

Impact of the Employee Job Stress on Job Performance of Executive Level Employees in Bank of Ceylon in the North Region of Western Province, Sri Lanka

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This study identified the factors affecting job stress & impact of job stress for the performance of the employees in Bank of Ceylon. The study was conducted among the sample of 70 selected employees by using stratified random sampling method, where the response rate was 100%. The instruments of data collection used in this study included structured questionnaires. Respondents were asked to indicate their preference on five-point likert scale. Data analysis was conducted by using Statistical Package for Social Sciences (SPSS 23) using the statistical techniques such as correlation & regression analysis. The study discovered that there is a strong positive relationship among factors studied on job stress & job performance of employees of this Bank. Out of these variables one variable (work relationship) is at a position that should be given more focus than other four factors also highly affect to job stress of the employees, but those are also predicted below the 50% of variance of job stress. Thus, it is recommended that the management should focus on these variances and try to maintain minor variances to enable the organization to have a low job stress.

Keywords: *Work Relationship, Job Performance, Job Stress.*

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