

STRESSMANAGEMENT AMONG PRIVATE AND PUBLIC BANKING SECTOR

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Abstract

Bank plays a major role in our country many youngsters have a dream to work in a bank. So, my study is to focus on how the stress management among private and public banking sector. My sample size is 42. The analysis is done by ANOVA SINGLE FACTOR.

Keyword: Banking Sector, Private, Public

1. Introduction

Work place stress can occur when there is a mismatch between the requirements of the role, your capabilities and resources and support available everyone knows that stress feel like and we've probably all experienced it at some stage at home, school(or)work, or while getting outside our comfort zone. There are common stressors in most roles but also specific stressors for certain roles.

Rohityadav(2017)entitled the level of stress among public and private banking This research select is also depend on the individual and organizational level.

Sumesh, Asha resulted the stress will be different among different workers.

Ramezanjahanian fouced on the organizations goals and individual.

Nirmala (2015) studied the result of stress depend on the individual.

2. Literature Review

Mural Krishna Reddy and veerasudarsana Reddy R - the result of study is based on the individual and organizational level.

from the respondents in the study area and secondary data were referred from research publications, journals, books and web sources. Using the simple random sampling method, in the study area of the research. Descriptive statistics are used to evaluate the data.

3. Research methodology

Banking sectors in the Tanjore city is taken as sampling unit for the study. The data were collected by using a well-structured interview schedule. The primary data had been collected

3.1 Hypothesis

H0- there is no significant relationship between work and stress

H1- there is a significant relationship between work and stress.

4. Data Analysis

Data analysis tools was ANOVA: single factor.

Table.4.1

variable	Mean
Stress	2.88
Opportunities	3.04
Work	2.92
Relax	3.38
Demand	2.85
Interrupted	2.85
Authorities	3.08
Loneliness	2.96
Tasks	3.08
Irritating	3.35

The table 4.1 shows the highest mean value of 3.38 in the variable relax and the value 3.35 in the variable irritate.

Null hypothesis H0 is accepted and there is no relationship significance between work and stress.

TABLE:4.3 ANOVA Table for public

ANOVA							
Source of Variation	n	SS	Df	MS	F	P-value	F crit
Between Groups	97	39.371	9	4.3746	1.4490	0.1676	1.9174
Within Groups	38	754.74	250	3.0189	56	79	49
Total	57	794.11	259				

Null hypothesis H0 is accepted and there is no relationship between work and stress.

5. Conclusion

The stress is common for all jobs but, it's based on how we manage our work way comparing to other field bank job had no rotational shifts and working time 10AM-4PM only maximum. From my study I found that the workers on the banking sector feel stress free.

TABLE: 4.2 ANOVA Table for private

Source of Variation	SS	Df	MS	F	P-value	F crit
Between Groups	6.6181	82	0.7353	0.3532	0.955	1.924
Within Groups	437.18	18	2.0818			
Total	443.8	9				

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