



A STUDY OF FACTORS OF JOB STRESS AMONG MAYBANK MUAR EMPLOYEES

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ABSTRACT

For banking employees around the globe, stress on the job can be a challenge; stress can be sometimes positive and sometimes negative. Positive stress leads to productivity and negative stress leads to loss for the organization. There is already a certain level of stress in Banking employees work life and then encounter even more stress arising from the work pressure that Banking employees face on the job. Many employees cannot cope with such rapid changes taking place in the jobs.

In the cut throat competitive era, employers realized that employees are the only source of competitive advantage. Given the pressure to perform and compete, stress will be a natural concomitant. In today's competitive work environment, stress level is increasing among the employees. Banking industry which is the backbone of the country's economy is not an exceptional one. During the past decade, the banking sector has under gone rapid and striking changes due to globalization and liberalization, increased competition due to the entrance of more private sector banks, introduction of new technologies, etc. Due to these changes, the employees in the banking sector are exposed to various pressures causing stress. The present research aims to study the stress faced by bank employees in private sectors of Maybank Muar, Johor and determine the factors causing stress.

Key words: Stress, Banking sector, Maybank Muar Johor, Factors of stress