Stress is a state of mind that reflects certain biochemical reactions in the human body and is projected by a sense of anxiety, tension and depression and is caused by such demands by the environmental forces or internal forces that cannot be met by the resources available to the person. The objective of this study was to identify the factors which cause stress among the employees of telecom industry and also differences in the level of stress among the respondents of different age, gender, education, experience, and income groups. A convenience sample consisting of 70 employees working in Telecom industry participated in the study. A structured, self-administered questionnaire with a 5 point Likert scale was used for data collection. The collected data was analysed with Mean, Standard Deviation, ANOVA and Factor Analysis. A high level of stress was seen among the female respondents and a low level of stress among the male respondents. A high level of stress was seen among the diploma holders and a low level of stress among the post graduates. A high level of stress was seen among the freshers and a low level of stress in the above 10 years experience group. A high level of stress was seen among the respondents of below 10000 income group and a low level of stress in the above 20000 income group. Results of ANOVA test indicated that there were significant differences in the level of stress among the respondents belonging to different age, education, work experience and income groups. Sixteen variables in the data have been reduced to three factors and each factor has been given a name.