**Abstract**

Stress in a workplace has touched almost all professions, starting from executive levels to co-workers who are directly engaged in the production. The result of the Job stress ultimately affects the physical as well as mental health. Stress has been defined in different ways over the years.It is a condition in which any human is confronted with an opportunity or demand related to what they desire and for which the outcome is perceived to be both uncertain and important. Purposive sampling technique is used to collect the data from 200 respondents using questionnaire. The statistical tools such as Simple percentage analysis, ANOVA, t-test, and Chi-square test have been used for analysis of this study. Stress in the private sector is caused not only by salary but also by the workload and time pressure. The study suggested that the employees should follow Proper health care tips which will reduces the health problems faced by them,time management programs will reduce the time pressure and deadlines faced in the work environment.