ACKNOWLEDGEMENT

The industrial revolution, in a few decades profoundly changed the nature and organization of work. The new industrial process, increased productivity and pressures of the industrial workers. Occupational stress is found to be a common problem in this modern world of achievements. Some aspects of man and kinds of work have bad effects on most people under certain circumstances. The field of occupational stress becomes the study of those aspects of work that either have or threaten to have bad effects. The costs of occupational stress is much for individual, society and organization. So efforts to reduce stress of the employees are necessary. Taking into consideration these aspects the present study is conducted.

I feel it my good fortune and matter of pride that I have a learned professor Dr. R.D. Helode, Head of Dept. of Psychology as my research supervisor. Without his intellectual guidance and help and encouragement I would not have been able to complete the present research work. I am grateful to him for that.

I have no words to express my thankfulness to the management of Bhilai Steel Plant, for allowing me for collection of data from Bhilai Steel Plant. Also some officers for helping me in data collection.

I am also grateful to Mr. Harihar Morey for helping me all the time in completing my study and supporting me. I am also thankful to my brothers for encouraging me, and other youngers in my family
specially Ravikiran, Sheetal and my daughter Shweta for their encouragement, support and consideration.

Last, but not least, I am grateful to Mr. P. Nageshwar Rao for composing this thesis sincerely and neatly.

12-12-03
Bhilai

(Mrs. Shobha Morey)