

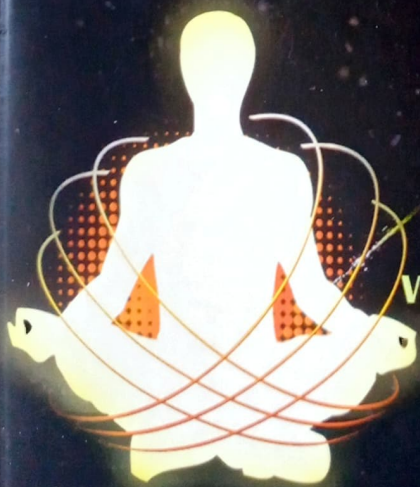
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OCCUPATIONAL STRESS AMONG EMPLOYEES OF GOVERNMENT AND PRIVATE BANK OF MEHSANA DISTRICT

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ABSTRACT

The present investigation to find out the difference of occupational stress between employees of Government Bank and Private Bank. The sample is composed of 120 employees out of which 60 from Government Bank, 60 from banking sector for this purpose of investigation. Occupational stress scale developed by A.K. Srivastav and A.P. Singh and Job satisfaction scale developed by Pramod Kumar. Scoring has been done as per manual. The data was analyzed by statistical 't' test and correlation. Result was found that there is significant difference in level of occupational stress in employees of Government Bank and Private Bank. Private Banking sector's employees have a more occupational stress level than Government Bank employees.

Key word: Occupation Stress, Government and Private Job

INTRODUCTION:

Occupational stress is stress involving work. According to the current World Health Organization's (WHO) definition, — Occupation or work-related stress's the response people may have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope. Occupational stress nearly everyone agrees that occupational stress results from the interaction of the worker and their conditions of work. Today there are many psychological problems. Occupational stress Is one of them. Humans of modern times are run behind money, property and reputation therefore, the competition become so hard, and people feel continuously stress. In 21st century humans develop science and technology so fast and many of achievements here. So, this century is called **Century of achievement** and same also **Century of Stress**, because of that, human feel stress in which field they worked.

The reasons for occupational stress are occupational requirement, Government Banks of role, confusion in role in job, minimum and maximum level of work, lack of social help, lack of participation in decision making and etc. The nature source/ method to defuse stress by crying, talking, laughing, sleeping and relaxation.

Employees in both public and private sector experience stress and respond in different ways. The work culture of public and private sector is different in regard to time of work, nature of work, scale of pay, company policies, degree of supervision, leadership etc. (Motowidlo, Packard & Manning 1986) have classified the causes of stress into two broad categories: organizational stressors and life stressors. (Pestonjee 1987) has classified three important sources where stress emanates from. These are job and organizational, social sector and intra-psychic sector. Environmental factors do have impact on employee stress. The environmental factors to which an employee responds mainly include fast technological change, family demands and obligations; economic and financial conditions, race, caste, class, ethnic identity and relocation and transfers (Pestonjee 1983). Of late, the phenomenal rate of social and technical change also had its great impact on people's lifestyle which is carried over into their jobs.

occupational stress is anything regarding the working environment or nature of work it self that causes individual perceived stress (Rohany,2003).occupational stress has also defined as "the response people may when presented with work demands and pressures that