

AN ANALYTICAL STUDY ON THE EFFECT OF WORKPLACE STRESS ON
EMPLOYEE PRODUCTIVITY AT MEDIAWAVE TECHNOLOGY PRIVATE
LIMITED, TRICHY**S. ARAVINDHAN¹***Student,
Department of
Management, Annai
College of Arts And
Science, Kovilacheri.***Dr. R. RAJKUMAR²***Director & Professor,
Department of Management,
Annai College of Arts and
science kovilacheri,India***Dr. K. SENTHILKUMAR³***Associate Professor,
Department of Management,
Annai College of Arts and
science kovilacheri,India***K. VIMALANATHAN⁴***Assistant Professor,
Department of Management,
Annai College of Arts and
science kovilacheri,India.***ABSTRACT**

Workplace stress has become a major concern in modern organizations and it has a direct influence on employee productivity and performance. The present study aims to analyze the effect of workplace stress on employee productivity at Mediawave Technology Private Limited, Trichy. The study is based on primary data collected from 110 employees using a structured questionnaire. Statistical tools such as percentage analysis, mean score analysis, weighted average method and correlation analysis were used to analyze the data. The findings reveal that factors such as workload, deadlines, unclear instructions and work pressure significantly contribute to employee stress and negatively affect productivity. The study also highlights the importance of managerial support, proper planning and a healthy work environment in reducing stress and improving employee performance. The study concludes that effective stress management practices can help organizations enhance employee productivity and overall organizational efficiency.

Keywords: Workplace Stress ¹, Employee Productivity², work pressure³, organizational performance ⁴, stress management⁵, mediawave technology⁶