ABSTRACT

Stress has become a very common phenomenon of routine life, and an unavoidable consequence of the ways in which society has changed. This change has occurred in terms of science and technology, industrial growth, urbanization, modernization, and automation on one hand; and an expanding population, unemployment, and stress on the other.

The aim of this study is to compare job-related stress, factors causing job stress and preferable methods of reducing stress if any, between HDFC and SBI Bank’s employees, based on the certain factors. It also examines the role of organizational and task related variables on the stress levels of both Banks and preferable methods of reducing stress. The methodology entails a survey of 45 respondents from SBI and 40 respondents from HDFC banks at Ambala cantt in Haryana. whose responses are measured according to the 5 point likert scale and also use secondary data provided by the literature review. The sample was collected through convenience sampling. On applying the t-test to the data, it is found the employees of both HDFC and SBI banks face low levels of stress and there is significance difference overall among the employees of both HDFC and SBI in terms of factors causing stress, certain organizational and task related factors—such as workload, time pressure, encouragement, growth, threat of unemployment—do yield differences. The major limitation of this study is that it was conducted in Ambala cantt alone, while the work culture of organizations other than in Ambala may be different.

(key words- job stress, factors, SBI, HDFC)