OCCUPATIONAL STRESS AMONG SOFTWARE EMPLOYEES- ROLE OF CORPORATE COMPANIES

NAGARAJ NAIK. M*, DR. KODANDARAMA**

*RESEARCH SCHOLAR, DEPARTMENT OF SOCIAL WORK, BANGALORE UNIVERSITY, BENGALURU, INDIA.

**ASSOCIATE PROFESSOR, DEPARTMENT OF SOCIAL WORK, BANGALORE UNIVERSITY, BENGALURU, INDIA.

ABSTRACT:
Occupational stress is received increasing attention in the literature; however, this phenomenon is more common in the situations that are target oriented, deadline driven. Software Industry is one such sector, in which the employees are affected profoundly and serving these organizations are often observed under huge stress. Working in such environment produces many other types of pressures and results in the form of lack of sleep, job dissatisfaction, burnout, long working hours, and pressure at work. Night shifts and degradation of employee motivation, behaviour, which again lead to various mental health and physical problems. It is difficult to say what factors contribute to the stress, because job stress may be caused by a complex set of reasons. Some of the most visible factors of job stress are work stressors, role stressors, personal development stressors, interpersonal relation stressors and organizational climate stressors etc. This article tries to provide conceptual understanding on occupational stress and explains role of corporate companies in planning occupational stress interventions to combat occupational stress.

KEYWORDS: Corporate Companies, Intervention, Occupational Stress, Software Employees.

REFERENCES:


