A STUDY ON STRESS MANAGEMENT AMONG EMPLOYEES WORKING IN STEEL INDUSTRY

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ABSTRACT
Problems of stress are very common in some industries such as Iron and Steel Mills, Glass and Ceramic Units, Forge shops, Foundries, Bricks and Tiles Factories, Thermoelectric plants, Cements, Coke ovens, Laundries, Mines and many others. There are many workplaces in these units where artificial hot climates are deliberately created for the requirement of some processes. Whenever an individual is exposed to stress condition, there is a resulting strain due to considerable changes in many physiological reactions such as ‘sweat production’, ‘increased heart rate’ and ‘higher core temperature’ etc. The greater the stress level, the greater is the degree of strain experienced. Stress can be physical, psychological, or social, and can stem from virtually any circumstance, depending on the person. Positive stress is referred to as eustress, which often gives us our competitive edge in performance-related activities. Eustress is stress that the body can chemically dissipated without physiological damage—helpful in moving individuals toward achievement. On the other hand, distress is negative stress, such as constant worry, that can be physically or psychologically harmful if ignored. Distress is what people aim to manage through use of Coping strategies.

KEY WORDS: Stress, Distress, Eustress, Psychology, Coping strategies, Competitive Edge