

“A STUDY ON STRESS LEVEL MANAGEMENT BY EMPLOYEES”

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Abstract:

Human resource management is the process of recruiting, selecting, inducting employees, providing orientation, imparting training and development, appraising the performance of employees, deciding compensation and providing benefits, motivating employees, maintaining proper relations with the employees and their trade unions, ensuring employees safety, welfare ad healthy measures in compliance with labour laws of the land.

Stress is the part of human resource management. Stress is a feeling of emotional or physical tension. It can come from any even or thought that makes you feel frustrated, angry, or nervous.

Objective of the study is to know about the stress level of employees, to know about the things that make them stress, to know the measures taken to overcome those stress, to know how those employees manage their personal and professional stress.

Key words: Human Resource management, stress, personal stress, professional stress, measures to overcome.
