

Workplace Stress in the Banking Industry: An Analysis

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Abstract: *No such thing as a stress-free occupation exists. Everyone is subject to anxiety and apprehension while performing their designated responsibilities. The banking sector is not an outlier. The objective of this study is to assess the effects of different components of occupational stress on banking sector employees. An employee sample of 200 was taken into account. Convenience sampling at random was utilized. Long working hours, character conflict, and political pressure all contributed to a high level of occupational stress among bank employees in the private and public sectors, according to the findings.*

Keywords: Workload, Pressure, Deadlines