

# **IMPACT OF WORKPLACE STRESS ON EMPLOYEE PERFORMANCE IN BANKING INDUSTRY OF KARACHI**

**BY**

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**SUPERVISOR-STUDENT MEETING RECORD**

S No.	Date	Place of Meeting	Topic Discussed	Signature of Student
1.	23/1/22	University (Faculty 3 cubicle 1)	Data Integration & Analysis	
2.	25/1/22	University (Faculty 3 cubicle 1)	Discussion	
3.	27/1/22	University (Faculty 3 cubicle 1)	Conclusion & Recommendation	

**APPROVAL FOR EXAMINATION**

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It is certified that the above candidate's thesis has been completed to my entire satisfaction and, to my belief; its standard is appropriate and suitable for submission for examination. I have also conducted plagiarism test of the thesis under consideration using HEC prescribed software and found similarity index at 14% that is within the permissible limit set by the HEC for the MBA thesis. I have also found the thesis in a format recognized by the Department of Business Studies.

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## ABSTRACT

### **Purpose**

The purpose of this research is to study various elements of workplace stress and find out how they affect performance of employees in banking sector of Karachi.

### **Methodology**

The nature of this research paper is descriptive and quantifiable. A well-structured, close-ended questionnaire as a research instrument was used to assemble primary data. The relationship between each independent variable with respect to dependent variable of study is calculated with the help of Statistical tool i.e. SPSS. Data is collected from bankers working in different banks of Karachi. As per Ume Sekaran the sample size is 303 respondents.

### **Findings**

The findings of this study reveals that a substantial relationship is exist between job stress and employee performance in banking industry. It has been observed that all four hypotheses are accepted and has negative impact on employee performance.

### **Practical Implication**

This research study proves that there are different components of stress and each has its significant influence on performance of employee. As employees working in banking sector experience more stress due to nature of work so they should be given importance to reduce their stress and provide less stressful environment so that they can perform their tasks efficiently and effectively.

### **Keywords:**

Workplace stress, Work load, Lack of motivation, Role ambiguity, Performance evaluation and appraisal system, Employee performance.

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