Effect of Job Stress and Job Satisfaction on Performance: An Empirical Study

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Occupational stress is commonly acknowledged to be a critical issue for managers of private manufacturing companies. This study attempts to fill part of this void in literature by examining the relationship between job stress, job satisfaction and performance among 100 managers of private manufacturing firms. The study's findings suggest that higher stress levels are related to lower performance whereas higher job satisfaction indicates higher performance. The main objective was to see if there was any relationship between job performance, job satisfaction and job stress & to preface model for the same. The research was assessed by using various instruments.

Keywords: Job Satisfaction, Job Stress, Job Performance, Private Manufacturing Firms, Occupational Stress Index