

**THE IMPACT OF JOB RELATED FACTORS ON OCCUPATIONAL
STRESS AMONG THE EMPLOYEES IN BANKING SECTOR
WITH SPECIAL REFERENCE TO AMPARA DISTRICT**

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Abstract

In today's world, the nature of work is changing at rapid speed. Hence, now more than ever before, job stress poses a threat to the physical and mental health of workers and, in turn, to their organizations.

Among the whole set of resources, the most precious in an organization is the people of the organization. The reason is that, it is worth less having all the resources except human resource since there is nothing that an organization can do with the absence of employees. Especially in the service sector, like banking industry employees' Contribution towards organizational activities is vital in a border sense. When employees experience stress on the job and if these issues continue, this will in return have adverse effects on the organization. It will be the beginning of disaster for the whole system.

The importance to study the occupational stress in banking sector is much reasonable. Because, the competition among the banks in terms of service provided and quality of service, more pressure is given to the employees. This research work is studied about "The impact of job related factors on occupational stress among the employees in banking sector with special reference to Ampara district". This study was attempted to investigate the influence of job related variable on occupational stress.

In order to analyze about the occupational stress six organizational variables were considered which are Role conflict, Role overload, Role ambiguity, Role insufficiency, Physical working condition and Motivation. Occupational stress is caused by the above factor. Structured questionnaire was used to collect the primary data. The total population was 160 employees for this research. Out of 100 respondents were selected as sample by using the random sampling method.

The study found that, the banks employees in Ampara the High level of occupational stress, the job related variables were highly influence on occupational stress. Therefore, it was known from the conclusion, the management and the employees of the banks want to take necessary actions to relief from the occupational stress. Eventually this report recommends some remedial actions that help to reduce the occupational stress in banks.

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