



CERTIFICATE

This is to certify the project work entitled

“A STUDY OF STRESS MANAGEMENT”

Is done by

NAME: CHENNAYPELEM SRILATHA

ROLL NO: 110420405041

IDEAL DEGREE COLLEGE FOR WOMENS

HYDERABAD—500007

This work has been carried out under my guidance

B. Madhusudhan

PRINCIPAL: B. MADHUSUDHAN



JS
External EXAMINER

S. Bhagya Laxmi
MENTOR: S. BHAGYA LAXMI

Ideal Degree College for women

ANNEXURE -1

DECLARATION

I hereby declare that the project entitled “**A STUDY OF STRESS MANAGEMENT**” is an original work done by me and has been submitted to the Department of Commerce Osmania University, Hyderabad in partial fulfillment for the award of the Degree of Bachelor of Commerce (Computer Applications).

This report has not been submitted anywhere else for award of any other degree or diploma or certificate.

Name and address of the student

CHENNAYEPALEM SRILATHA

Ch. Srilatha
Signature of the student

As a part of their curriculum in the Department of Commerce

INDEX

TABLE OF CONTENTSS

S.NO	TITELS	PAGE NUMBERS
1	INTRODUCTION	1
2	REVIEW OF LITERATURE	19
3	REASEARCH & METHODOLOGY	27
4	RESULT & DISCUSSION	30
5	FINDINGS SUGGESTIONS & CONCLUSION	40
6	QUESTIONNAIRE	47
7	BIBLIOGRAPHY	52

INTRODUCTION

Many people think of stress as a simple problem. In reality however, stress is complex and often misunderstood. We all know that stress is the body's reaction to any demand on it. Perceptions of events, whether positive or negative, activate stress. It is, therefore, a highly individual affair. What is stressful to 'X' may not be so to another. But it is fairly easy to conclude that everyone lives under a certain amount of stress. In fact, the only people without stress are dead. At the same time it is certainly wrong to conclude that stress is always bad. Mild stress may improve the productivity. It may force people to focus more sharply on the problem and produce solutions. But if stress is severe and persist for long periods of time, it can be harmful. Stress can be disruptive to an individual as any accident. **What is Stress:-**

Stress may be understood as a state of tension experienced by individuals facing extraordinary demands, constraints or opportunities.

Stress Defined as

“Stress is an adaptive response to an external situation that results in physical, psychological and behavioral deviations for organizational participants.”

“Stress is a person's adaptive response to a stimulus that places excessive psychological or physical demands on that person”

We need to examine components of this definition carefully. First is the notion of adaptation. It means that people may adapt to stressful circumstances in any of several ways. Second is the role of stimulus. This stimulus, generally called a stressor, is anything that induces stress. Third, stressor can be either psychological or physical. Finally, demands the stressor places on the individual must be excessive for stress to result.

Two Faces of Stress:

CONCLUSION

From the analysis and interpretation the conclusion can be made:

- All the employees feel high level of job stress.
- The major cause of their stress is low job security, overload and un proper working schedules.
- The problems at home also interfere with their job performance and are a cause of job stress.
- There is high affect of job stress on the general health of employces.
- Some of them have to work in nights shifts.
- There are no management programs in organizations for coping stress. Most of the engineers believe that it is necessary that the organization should provide some management programs to cope with stress.