ABSTRACT

The Study on the Job Stress among Bank Managers was conducted in Trichy City of Tamilnadu State in India with the following Objectives:

To determine the level of stress, to identify the common stressors, to learn about the effects of stress of Bank Managers and to understand the various coping mechanisms adopted by them and also to suggest techniques to reduce stress level.

Census method was adopted and 246 respondents participated out of 404 in the universe.

The period of data collection was between May 2012 and November 2012.

The study was based on the following Hypotheses:

• The TABP of bank managers and their effects of stress are associated.
• There is no significant difference in the stress level of bank managers on account of their demographic variables and job related variables.
• Each cause of stressors (i,g,o,e) is linearly related to the stress level of respondents.
• The various factors are equally contributing towards the overall stress.

The study was presented in 5 Chapters.

SPSS was used for statistical interpretations of data. All the statistical hypotheses were tested at 5% level of significance. That is $\alpha = .05$.

The major findings of the study were as follows:

1. Majority of the respondents (54.9%) were having high level job stress.
2. With regard to the TABP pattern of the respondents, majority (76.8%) belonged to the medium A type.
3. Majority (77.6%) of the respondents had only tolerable effects of stress.
4. The gender, mother tongue, employment status of spouse and present staying of the respondents were not associated with the stress level of respondents.
5. The age, education, blood group, food habit, marital status, and type of family of the respondents were related to the stress level of respondents.
6. The TABP of the respondents and their stress level were related.
7. There was no significant difference between the sector and designation of the respondents and their stress level.
8. The experience and salary of the respondents and their stress level were related.
9. All the causes (individual, group, organizational and extra-organizational) taken together for the study were contributing towards stress.
10. The various factors (individual, group, organizational and extra-organizational) were not equally contributing towards overall stress.