A STUDY ON THE LEVEL OF STRESS AMONG THE PRIVATE BUS CONDUCTORS IN TRICHY DISTRICT

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ABSTRACT

The stress is the common phenomena and property of modern human beings irrespective of their occupation. Because each every job has its own nature and according it is generating a kind of pressure (stress) over the respective working domain. According to the above truth the transportation sectors especially the private common transport and its employees facing plenty of problems and issues in their day to day life. Private common transport employees are motivated the level of stress by different variables like their salary, personal life, public, operational and collection. So this article is facing many problems above said variables. Here the target audience must have a positive thinking over the influences of the above said variables, otherwise while recover from the stress and managing the right amount of stress are become more challengeable.

KEY WORDS: stress management, level of stress, stress coping strategies

REFERENCES