



AN EMPRICAL STUDY ON WORK STRESS AMONG THE EMPLOYEES IN TEXTILE INDUSTRIES WITH SPECIAL REFERENCE TO ERODE DISTRICT

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ABSTRACT

The textile industry in India is an extremely well organized sector, garment manufacturers, exporters, suppliers and wholesalers are the gateway to an enterprising clothing and apparel industry in India. Organization life is quite stressful new technologies, global competition; competitive pressures have multiplied the woes of employees in recent times. Workers who are stressed are also more likely to be unhealthy, poorly motivated, less productive and less safe at work. As per this study, Stress is a dynamic condition in which an individual is confronted with an opportunity, constraints, or demand related to what he or she desires and for which the outcome is perceived to be both uncertain and important. Work stress is the harmful physical and emotional responses that occur when the requirements of the job do not match the capabilities, resources or needs of the worker.

Keywords: Textile, Industry, Stress.