CHAPTER 7

SUGGESTIONS
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As the findings suggested that the employees in SBI and HDFC do not feel any major sort of work stress. We suggest that the management of both banks should continue their stress management practices as they have been doing it. The management of both the Banks should take active part in making stress management training programs for their employees. On behalf of this research, the following suggestions are being made to prevent the increase in workplace stress of employees:

- Undertake stress audit at all levels in the organisation to identify stress among the employees
- In HDFC, bank should develop the trust among the employees with regard to job security.
- Organize the get together activities to increase the interaction of employees
- In SBI performance should be evaluated properly.
- Promote the yoga and health classes for the physical fitness of employees.
- Unplanned or unexpected work must be avoided by key person in both banks.
- Encourage open channel of communication to deal work related stress.
- Continue to motivate the employees for their achievements
- Give attractive system of reward and recognition of good work.