A STUDY ON STRESS MANAGEMENT AMONG WOMEN EMPLOYEES IN MYSURU

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ABSTRACT
Stress has been associated with every human being and will be there for all times to come. Right from birth every individual is undoubtedly exposed to various stressful situations. However, stress is not always bad. Some stress is always necessary to motivate and stimulate us. Hence, stress of certain level is very beneficial. Stress is unavoidable on the part of employees irrespective of the gender. The systems, procedures and techniques are getting complicated with the use of technology. The entire employee in the organization cannot cope with the changing nature of jobs and this is leading to stress among employees. An attempt has been made with this research paper to know the reasons of stress among women employees and the ways used by employees to cope with stress generated at workplace. Majority of women employees try to find solution to relieve them from stress. The research paper has also suggested the different measures to overcome stress that affects physical and mental health.

KEYWORDS: Stress, Women Employees, Workplace, Relieve from stress, Physical and mental health.

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