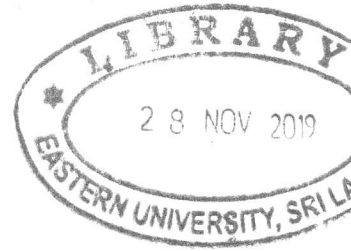


**IMPACT OF JOB RELATED FACTORS ON OCCUPATIONAL STRESS  
AMONG THE EMPLOYEES OF BANKING SECTOR IN TRINCOMALEE  
DISTRICT**

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**A Project Report**



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## ABSTRACT

The purpose of this study is to analyze the impact of job related factors on occupational stress among employees of banking sector in Trincomalee district.

This study is carried out at different branches of different banks located in Trincomalee district. Questionnaire is distributed to 120 employees from those banks. Random sampling method was used to make the sampling framework of the study. The data is analyzed by using univariate, bivariate analyses to take the descriptive and inferential statistics. Univariate analysis was used to find out the levels of job related factors on occupational stress and bivariate analyses were used to investigate the relationship and impact of job related factors on occupational stress of employees in selected six banks in Trincomalee district.

Results indicated that employees of different banks had different level of occupational stress. The analysis proved that occupational stress is positively and significantly associated with job related factors. Further it revealed that occupational stress is reduced by motivation.

This study can be extensively used in fields other than the banking industry such as hospitality, healthcare, insurance, etc. Stress gives rise to physical problems and health problems. It may also lead to psychological, behavioral and organizational problems. Stress adversely affects the productivity of the organization as employees experiencing stress may not perform up to their capability and according to the requirements of the organization.

**Keywords:** Occupational Stress, Role Conflict, Role Overload, Role Ambiguity, Role Insufficiency, Strenuous Working Conditions, Motivation

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