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**A STUDY ON CORPORATE STRESS AMONG EMPLOYEES WORKING IN MUMBAI REGION**

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**ABSTRACT**

*Corporate or workplace stress is the harmful physical and emotional responses that can happen when there is a conflict between job demands on the employee and the amount of control an employee has over meeting these demands.*

*Methodology: primary data has been collected by administering a questionnaire on employees working in various organizations across Mumbai region.*

*Observations and Results: Even if the employees are new they are under stress to get mixed in the organization. When an employee is an old member, he/ she is under stress that there is a probability of him/her getting replaced by the youth. Other major reasons of employees being stressed is heavy work load, inefficient time management and some times authoritative nature of the boss. Internal politics and organizations' environment also matters. Organizations need to undertake various activities to address this ever rising problem of corporate stress among employees.*

*Keywords: Corporate stress, Stress Busters, Employees' stress*

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**1. INTRODUCTION**

Corporate stress has drastically increased over the years as the youth have started taking their work lightly. They keep things pending for future. It also prevails amongst the middle-age employees as they fear losing their jobs to the youth. Also their working capacity reduces due to their age.

Corporate stress has an ill-effect on the lives of employees and their families too. Employees stress out and it causes them to work for long hours, resulting into no physical movement and weight gain further resulting into heart diseases and several other problems.

Also when an employee works over time he or she gets less time to spend with his or her families. Also when employees who are parents go home stressed out, some times get intoxicated too. This result in distance between the children and parents as the parents are stressed and they yell at their children for little things and then children gets distant from their parents.

Here we made a survey to know weather the employees are really stressed due to their jobs, unachievable deadlines, low salary, coming in of youth, organization's environment or manager's authoritarian nature.

We also gave them a few options to choose like exercise, yoga or meditation which they prefer doing to get rid of the stress due to their job. Stress can be handled if the employees focus on time management, not just for organizational work but also take out time for their hobbies or spending some time with family and friends.

**2. RELEVANCE OF THE STUDY**

The study is useful for the employees working in different sectors in different organizations. It can motivate them to take corrective measures to overcome stress. The study is also helpful for the employers of different organizations as human resources/employees are their greatest resources. As stress can reduce the efficiency, organizations need to understand what are they doing wrong and how can they support employees in managing stress. This research can also prove to be beneficial for the HR managers as they are responsible for managing the employees in the companies and look after their well being. HR managers can formulate better practices to ensure mental and physical health of the employees.

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