

ABSTRACT

The purpose of this study is to identify existence of occupational stress in military personnel deployed in Security Forces Head Quarters (Mullaitivu) area of responsibility and the relationship between occupational stress and job performance of the employees. In the present context occupational stress is one of the major concerns in many organizations. Occupational stress is not a disease but cause for number of ailments that affect to the psychological and physiological wellbeing of the employees. The study sample consisted of 385 Military personnel serving in Security Forces Headquarters (Mullaitivu) area which included all the ranks from senior officers to privates. Data for the research was collected through a self-administered questionnaire which solicited answers for demographic, stress related and symptoms of stress questions. Findings revealed that stressors like pressure at work, less job freedom, personal life issues, interpersonal relationship and adverse organizational culture had resulted in creating stress in the organization. Further it also revealed that there is a positive linear relationship exist between occupational stress and job performance of the employees of the Sri Lanka Army deployed in Mullaitivu area.

Keywords: Occupational Stress, Job Performance, Psychology and Physiology.