The objective of this study was to study the relationship between Type A Behaviour Pattern and Perceived stress among the Managers. A convenience sample consisting of 89 managers working in a Government company participated in the study. By administering questionnaires Type A Behaviour Pattern and Perceived stress among the managers were assessed. The collected data was analysed with Mean, Standard Deviation, Correlation, regression and ANOVA tests. Results indicate that a low level of TABP was observed among the respondents of 35-45 years age group and a high level in the 45-55 age group. A low level of Perceived Stress was observed in the age group 25-35 and a high level in the 45-55 age group. A high level of TABP and Perceived stress was observed among the male respondents. A high level of TABP and Perceived stress was observed among the respondents of Above 20 years experience group and a low level of TABP and Perceived Stress was observed among the respondents of 10-20 years experience group. There is no significant difference in TABP among the respondents of different experience groups. But there is a significant difference in Perceived Stress among the respondents of different experience groups. Correlation analysis revealed that there is a significant correlation between TABP and Perceived Stress. Regression analysis revealed that TABP predicts the dependent variable.