

Impact of Job Stress on Job Performance among Executive-Level Employees in the People's Bank Head Office

Madhushani, D. M. C.¹ and Devadas, U. M.²

This study's ultimate purpose was to assess the impact of job stress on job performance among executive-level employees in people's bank head office in Sri Lanka. The main objectives were to examine the level of stress and level of executive-level employees' job performance and the relationship between the selected employees' stress and job performance. The study was quantitative, and a cross-sectional survey design was followed. The data were collected using a structured questionnaire, and a simple random sampling technique was applied to select the sample, and the final sample consisted of 106 Executive-level employees from the people's bank head office. The data were analyzed using correlation and regression with the aid of SPSS. According to the empirical analysis of the study, researchers found a significant negative impact of stress on job performance in executive-level employees. According to the correlation analysis, the researchers found that stress and job performance were moderately and negatively correlated. This research concludes that there is a slightly higher level of stress among executive-level employees, lower level of job performance among executive-level employees, moderate negative relationship between the job stress and executive-level employees' performance, and significant negative impact of job stress on job performance among executive-level employees. This implies that companies with high job stress have a high tendency to emerge from many problems, and employee performance is always negative due to factors such as high work pressure. Thus, the researchers recommend adopting an effective management process to reduce stress and increase employee job satisfaction and job performance.

Keywords: *Executive-Level Employees, Job Performance, People's bank head office Stress*

¹ dmchathumadhushani@gmail.com

² mohanudaya395@gmail