**Abstract**

The quest to obtain job satisfaction is not an easy task. Managing and handling job stress is a must and it is a challenging task. Ability to control job stress will increase productivity while failure to manage will lead to many problems in the workplace. A challenging career usually leads to many types of job stress. Job stress has been identified by most of the academic researchers as the factor which had contributed to higher or lower job satisfaction and performance. Issues like health problems, role ambiguity, home interference as well as management role and work pressure are among the stress factors which have always been debated as the most common problems. The purpose of this research was to study the relationship between stress and job satisfaction among the managerial personnel of textile industry. A convenience sample consisting of 90 managers working in Textile industry participated in the study. Structured questionnaires were used to assess the level of stress and job satisfaction. The collected data was analysed with mean, standard deviation, correlation, regression and ANOVA tests. There was a significant difference in the level of stress among the respondents of different experience groups. There was a significant difference in the level of job satisfaction among the respondents of different age and experience groups. There was a significant negative correlation between stress and job satisfaction among the managerial personnel of textile industry.