**Abstract**

Pressure is part and parcel of all work and helps to keep one motivated. But excessive pressure can lead to stress, which undermines performance. Stress is ubiquitous and has become an integral part of everyday living, an unavoidable consequence of modern living. During the past decade, the banking sector had under gone rapid and striking changes like policy changes, increased competition due to the entrance of more private sector banks, introduction of new technologies, etc. Due to these changes, the employees in the private banking sector are experiencing a high level of stress. Bank employees admit that stress is affecting their jobs, family life and health unpredictable economy, pressure to maintain profitability and increased responsibilities are main causes of stress. The present study intents to measure the satisfaction level of private bank employees, the reasons that leads to occupational stress, the difficulties faced by them due to stress and the ways to overcome such job stress of private bank employees. The relevant data of the socio economic profile, their satisfaction level, reason for occupational stress and the ways to overcome the occupational stress were analyzed with the help of well structured questionnaire. The survey was conducted on the basis of convenient sampling method. For developing sample design, totally 200 respondents were selected for this study.