

A STUDY ON JOB PERFORMANCE OF EMPLOYEES WORKING IN IT AND COMMUNICATION INDUSTRY

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ABSTRACT

Job performance means the ability of an individual to complete their assigned works using available resources effectively. Although extensive research have been conducted on occupational stress and job performance worldwide, India has not focused on this area. In recent years, there has been a notable increase in the prevalence of stress inside the sectors. Hence, this study was thought of to examine the job stress and its impact on employee performance in selected IT and Communications in Chennai. A sample of 121 IT and Communication employees' was taken for this study by using non-probability sampling methods. Job stress factors such as workload and pressure, roles and responsibilities, relationships and communication, and personal factors were analysed to assess the level of job stress and their impact on job performance. The results of this study revealed that workload and work pressure and relationships and communication factors did impact employee performance in IT and Communications in Chennai.

KEYWORDS: *Job Stress Factors, Job Performance, Personal factors, Workload, Work Pressure*