FACTORS CAUSING STRESS AND STRESS MANAGEMENT AMONG FEMALE EMPLOYEES

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ABSTRACT
This paper provides an opportunity to learn and expand the knowledge on Stress and how to manage the stress. Among female employees it has been increasing at a faster rate. It is acting like a barrier in the growth among female employees on personal and professional basis too. It would help to know the exact reason behind this and various methods that would help to tackle it. The study has been conducted with a few objectives in mind which would help to study the factors causing Stress and ways of managing stress among female employees.

KEYWORDS: Causes of Stress, Stress, Stress Management, Work life balance, Glass ceiling.

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