

**Impact of Work Load and Work Stress on
Organizational Performance in
Public Sector**



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FINAL PROJECT APPROVAL SHEET

Viva-Voice Examination

Date __/__/__

**Topic of Research: Impact of Work Load and Work Stress on
Organizational Performance in Public Sector**

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ABSTRACT

The study investigated the impact of work stress and workload on employee performance. The study sought to find out how work-related stress could affect the productivity of public sector staff in Islamabad, Pakistan. The convenience sampling technique was used to select 200 participants for the study. Questionnaire was the instrument used to elicit information from the respondents. Descriptive statistic of table and percentage were used to answer the research questions raised to guide the study while regression and correlation method was adopted to analyze the research hypotheses generated for this study i.e. to find the impact of work stress, workload and employee performance variables. The findings of this study revealed that there is significant relationship between variables in public sector.

Keywords: Work stress, Work Load, Employee's performance, Public sector,

Dedication

To my Beloved & Respected

Parents

Declaration Form

I, **Mustafa Kamal, Enrollment No: 01-221182-026, MBA** hereby declare that the thesis has been submitted by me in the partial fulfillment of the requirement for the degree of MBA and this thesis present research carried out at Bahria University Islamabad Campus and aims encouraging discussion and comments. The observation and viewpoints expressed are the sole responsibility of the author. It does not necessarily represent positions of Bahria University Islamabad Campus or its faculty. I also understand that if evidence of plagiarism is found in my thesis at any stage, even after the award of my degree, the work may be cancelled and the degree revoked.

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