The purpose of this research is to study the relationship between the three components of organizational commitment, the relationship between organizational commitment and somatic and psychological symptoms and differences in the research variables among the respondents of different age, gender and income groups. A convenience sample consisting of 90 supervisors working in textile units participated in the study. By administering questionnaires the level of commitment and stress among the supervisors were assessed. The collected data was analysed with Mean, Standard Deviation, ANOVA, Correlation and Regression tests. Results indicate that there was a high level of affective, continuance and normative commitment among the respondents of 40-50 age group. A high level of somatic symptoms was observed in the age group 40-50 age group and a high level of psychological symptoms was observed in the 30-40 age group. There was a significant correlation between affective commitment and normative commitment and also between continuance commitment and normative commitment. There was a significant correlation between continuance commitment and psychological symptoms and also between normative commitment and psychological symptoms. There was a significant correlation between somatic symptoms and psychological symptoms. There was a significant difference in continuance commitment, normative commitment and somatic symptoms among the respondents of different age groups.