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**A STUDY ON STRESS MANAGEMENT IN GOMATHY SPINNERS PVT LTD.,
CHITTOOR (A.P)**

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ABSTRACT

Stress is the “Wear and tear” our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, Stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As negative influence, It can result in feelings of distrust, rejection, anger, and depression, which in turn can lead to health problems such as headache, upset stomach, rashes, insomnia, ulcers, high blood pressure, heart disease, and stroke. With the death of loved one, the birth of a child, a job promotion, or a new relationship. We experience stress as we read just our lives. Stress Management is to help you balance the various aspect of your life, your relationship and your leisure & to balance the physical, intellectual & emotional aspect of life. Stress is the general term applied to the pressures people feel in life. The presence of stress at work is almost inevitable in many jobs. However, individual differences account for a wide range of reactions to stress: a task viewed as challenging by one person may produce high levels of anxiety in another. When pressure begins to build up, it can cause adverse strain on a person’s emotions, though process, and physical condition. Stress also leads to physical disorders, because the internal body system changes to try to cope with stress. Some physical disorders are short-range, such as an upset health.

KEYWORDS: *Depression - Job responsibility – Organization – Quality of work - Work life balance – Stress.*