

A CASE STUDY ON STRESS MANAGEMENT WITH REFERENCE TO LAKSHMI NISSAN AUTOMOTIVES PVT.LTD, HYDERABAD

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ABSTRACT

Stress can be caused by our external circumstances or our perceptions and attitudes. Stress aggravates lot of illnesses like Hypertension, insomnia, diabetes, herpes, multiple sclerosis, etc. Besides, stress that continues for long periods of time can lead to: poor concentration, irritability, anger, and poor judgment. Stress leads to marriage breakups, family fights, road rage, suicides and violence.

From the studies conducted from time to time, the following are the biggest causes of present day stress levels in modern societies. We are not being able to do what we want to due to lack of money. Debts are piling up. Credit Card payments, pending mortgage instalments, rising costs of education, mounting expenditure on health concerns. Financial matters top the list of stressors. We may be worried about our next promotion.

We might be facing the negative or bullying behaviour of our boss. We might not be reaching our well-deserved career goals; we might be worried due to office politics. We might be stressed about some major change that is taking place in the organization or we might be under stress because of the prospect of losing our job.

KEYWORDS: Illnesses, Poor Concentration, Irritability, Financial Matters