

# **A Study on Work Stress and Its Impact on Private Sectors' Employee Performance**

**Mr. Sahil Sidana<sup>1</sup> and Ms. Prabhjot Kaur<sup>2</sup>**

Assistant Professor, Department of Business Studies<sup>1</sup>

Department of Business Studies<sup>2</sup>

Baba Farid College of Engineering & Technology, Bathinda

**Abstract:** *In today's competitive and dynamic business environment, work stress has emerged as a critical issue affecting employee performance and organizational effectiveness. Increasing job demands, role ambiguity, work pressure, and work-life imbalance contribute significantly to employee stress levels. This study examines the causes of work stress and analyzes its impact on employee performance. The research explores how stress influences productivity, job satisfaction, absenteeism, and employee morale. Using primary and secondary data, the study provides insights into stress-related challenges faced by employees and suggests managerial strategies to minimize stress and enhance performance. The findings aim to help organizations design effective stress management practices for sustainable growth.*

**Keywords:** Work Stress, Employee Performance, Job Satisfaction, Productivity, Organizational Behaviour

