

Stress Impact on Industrial Area of Indian Managers

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ABSTRACT Advancements in science and technology has brought tremendous change in the life style of people which leading to higher stresses. Stressful situation at work place, disturbs the mental peace, weakens a person psychologically and create complexities in social and familial relationship. The present study analyzed the stress impact on managers of a selected industry in India. Standardized scales for stress assessment were used for estimating the stress of the subjects from private and public sector. Results revealed that on an average the managers had low stresses. Therefore, it was concluded that the increase or decrease of stress will have impact on quality, quantity of work and productivity of work.