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An empirical study on the impact of work stress on work-life balance amongst the employees of SBI and ICICI banks

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Work stress is the theme of across the board of concentrate inside the past years. Everybody who has ever held an occupation has, sooner or later, feels the pressure of work-related stress. Any activity in the job can have stressful components, regardless of whether an individual love what they do. For the short-term, an individual may encounter work stress to comply with a

time constraint. Be that as it may, when work stress winds up interminable, it tends to overpower, and destructive to both emotional and physical health. As per the Associated Chambers of Commerce and Industry of India (ASSOCHAM), banking is one of the top 10 sectors in which the hazard of stress and mental exhaustion has increased as of late at best and center positions to deliver on deadlines. Work stress is the key reason behind the crisis in the banking segment, subsequently, hence the study was done among the top level and middle-level management of the banking sector with reference to the South zone of Telangana state. This paper investigates the significant impact of work

stress on the work-life balance of bank employees according to their demographic variables like age, gender, work experience, and to explore the variations if any and to investigate the relationship that exists between work stress and work-life balance. The sampling technique that was used for the study was the Stratified Random Sampling technique is used with a sample of 100 bank employees. A statistical technique that is used is ANOVA, correlation, and regression. Further revealed that work stress has an impact on the work-life balance of bank employees, and work stress has a correlation with work-life balance.

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