CHAPTER 6

FINDINGS
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The findings of the research are given below:

- It is found that the current stress level among the employees of both banks is low which shows that both organisation have good attitude towards the welfare of the employees.
- There is no significance difference among the employees of both banks with regard to the current stress level.
- The mean average of stress level is in both banks is between 1 to 2 which is quite less than 5.
- The factors which affect the job stress level of the employees are different in both banks.
- The major organisational factor causing stress among the employees in SBI is that there is no opportunity of growth in bank.
- The major organisational factor in HDFC is the threat of unemployment.
- The threat of unemployment is rated less by the respondents of SBI
- Lack of higher management support is rated low by the respondents of HDFC as the higher management helps and guide properly to the respondents.
- The task related factors causing job stress are different in both the banks
- The major task related factor in SBI is the respondents are not encouraged by the senior.
- In HDFC work load is the major task related factor of job stress.
- the respondents of both the banks rated low the factor of no ability to perform the task
- work load is high among the respondents in HDFC as compared to SBI.
- the method of reducing work stress is different in both the banks.
- The most preferable method of reducing stress in SBI is Yoga and health classes.
- The most preferable method of reducing stress in HDFC is organisational get together.
  The least preferable method of reducing stress in both banks is workshop and training.