

**“A STUDY ON STRESS MANAGEMENT AND ITS EFFECT ON EMPLOYEE
PERFORMANCE REFERENCE WITH DIVYA MANPOWER RESOURCES
PRIVATE LIMITED”**

**Submitted by
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Submitted to

VISVESVARAYA TECHNOLOGICAL UNIVERSITY, BELGAVI

**In partial fulfilment of the requirements for the award of the degree of
MASTER OF BUSINESS ADMINISTRATION**

Under the guidance of

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Department of MBA



**ALVA'S INSTITUTE OF ENGINEERING & TECHNOLOGY
SHOBHAVANA CAMPUS, MIJAR, MOODBIDRI.**

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DIVYA MANPOWER RESOURCES PVT. LTD.

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Date:22.08.2023

CERTIFICATE

This is to certify that Mr. Darshan Naik, Student of MBA IV Semester (Reg. No.4AL21BA026), Alva's Institute of Engineering & Technology Shobhavana Campus, Mijar, Moodbidri, has successfully completed his training from 13.04.2023 to 27.05.2023 in our organization on the topic of "A STUDY ON STRESS MANAGEMENT AND ITS EFFECT ON EMPLOYEE PERFORMANCE WITH REFERENCE TO DIVYA MANPOWER RESOURCES PRIVATE LIMITED." as a partial fulfillment of MBA Course as prescribed by the Visvesvaraya Technology University, Belagavi.

We further certify that his conduct during the training period was satisfactory.

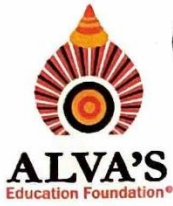
We wish his success for all his future endeavor.

For Divya Manpower Resources Pvt Ltd


Akbar Ali Khan

Asst. Manager HR





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Approved by AICTE, New Delhi & Recognised by Government of Karnataka

Accredited by NAAC with A+ Grade and NBA (CSE & ECE)

Date: 01-09-2023

CERTIFICATE

This is to certify that **DARSHANNAIK** bearing USN **4AL21BA026** is a bonafide student of Master of Business Administration course of the Institute in 2021-23, affiliated to Visvesvaraya Technological University, Belgaum. Project report on "**A STUDY ON STRESS MANAGEMENT AND ITS EFFECT ON EMPLOYEE PERFORMANCE REFERENCE WITH DIVYA MANPOWER RESOURCES PRIVATE LIMITED HOSUR**" is prepared by him under the guidance of **Mr PRAJWAL B K ASSISTANT PROFESSOR PG** Department of Business Administration in partial fulfillment of the requirements for the award of the degree of Master of Business Administration of Visvesvaraya Technological University, Belgaum Karnataka.

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DECLARATION

I **DARSHANNAIK**, hereby declare that the Project report entitled " **A STUDY ON STRESS MANAGEMENT AND ITS EFFECT ON EMPLOYEE PERFORMANCE REFERENCE WITH DIVYA MANPOWER RESOURCES PRIVATE LIMITED.**" prepared by me under the guidance of Prajwal B K, faculty of M.B.A Department, Alva's institute of engineering and technology, Mijar and external assistance by Akbar Ali Khan, Asst. Manager HR of Divya Manpower resources PVT LTD.

I also declare that this Project work is towards the partial fulfilment of the university Regulations for the award of the degree of Master of Business Administration by Visvesvaraya Technological University, Belgaum.

I have undergone a summer project for a period of Six weeks. I further declare that this Project is based on the original study undertaken by me and has not been submitted for the award of any degree/diploma from any other University / Institution.

PLACE: - *Mijar*

DATE: - *01/09/23*


SIGNATURE

ACKNOWLEDGEMENT

I am truly grateful to my external guide Akbar Ali Khan, Asst Manager HR in, Divya Manpower resources PVT LTD, and my internal project Guide, Prajwal B K, for their project guidance, encouragement, and opportunities provided.

I wish to thank all the respondents from the firms who spent their valuable time in discussing with me and giving valuable data by filling up the questionnaire.

I deem it a privilege to thank our Principal, Peter Fernandes, for having given me the opportunity to do the project, which has been a very valuable learning experience.

My sincere and heartfelt thanks to all my faculties at the Department of MBA, Alva's Institute of Engineering and Technology for their valuable support and guidance.

Last, but not least, I want to express my deep appreciation to my parents for their unstinted support

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EXECUTIVE SUMMARY

The Project work “A STUDY ON STRESS MANAGEMENT AND ITS EFFECT ON EMPLOYEE PERFORMANCE REFERENCE WITH DIVYA MANPOWER RESOURCES PRIVATE LIMITED, Hosur, as required by the Alva’s Institute of Engineering and Technology, PG Department of Business Administration, Visvesvaraya Technological University, Belagavi.

Objectives of the Study:

- To assess the job nature and how it affects stress levels.
- To determine the connection between job satisfaction and stress levels.
- To evaluate the effects of work life balance on job stress

This report is divided in to five chapters. First chapter is about Introduction and History of Divya Manpower Resources Private Limited. Second Chapter shows Conceptual background and Literature review of the topic studied. Third chapter is about Research Design which contains statement of the problem, need for the study, objectives of the study, scope of the study, Research methodology, Hypotheses and limitations of the study. Fourth chapter is about Analysis and Interpretation of the data which is collected by the Loyalty Programmes benefits of the Questionnaire by using tables. Fifth chapter is about Findings, Conclusion and Suggestions based on the study. Then it contains Bibliography which is about the various websites used to collect the Literature Review and Secondary Data or the Project. Annexure contains the Questionnaire.