**Abstract**

Stress has received a great deal of coverage in recent year in the media and has been the subject of considerable psychological and management research. STRESS – affects millions of people but it operates in more silent and subtle ways. Stress has interested management people, as stress in the workplace is costly to employees as reflected in lower productivity, reduced motivation and increased errors and accidents. Present life is full of stress. Stress at work place is a common feature and the majority of the people experience it. Some jobs are associated with stress. The persons holding this job come under stress and suffer from the consequence. Stress at work has become an important topic of study of organizational behavior. It has become important for effective practice of human resource management. Stress affects employees at all levels and types of jobs. It is unlikely that one can avoid the consequences of stress during his career, some level of stress will properly affect the quality of working life and in turn, other aspects of the daily living.