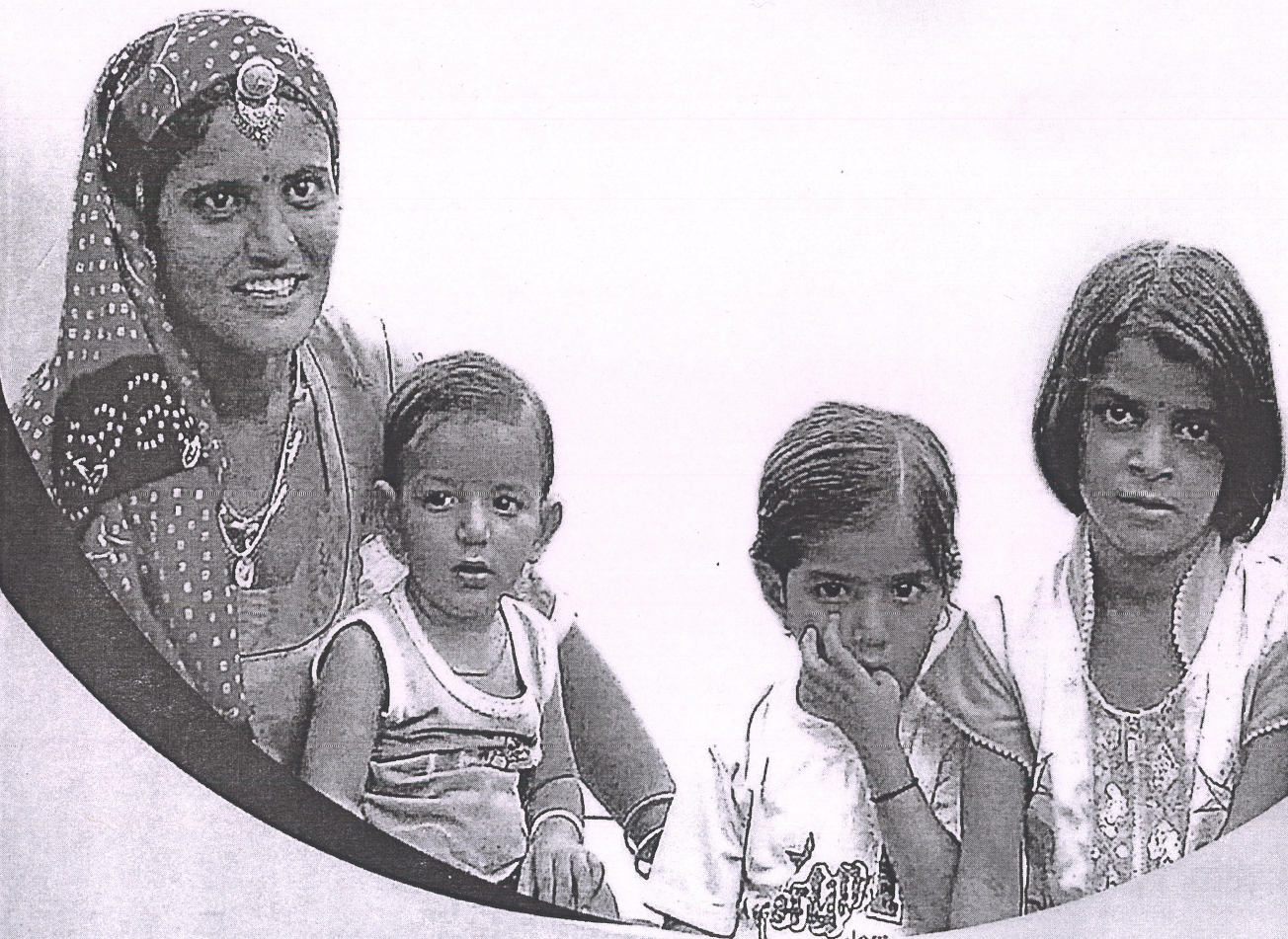


# HEALTH & WELLBEING OF WOMEN AND CHILDREN



**PRINCIPAL**  
Sri Jagadguru Renukacharya College  
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# Role Of Social Worker In Dealing With The Occupational Stress Of The Employees: An Empirical Study

Ananda. H & Venkatesha Murthy.S

## Abstract:

Occupational Stress has become a major concern of the modern times as it can cause harm to employees' health and performance and it can also damaging physiological & psychological effect on people working in organization/ institutes. The causes of stress at the work place range from personal problems to work overload physical working environment, work situation and conflicts among colleagues and managers. Many employees struggle with stress, depressions, crisis, burnout in worst cases leading to uncertainties and severe impairments on health and performance. Wages, working conditions, work group, supervision, promotion and work are the elements which contribute to job satisfaction.

Hence, it is necessary for every organization to know the factors causing stress among the employees as well as to know the coping mechanisms to make the employee more participative and productive. Social worker plays a vital role in shaping the future of employees as they are the support pillars who can make or break any situation for them in industry and managing stress in effective manner. The aim of this study is to have a clear understanding of the occupational stress among the working employees. The paper also throws light upon the suggestions to overcome occupational stress.

**Key Words:** *Occupational Stress, Psychological Aspects, Coping Mechanisms, Social Worker*

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