



THE MOST AFFECTIVE FACTOR TO EXISTENCE OF THE JOB STRESS

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When a person is facing something new or the same thing again and again that person feeling bad and frighten for that situation. Simply it is called Stress. Stress can affect both our body and our mind. People under large amounts of stress can become tired, sick, and unable to concentrate or think clearly and even suffer mental breakdowns. Some of the most common sources of stress are: Survival Stress, Internal Stress, and Environmental Stress, Job Stress. In here Job Stress is kind of stress builds up over a long time and short time in our body which a person expecting a job and on the job. It can be caused by working too much or too hard at our job(s). It can also be caused by not knowing how to manage the job, time well or how to take time out for rest and relaxation. This can be one of the hardest kinds of stress to avoid because many people feel this is out of their control. Job Stress affects the mind, body, and behavior in many ways, and everyone experiences stress differently. Not only can overwhelming stress lead to serious mental and physical health problems, it can also take a toll on relationships at home, work.

Researchers have been doing many researches about the Job Stress. Many studies regarding their Poor Time Management, Lack of Knowledge about the world of work, Lack of communication, Lack of job satisfaction and performance are obtained however the key factors in Job Stress is not discussed further. In this research, we have discussed about special key factors are such as Poor Self Concept (Self Esteem and Self Actualization) Lack of Confident and lack of life achievements with target to find the most affective factor for the Job Stress. Here we used secondary data sets which are represented information about the above mentioned factors. Also randomly selected various parties such as university students, working people of Government and Private sector were involved through interviews and group discussions. Finally, the result is concluded that the “Poor Self Concept” (Self- Esteem and Self -Actualization) is the most affective factor to existence of the Job Stress.

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