PREFACAPE TO THE RESEARCH STUDY

Stress research is to evaluate managerial and psychological related stress. Since 80 years researches carried out on stress. The aim of research work is to smidgen ideas and understanding which affect managerial functional qualities affected by stress i.e. managerial work or life events related stress. When we observe current state, stress is developed unavoidable in normal life. Even we can not avoid human role in management. Management is art to get things, do, through and with people. The research has been focused mainly to evaluate stress level and managerial problems. This study is based on factors which are persuading stress and deal with strategies. It is showed on haphazard sample of 1000 (500 each of government and private employee of hospital and bank sector which supplementary divided into 250 seniors and junior employees in both group further distinctively in 125 males and females in each) of Kanpur city. The survey for distinctive have been approached laterally through Employ Group Cradles of Stressors scale. The different parameters like Frequency, percentage, chi square test and correlation have been calculated for analysis.

The study consists of eight chapters on details. In the first chapter, concepts of stress, effect and causes of stress, stress SWOT analysis with intangible edge work of managerial problem have been focused. While in second chapter, critical literature review had been done to understand stress and managerial effect. Chapter third have been designed on research methodology which is used in study. Interpretation and analysis of stress has been performed in fourth in fourth chapter by hypothesis of study affecting to stress. Further in fifth chapter, managerial problems analysis and interpretation have been done by evaluating managerial belief and function application. Finally comparative analysis of stress and managerial problems have been done in sixth chapter with final conclusion of result.

It was observed that intrusion of employment organizational tasks with family organizational character, deficiency of decision making ability which in turn decrease responsibilities with participatory exemplary in administrative work that might have improved accountabilities to exhaustion point. It was observed that
majority of employee felt stressed basically because of laziness and with fewer responsibilities satisfaction. It was discovered that an oversized portion of employee with low level whereas in gender individual affiliation stressors, whereas it had been non crucial if there ought to arise an incident of labor, half and authoritative atmosphere stressors. Providing petition to God, positive considering, operating in-gathering, dodging updates assignments undertakings and listening melodies were honed after they were rationally centered. There was no noteworthy gender distinction found regarding physical stress administration wherever because it was large within the event of mental stress administration procedure