

Stress Management as a tool for enhancing effectiveness of Managers

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Abstract

Stress is a state of mental and emotional tension or exhaustion caused by severe pressure. Globalisation in today's world has changed our work culture and work schedule causing stress to individual managers. Many people claim they perform only under stress created by the urgency of the situation. The sustainability of such under pressure performance is susceptible in the long run. Stress has become the major reason for absenteeism from work. The Confederation of British Industry (CBI) estimated that in 2007, 172 million working days were lost due to absence, costing employers across the public and private sector £13 billion. Hence a need for managing stress in an increased competitive environment. For this purpose stress busters are classified into two categories and are critically evaluated concluding into a regular stress management schedule.

Keywords: absenteeism, globalisation, importance, performance, productive , stress, urgency.

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