ABSTRACT
In the information technology supported and fast growing work environment, stress is an inevitable one. Working women population has also in the growth stage. Working women face stress in managing their personal life with work life. The present study title “A STUDY ON OCCUPATIONAL STRESS MANAGEMENT OF WORKING WOMEN: Causes, Levels, Techniques for Stress Management.” The main findings of this study show that Stress is an inherent factor in any type of vocation or career. At its best, the presence of stress can be a motivator that urges the individual to strive for excellence. However, excess amounts of stress can lead to a lack of productivity, a loss of confidence, and the inability to perform routine tasks. As a result, quality employees lose their enthusiasm for their work and eventually withdraw from the company.

KEYWORDS: Occupation, stress, career.