

Stress Management: An Important Strategy to Improve Performance and Work Life Balance of Employees

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Abstract

Stress is often termed as a twentieth century syndrome, born out of man's race towards modern progress and its ensuing complexities. Work-related stress can result in high levels of employee turnover. Employees experiencing stress are more likely to make poor decisions and casual errors. Workplace relations and customer service may deteriorate. In our study, the main objective is how stress management can improve the level of performance and work life balance of employees. The study is based on both primary data and secondary data. Some significant statistical test would be applied in our study followed by result and conclusion.

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