A STUDY ON STRESS MANAGEMENT IN MANUFACTURING SECTOR

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ABSTRACT
Stress can be caused by events that are pleasing as well as events that create crisis in our lives. Change causes stress—good change or bad change; it does not make a difference. When change occurs we usually experience some level of stress. When individuals have little control over the policy or operations of their organization, they may experience stress. Studies have shown that having the sense of some kind of control can reduce stress and improve performance. The prediction of stress management (SM) score and the relative contribution of various variables namely age, gender, marital status, family size, educational qualification, job designation, experience and salary on the dependent variable stress management is studied, with the help of step-wise multiple regression analysis. Hence it is concluded that stress management score could best be predicted with the help of Marital Status, Age and Gender among the 8 demographic variables. Hence the null hypothesis that no single variable or a set of variables included in the study do not significantly exert their contribution to stress management is rejected.

KEY WORDS: Khanna Associates, Review of Literature, Results and Discussions, Stress Management