Work Related Stress â€“ How Much It affects the Employees by

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In todayâ€™s economic upheavals, layoffs, bankruptcies, etc has lead to a great amount of workplace stress. Thousands of employees feel insecure about their job and this uncomfortable environment that is created is taking a toll on them in the form of stress. Many of them are being shifted into doing tasks that they are uncomfortable and for some it is a change in career.

There must be a lot among you who must have been doing sales and marketing of home phone service and now end up doing some freelancing jobs. Besides the pressure of the change in job and responsibilities, employees also face the stress from their new bosses, co-workers, less health and retirement benefits and the list goes on and on. Plus they are also feeling the pressure of working for longer hours without the improvement in their current economic status. The result is that the majority of them are updating their resumes.

Most of the time, the work relate stress is caused due to the load of work that an employee has to do. Since most of the employees are not used to the bundle of work that is assigned, it could lead to anxiety and depression. The anxiety and depression increase when they find it difficult to complete the jobs that are assigned to them in the given time phase. This anxiety and stress take a turn and ultimately leads to stress.

Another reason for the stress is because of the reasonable amount of lay-offs that must have happened. This layoff creates a sense of insecurity among the employees about their job. Many of the will be coming to the office with the constant fear that they may see the termination or the lay-off letter on their table.

Also another aspect that could inbuilt the seeds of stress is the ineffective management. When an employee works under a management who only thinks about how to develop the company and increasing the profits, it can surely make them stress out. Irrespective of what the employee feels and how he or she does, the management will dump loads of work on the employee. The stress increases when the employee sees that there is no change in the workload after the constant request and feedback given to the management.

Nowadays, there are bullies at the workplace who can make your life living hell. Seriously, when compared to the bullies that you must have faced at your school and university, they are nothing. What makes these bullies a pain in your neck is that they are the best and faithful employees of your manager and boss. Also they get the infinite support from your colleagues.

Technological advancement also puts an extensive pressure on employeesâ€™ mind. It is true that the advancement of technology reduces the time taken in doing a work and makes it less tedious. But it puts a constant pressure on the employee that ultimately leads to being stressful. Expansion of technology demands that employees perform to their core limit, be competitive, and be constantly updated on the technological breakthroughs.

What the stress does to an employee is that it results in lack of satisfaction, exhaustion and frustration. Also too much stress coupled with the inability to relax triggers emotional and physical reaction that are threats to the health. At the end, the stress will naturally jeopardize the employeeâ€™s ability to do the work.

These problems can be solved and avoided if the employer makes the employee aware of his or her rights and the company has to provide a forum where the problems and issues of the employees

are addressed.

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Being a freelance writer and active blogger, Mike likes to share his thoughts with the rest of the world and to sources out some great services offered like that by a Home Phone Services. He believes that stress at the workplace is the major reason why employees work inefficiently and look for other alternative jobs.

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