WORKPLACE COPING STRATEGIES IS A KEY CONSTITUENT TO MINIMIZE THE STRESS AMONG EMPLOYEES- A STUDY

SHAZIA TABASSUM*

*Research Scholar,
Department of Commerce,
AMU, Aligarh, U.P., India.

ABSTRACT

Today workplace stress is becoming a major issue and a matter of concern for the employees and their employing organizations. It has become a part of life for the employees, as life today has become so complex at home as well as outside that it is impossible to avoid stress. Workplace stress is a growing concern for human resource managers. Although considerable scholarly and practical attention has been devoted to stress management over the years, the time has come for new perspectives and research. It may be consider as a key to better understanding the variation in perceived symptoms of stress. The scope of the study comprises an examination of positive and negative impact of stress on employees. This study also emphasized that how workplace coping strategies for stress among employees is beneficial for better job performance and the challenging attitude of the employees for maximizing the productivity of the organization. The study concludes with remedial coping strategies aimed at leveraging and developing employees’ psychological and physiological abilities to help them better cope with workplace stress.

KEYWORDS: Workplace Stress, Employees, Organizations, Managers.