

A STUDY ON JOB STRESS MANAGEMENT AMONG GOVERNMENT HOSPITALS EMPLOYEES IN CHENNAI

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ABSTRACT

Human resource management is a strategic way of effective management of people at work. By way of HRM, the employees of an organization are given the best they deserve. In other words, HRM is explained as evaluation of employee's performance in an organization. Stress is a term which has become quite familiar in the past two decades in the day-to-day living of a human. The reason for the stress is not the external events and the dynamics of the environment. The original reason is due to the reaction of person to the external environment.

KEYWORDS: *Human Resource Management; Stress; Attributes and Causes of Stress and Problems*