

A COMPARATIVE STUDY OF ORGANIZATIONAL ROLE STRESS (ORS), STRESS TOLERANCE LEVEL AND ITS MANAGEMENT AMONG THE TOP EXECUTIVES OF INDIAN PUBLIC AND PRIVATE ENTERPRISES

AFROZE NAZNEEN¹, PRETTY BHALLA² & SAYEEDUZ ZAFAR³

^{1,3}Dar Al Uloom University, Al Riyadh, Saudi Arabia

²Assistant Professor, Innocent Hearts Group of Institutions, Jalandhar, Punjab, India

ABSTRACT

Stress is multi faceted problem and it has been studied by specialists from various disciplines. After the liberalization of Indian economic environment a very high level of competition has emerged among the public and private enterprises. There has been, in recent years, a tremendous interest generated in exploring and understanding the organizational role stress of top executives in various industries. A national study on 200 top executives of public and 150 top executives of private sector enterprises were used to find out the nature and type organizational role stress and stress tolerance level of them. The results indicate that executives of private sector enterprises suffering with higher level of organizational role stress as compared to their public enterprise counterparts.

KEYWORDS: Organizational Role Stress, Stress Management, Stress Tolerance Level