

# A Study on the Level of Occupational Stress among Employees in Selected Private Insurance Companies in Karnataka

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**Abstract:** *This study assesses the level of occupational stress experienced by employees working in selected private insurance companies in Karnataka. Using primary data collected through structured questionnaires, the research quantifies stress levels across various dimensions such as workload, role ambiguity, job insecurity, and lack of support. Descriptive statistics, mean score analysis, and cross-tabulation were employed to interpret stress intensity across demographic groups. The results highlight moderate to high stress levels, especially among younger and less experienced employees. The findings aim to inform HR strategies and stress reduction programs in the insurance sector.*

**Keywords:** Occupational Stress, Private Insurance, Stress Levels, Karnataka, Workload, Role Ambiguity

