Appendices
STRESS MANAGEMENT AMONG THE BANK EMPLOYEES IN SALEM CITY

1. Name: 

2. Age: Sex F □ or M □

3. Experience □ Below 5 Years □ 5 – 10 Years □ 20 Years and above

4. Marital Status □ Married □ Unmarried

5. Income □ Below 5000 □ 5000-8000 □ 8000-12000 □ 12000-15000 □ 15000 and above

6. Educational Qualification □ Graduate □ Post Graduate □ Graduate with Professional □ Post Graduate with Professional □ Post Graduate and other discipline

7. In which Bank are you working □ Nationalized Bank □ Private Bank □ Foreign Bank

8. Name of the Bank: 

9. Designation: 

10. Traveling leaves me tired and exhausted? SA A PA DA SDA

11. Do you agree some stress is needed for an organization? SA A PA DA SDA
12. Stress due to Health Problem

13. Lack of self confidence

14. Dissatisfaction with the family relation

15. Uncomfortable with the family relation

16. Carrying family problem to work place

17. Inability to meet financial obligation

18. Do you agree stress is create the working environment

19. Due to health condition of family member affecting work

20. Feelings stress because of over work load

21. Responsibility and Accountability lead to stress
22. Non-cooperation of subordinates leading to stress

23. Inability to cope with technological change create stress

24. Fear to interact with the superiors create stress

25. Unrealistic expectation create stress

26. Time to relax is less, hence it create stress

27. Do you agree stress is create motivation

28. Rigid Organization policies create stress

29. Too much of politics in the work place create stress

30. Exhaustion by the daily routine work

31. Rank the following stress (Rank as 1 to 5)
   - Family Problem
   - Social Problem
   - Psychological Problem
   - Personnel Problem
   - Official Problem

32. How you manage stress
   - Regular exercises
   - Meditation
   - Prayer
   - Yoga
   - Any other specify