CHAPTER 8

CONCLUSION
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The productivity of banks depends on the employees of the organisation. The psychologically healthy employees lead to the progress of the organisation. Occupational stress and the workplace health have been the issue of major concerns over last decade.

The purpose of this research was to identify the level of work stress, its causes and methods to reduce work stress among the employees of SBI and HDFC at Ambala Cantt.

From the findings it is concluded that stress level is low among the employees in both banks in terms of scale of measurement. The factors causing stress is different in both the banks.

A lack of opportunity for growth or advancement can increase job stress in SBI Bank. Workload can be one of the reasons for the workplace stress in HDFC Bank. The employees in both banks are satisfied with the workplace environment of the bank.

In SBI most of the respondents have chosen yoga and health classes as mean to reduce stress whereas in HDFC Organisational get together is rated high as mean to reduce stress. Employees of both banks have the capability and skills to perform their job. They are confident about the process of work.