

A Comprehensive Review on Impact of Stress on Organisation and Employees

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Abstract: *Stress in the workplace is a pervasive issue that affects employee well-being and organizational performance. This paper investigates the effects of workplace stress as distress specifically in the Indian context. It examines the sources, consequences, and coping mechanisms of workplace stress in India, drawing on secondary data from various studies. The findings reveal that workplace stress is significantly influenced by long working hours, job insecurity, and inadequate support systems. Recommendations for organizations are presented to mitigate stress and enhance employee well-being.*

Keywords: stress, workplace stress, scenarios, Performance, Mental health, satisfaction, conflicts.