

LIST OF TABLES

Table No.	Title	Page No.
3.1	Management Level of Respondents	96
3.2	Gender of Respondents	96
3.3	Gender of Respondents	96
3.4	Shift Pattern of Respondents	97
3.5	Functional Area of Respondents	97
3.6	Overall Stress Level of Airport Employees	98
3.7	Stress Level Categorization and Gender	99
3.8	Stress Level of Employees under different age groups.	99
3.9	Stress Level Categorization based on Organization	100
3.10	Stress Level Categorization based on Working Time.	100
3.11	Stress Level Categorization based on Functional area.	101
3.12	Stress Level Categorization based on Managerial Levels.	102
3.13	Categorization of Employees based on Occupational Stress.	103
3.14	Occupational Stress Level and Gender	103
3.15	Occupational Stress among different age groups.	104
3.16	Occupational Stress Across Organizations	105
3.17	Occupational Stress and based on working time	105
3.18	Occupational Stress and Functional area	106
3.19	Occupational Stress and Managerial Levels	107
3.20	Categorization of Employees based on personal stress.	108
3.21	Personal Stress Level and Gender	108
3.22	Personal Stress Among Different Age Groups	109
3.23	Personal Stress Across Organizations	110
3.24	Personal Stress and Based on Working Time	110
3.25	Personal Stress and Functional Area	111
3.26	Personal Stress and Managerial Levels	112
3.27	Categorization of Employees Based on Social Stress	113

LIST OF TABLES

Table No.	Title	Page No.
3.28	Social Stress Level and Gender	113
3.29	Social Stress Among Different Age Groups	114
3.30	Social Stress Across Organizations	115
3.31	Social Stress and Working Time	115
3.32	Social Stress and Functional Area	116
3.33	Social Stress and Managerial Levels	117
3.34	Ranking of Stress Contributing Factors based on the mean score analysis	118
3.35	Personality Types of Respondents	119
3.36	Personality Types and Gender	119
3.37	Personality Types Across Managerial Levels	120
3.38	Employee Categorization Based on Health Impact	121
3.39	Employee Affected with Multiple Health Disorders	122
3.40	Stress Impact : Analysis of Significant Factors	123
4.1	Employee Categorization Based on Environmental Impact	124
4.2	No. of Employees Affected with Multiple Environmental Factors	125
4.3	Environmental Impact : Analysis of Significant Factors	127
4.4	Employee Categorization Based on Impact of Work Factors	128
4.5	No. of Employees Affected with Multiple Job Factors	129
4.6	Job Factors Impact : Analysis of Significant Factors	130
4.7	Employee Categorization Based on Impact of OC	131
4.8	No. of Employees Affected with Multiple Organizational Factors	132
4.9	Organizational Culture : Analysis of Significant Factors	134
4.10	Overall Stress Level of Non-Airport Employees	135
4.11	Stress Level Categorization and Gender	136
4.12	Stress Level of Employees under Different age groups	137
4.13	Stress Level Categorization Based on Working Time	138
4.14	Ranking of Stress Contributing Factors Based on the mean score analysis.	139

LIST OF TABLES

Table No.	Title	Page No.
4.15	Stress Level of Experiment Group before Experiment	140
4.16	Stress Level of Experiment Group After Stress Management Workshop	141
4.17	Comparison of Stress Level – Before and After Workshop	142
4.18	Stress Level After Yoga Workshop	142
4.19	Comparison of stress Level – Before and After Yoga Workshop	143
4.20	Comparison of Stress Level – Before and After Yoga Workshop	144
5.1	Stress Level of Airport employees and Non –Airport Employees	146
5.2	Stress Level Among Different Managerial Levels	147
5.3	Personal Stress Level and Occupational Stress Level	149
5.4	Stress Level and Gender	150
5.5	Occupational Stress and Gender	151
5.6	Stress Level and Age of Employees	152
5.7	Stress Level and Age of Employees	153
5.8	Personal Stress and Age Group	155
5.9	Social Stress and Age Group	156
5.10	Stress Level of BIAL and Non-BIAL Employees	157
5.11	Stress Level and Shift Working	158
5.12	Occupational Stress Level and Shift Working	159
5.13	Personal Stress Level and Shift Working	160
5.14	Stress Level and Functional Area	162
5.15	Type of Personalities and Gender Among Airport Employees	163
5.16	Personality Types at Different Managerial Levels	165
5.17	Types of Personality and Stress Level	166
5.18	Impact on Employees by work and OC Factors	167
5.19	Stress Level of Experiment Group before and after the workshop	168
5.20	Stress Level of Experiment Group before and after the workshop	170
5.21	Stress Level of Experiment Group before and after the workshop	171