



A STUDY ON STRESS MANAGEMENT OF LIC EMPLOYEES IN BELAGAVI DISTRICT



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ABSTRACT:

This exploration think about is completed to comprehend pressure the executives strategies following by representatives of LIC of India and how it affecting on their execution. We have picked 200 workers for the examination. Non-probabilistic accommodation testing technique used to pick respondents. Research have discovered that, overseeing time legitimately, setting goals& organize the work, getting ready activity plan and leaving the strain at the work put itself are most utilizing procedures to diminish the worry by the representatives of LIC of India. Straightforward rates, total recurrence, mean, SD has been pursued for investigation of information which have been gathered from the field with the assistance of SPSS-20.

KEYWORDS: Stress, push the board, systems, LIC of India.

INTRODUCTION:

LIC of has been begun on nineteenth January, 1956 and The Parliament of India passed the Life Insurance Corporation Act which was made on first September, 1956. It have a target of spreading life coverage considerably more broadly, specific to the rustic regions; to contact every single insurable individual in the nation, giving them satisfactory budgetary take care of at a sensible expense.

Very much overseen Stress can make a worker as gainful and helpful. Stress the board is a fundamental demonstration to diminish word related burnouts, nervousness, physical and mental sickness. Stress the board characterized as the demonstration of creating passionate and physical changes to control and decrease Stress (The Oxford University Press, 2011).

The most well known method to lessen or to defeat from pressure is "NEW-START". The underneath referenced abbreviation decreases pressure.

Sustenance: Proper nourishment is a major thing of god wellbeing (Food, vegetables and so forth);
Exercise: An every day physical exercise makes a man sound, cool personality, body, physical wellbeing better;
Water: as we realize that, 70% of human body is secured by water. So to human to keep up hydration in excess of 2 liters of water is basic;
Sun light: Sun light is a source by which human body keeps up harmony between meta-boilism and hormonal reason;
Temperance: It can't be purchased or earned, which needs to keep up or maintain a strategic distance from awful things and work modifications and unwinding is required;
Air: Proper Air flow is fundamental to lives on the earth. Legitimate and unadulterated air is principal to human wellbeing;
Rest: Rest is type of rest or unwinding would assist human body with renewing itself and Trust in **perfect power:** a definitive source to be persistent or not to be get pressure is divine power. Trust in such power influences individuals to work emphatically to i.e. social help or confiding in somebody.

Each organization' representatives constantly wiped out by word related pressure. To defeat from such wiped out they have to pursue a few methods as prescription. LIC is additionally demonstrating some pressure the executives preparing. To comprehend what are the systems utilized by the representatives of LIC of India to decrease or to deal with their word related pressure.

LITERATURE REVIEW:

(ANITHA, 2011) opined that, Organization may counteract worry of representatives by giving formative open door, for example, acknowledgment for representatives' diligent work and giving transportation office. (KUMAR, 2012) Satisfaction with the activity itself is oversees pressure. Also, monitory advantages, professional stability, great correspondence framework, association with director and subordinates, working condition, great sexual orientation relationship and so on lessens pressure. (Kumar, 2016) have proposed with respect to pressure the executives in short way. The workers should discover the pressure first, they ought to acclimate to the condition, on the off chance that some not coordinated need to talk about with their colleagues and, they can make a move to keep pressure way. Stress the executives is a procedure and psychotherapy which is utilizing to control the worry of workers. Initial one can comprehend that, how individuals stretch is feeling, and after that it's anything but difficult to deal with the worry in a best way. (Sameera, Shaik, 2016)

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