

## **STRESS MANAGEMENT OF EMPLOYEES AT BHEL**

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### **ABSTRACT**

In order to identify different types stress from the labour force and also from amongst executives, BHEL was chosen to undertake the study on stress management of employees. The primary objective of the study is to find various levels of stress and to study whether they are under going positive stress or negative stress. And also to find out the opinion of employees on various stress relief techniques.

To achieve the objectives a survey was done for a sample size of 150 respondents (20 executives and 130 workers). For this a structured questionnaire was prepared which consists of dichotomous multiple choices. The survey was done for a period of 45 days. During this period survey was successfully completed, data collection was satisfied, tabulated and inference was drawn out of them. The research design for the study was descriptive and random sampling.

The primary data are collected from the respondents, through questionnaire method. From the study 54% of the employees aware that they are under going stress, 28% of the respondents saying that they are not under going any stress and 18% expressed that they don't know whether they are under going stress or not. To find out solution for this problem it was suggested that the management has to arrange much more programmes yoga, meditation etc. to over come form stress. And it has to improve the working environment for the organization.

**KEY WORDS:** BEHL., Stress management