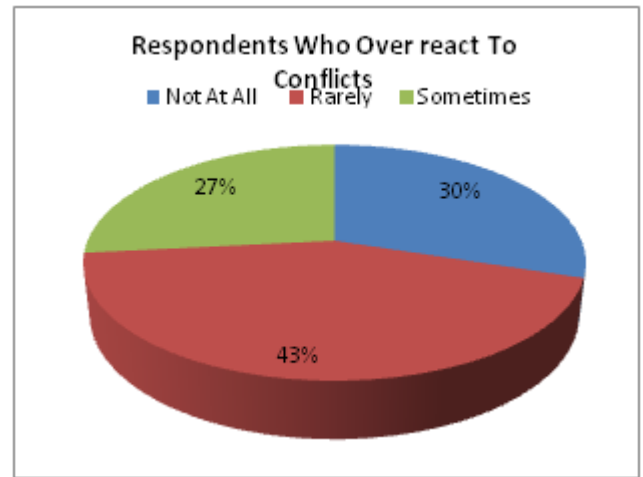
Inference:

The values in the table clearly indicate that all the employees indulge in snacking rather than in consumption of wholesome nutritious meals due heavy work pressure, time constraints and job demands.

8. Respondents Who Over React To Conflicts

Table 9

Respondents Who Over React To Conflicts				
Valid			Frequency	Percentage (%)
	Not At All		9	30.0
	Rarely		13	43.3
	Sometimes		8	26.7
	Total		30	100.0



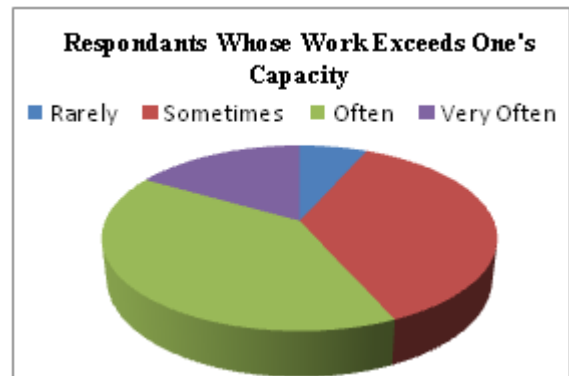
Inference:

It is seen that most people do not over react to conflicts either at home or at work. Only 26.7% of them tend to over react in some situations.

9. Respondents With Work Load

Table 10

Respondents Whose Work Exceeds One's Capacity				
Valid			Frequency	Percentage (%)
	NOT AT ALL		9	30.0
	RARELY		13	43.3
	SOMETIMES		8	26.7
	TOTAL		30	100.0



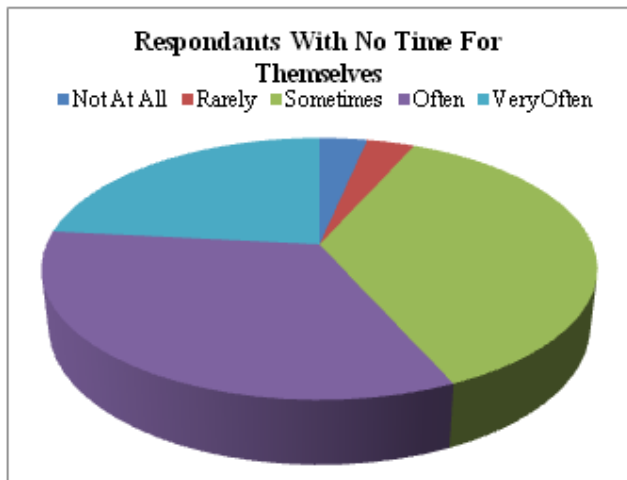
Inference:

The table shows that most of the employees feel that their job demands and requires more than what they are actually capable of doing. In most cases, their workload exceeds their capacity. Only a small group (6.7%) felt that it was not so.

10. Respondents Who Do Not Have Time For Themselves

Table 11

Respondents Who Do Not Have Time For Themselves				
Valid			Frequency	Percentage (%)
	Not At All		1	3.3
	Rarely		1	3.3
	Sometimes		11	36.7
	Often		10	33.3
	Very Often		7	23.3
	Total		30	100.0



Inference:

The pie chart and table values clearly indicate that most of the employees are so busy and caught up with work pressure that they barely have any time for themselves. They have almost no time for their hobbies and self interests.

7. Conclusion

Organization must begin to manage people at work differently, improve physical work environment, treat them with respect and value their contribution. If we enhance the psychological well being and health of the employees, the organizational revenue will increase and there will be employee retention as well. Because it is said that, “A Healthy Employee is a Productive Employee”.

It is concluded that the level of stress among the select public sector banks are found to be limited and if the recommendations / suggestions are considered and necessary action taken by the management that will help to relieve the stress of the employees and also help to impact more productive employees that will help the banks to achieve greater heights.

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Author Profile



Priyanka Das has completed her Master of Business Administration (MBA) in Human Resource Management from Sam Higginbottom Institute of Agriculture, Technology & Sciences, Allahabad, Uttar Pradesh, India. She has also completed her Master of Technology (M.Tech) in Biotechnology from West Bengal University of Technology, Kolkata, West Bengal, India and Master of Science (M.Sc) in Biotechnology from Devi Ahilya Vishwavidyalaya, Indore, Madhya Pradesh, India.



Alok Kumar Srivastav has completed his Master of Business Administration (MBA) in Human Resource Management from Sam Higginbottom Institute of Agriculture, Technology & Sciences, Allahabad, Uttar Pradesh, India. He has also completed his Master of Technology (M.Tech) in Biotechnology from West Bengal University of Technology, Kolkata, West Bengal, India and Master of Science (M.Sc) in Biotechnology from Devi Ahilya Vishwavidyalaya, Indore, Madhya Pradesh, India.