STUDYING THE RELATIONSHIP BETWEEN EMOTIONAL INTELLIGENCE AND OCCUPATIONAL STRESS: A CASE STUDY AT IT INDUSTRY

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ABSTRACT

The purpose of this study was to explore and describe the relationship between emotional intelligence and occupational stress and its influence in IT industry. The outcome of testing research using a regression analysis shows that there is a significant relationship between occupational stress and emotional intelligence. Statistically, the result confirms that the inclusion of emotional intelligence has mediated the effect of occupational stress in the Infosys. The study was conducted through a structured questionnaire and interview technique. Further, the implications and discussion are elaborated.

KEYWORDS: Occupational Stress; Emotional Intelligence; Employees Relationship; Psychology.

REFERENCE: