

JOB STRESS AMONG WORKERS – AN EXPERIMENTAL APPROACH

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Abstract

The present paper attempts to investigate the effect of job stress on skilled and unskilled workers. The study examines work stress in organizations and other problems due to stress faced by workers. The job stress has been examined through twelve subscales of occupational stress index (OSI). The final data was collected from 360 workers (180 skilled and 180 unskilled) from industries in near by area of Bhopal (M.P.). The occupational stress index was used for data collection and co relational analysis was done on workers. It was work overload and job stress, performance pressure and negative relationship between job stress and job satisfaction.