ABSTRACT

Stress is an inevitable and unavoidable component of life due to increasing complexities and competitiveness in living standards. Thus in modern life, stress is general and job stress in particular has become a part of the life and has received considerable attention in recent years. The main objective of the study is to analyse the impact of stress and coping strategies among bank managers.

A researcher has to collect both primary and secondary data and the sample comprises of 310 respondents from bank managers in vellore district. The researcher intended to use appropriate statistical tools such as descriptive, inferential percentage analysis, t-test, F-test, ANOVA, standard deviation and mean deviation, chi-square and structural equation model confirmatory factor analysis.