



Cause and Relation of Stress – A Study with Special reference to Executives in Apparel Industry, Tirupur

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ABSTRACT:

Executive stress is one's life interferes with one's interpersonal relationships at home, on the job, and socially. It can make one spend one's efforts on not being unhappy, rather than on being happy. Stress can waste one's vitality and deplete one's energy resources that could be used for enjoyment. The individual concerned can become negatively influenced by his attitudes and feelings about himself more easily. Also, medical research estimates as much as 90 percent of illness and diseases are stress related. Stress can interfere with your physical functioning and bodily processes. High blood pressure, cardiovascular diseases and heart diseases have been linked to stress factors. Other stress-related ailments include ulcers, allergies, asthma, and migraine headaches. Most health professionals agree stress can be a contributing factor in making existing medical problems worse.