

**WORK STRESS AMONG EMPLOYEES OF HARYANA GRAMIN BANK,
HARYANA : A STUDY**

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ABSTRACT

Stress is a general term applied to the pressures felt in life. Stress at work is almost inevitable in many jobs. It has become a major buzzword and a legitimate concern of the time. An attempt has been made in this paper to highlight the likely sources and consequences of the stress, as well as to suggest measures to cope with it.