EVALUATING EMPLOYEES STRESS LEVEL

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ABSTRACT

Feeling stress is a fact of life for most people. But it affects everyone differently. High stress levels over a long period of time (chronic stress) can cause serious health problems such as high blood pressure. Moreover, the high stress can weaken immune system and make it difficult for body to fight against diseases. Stress is linked to health conditions such as depression, heart disease, and asthma. The evaluation of stress levels among employees plays very important role for the organizations to frame suitable stress management strategies for their employees. This paper evaluates the causes and level of stress among employees working in insurance companies under study.

KEYWORDS: Stress, chronic, disorders.