



Maharashtra Shikshan Samiti's

MAHARASHTRA MAHAVIDYALAYA

Nilanga Dist. Latur - 413521

NAAC Re-Accredited (III Cycle) - 'B+' Grade (CGPA -2.62)

स्वा.रा.ती.म. विद्यापीठाचा उत्कृष्ट महाविद्यालय पुरस्कार (ग्रामीण विभाग)

Record Book

**B.A.,B.Com.,B.Sc., B.C.A.,B.Voc.(WPT/FPPS),
M.S.(CS), M.Com.**



Maharashtra Shikshan Samiti's

MAHARASHTRA MAHAVIDYALAYA, NILANGA



Tq. Nilanga, Dist. Latur

A Study on Stress Among employees in SBI
Research Project
Certificate

Exam. Seat No.: _____

Roll No. : 59

College Index No. 314

Class : M. Com (SY)

Exam. Batch No.: _____

Division : _____

This is to certify that Mr./Miss. Suryawarshi Priya Satish

has satisfactorily completed the practical course in the subject. A Study on Stress
as per the syllabus laid down by the board / University during the academic
year 20 23 / 2024 Among employees in
SBI. Research Project

Dr. Naresh W. Pinamkar
Research Supervisor,
Department of Commerce
Maharashtra Mahavidyalaya, Nilanga
Dist. Latur (MS) 413521

Batch Incharge

Date : 27/03/2024


बहिस्थ परीक्षक


Head of the Dep.

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स्वामी रामानंद तीर्थ मराठवाडा विद्यापीठ

ज्ञानतीर्थ , विष्णुपुरी , नांदेड -४३१६०६

प्रकल्पलेखन प्रबंधिका (Project Report Book)

महाविद्यालयाचे नाव :- महाराष्ट्र महाविद्यालय, निलंगा

वर्ष:- 2023 - 2024

विद्यार्थ्याचे नाव :- Suryawanshi Pritya Satish

वर्ग :- M. Com (Sy)

बैठक क्रमांक :-

प्रकल्पकार्याचे शीर्षक :- A Study on Stress Among employees in SBI. Research project.

मार्गदर्शक शिक्षकाचे नाव :-



★ Introduction —

Stress is a state of mind that reflects certain reaction in the human body and is experienced by a sense of anxiety, tension, depression & is caused by such demands of the environmental or internal forces that can't be met by the resources available or mental to the person. Stress is anything that changes our physical, emotional, behavioural or mental stress. In today's competitive work environment, stress level is increasing both in the workers and managers are showing sign of chronic fatigue. In most cases, stress leads to reduce efficiency of an employee and which in turn leads to reduce productivity. Stress is highly individualistic in nature. Some people have high tolerance for stress and thrive well in face of several stressors in the environment. Some individuals will not perform well unless they experience a level of stress which motivate them to do better. On the other hand, some people have very low level of tolerance for stress.

* Profile of Indian banking sector -

There are twenty seven nationalised banks in nineteen private sector, thirty-two foreign banks various co-operative banks and regional rural banks operating in India. The service sector which reports for around 60% of country's gross domestic product (GDP) has emerged as one of the largest and fastest growing sectors not only in the country but also in the global landscape. The country's banking industry would be world's third largest in asset size by 2025, as per a project report by Boston Consulting Group. The last decade witnessed of rapid increase in the transactions through ATM as well as internet and mobile banking. The country's banking industry would be world's third largest in asset size by 2005 as per a project report by Boston Consulting Group. The bill permits the Reserve Bank of India to make final guidelines on issuing new licence, which could increase the number of banks in the country. State Bank of India has declared a one year rural

* profile of State bank of India (SBI)

The State Bank of India is the biggest commercial bank in whole Asia. It has occupied a unique place in the Indian money market as it performs India's one third of India's banking resources. It also performs resources of public confidence through its dedicated service. The State Bank of India extends its co-operation to the government in its pursuit of building an equitable society with a rising standard of living by designing its various lending policies such as home loans, auto loans, educational loans, personal loans etc. In the present era of banking sector reforms the State Bank of India has witnessed regulation with a strong capital base and expenses to income ratio which is comparable with world class banks. Moreover, the State Bank of India continued to retain its position of the pioneer in the Indian banking industry by reorienting itself in terms of market strategies, organizational structures, systems and processes to enable it to meet the

* Research Methodology :-

Research methodology refers to a systematic study and defining problem for formulation of hypothesis collection and analyzing data at the end it includes deductions and conclusions. The main objective of research methodology is to gain familiarity or achieve a new insight towards a certain topic and to verify test important facts and figures.

Research methodology includes the following points :-

- 1) objectives of study
- 2) scope and limitations
- 3) methods of data collection
- 4) significance of study

1) Objectives of Study :-

- A) To findout the level of stress among the employes.
- B) To findout the symptoms of stress present in the employees.
- C) To identify the factors responsible for stress
- D) To study the impact of stress on employed
- E) To provide suggestions for stress mangement.

* Conclusion :-

on the basis of the study it is concluded that most of the employees are under stress in the banking sector or industry which is impacting their health and well being.

Stress management should be done on individual level as well as organisation level the suggestions to reduce stress are discussed in the study.