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AN ANALYTICAL STUDY ON THE EFFECT OF WORKPLACE STRESS ON EMPLOYEE PRODUCTIVITY AT MEDIAWAVE TECHNOLOGY PRIVATE LIMITED, TRICHY

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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 primarydata collected from 110 employees using a structured questionnaire. Statisticaltools 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, properplanningandahealthyworkenvironmentin reducing stress and improving employee performance. The study concludes that effective stressmanagement practicescanhelporganizations enhance employee productivity and overall organizational efficiency.

Keywords: Workplace Stress [1]*,EmployeeProductivity*[2]*,workpressure*[3] *,organizational performance* [4]*,stress management*[5]*,mediawave technology*[6]