

STRESS IN AN ORGANIZATION

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Problems and stresses are common in all organisations. It is wrong to think that a stress free organisation is a healthy organisation. Chances are that it is actually dying or dead and / or is written off. On the other hand, a stressful organisation, with stresses within a threshold, may be a vibrant one that meets the challenges of change. This article discusses why stresses are necessary and if there are not sufficient levels of the same, they need to be created or imposed.