

STRATEGIES AND PRACTICES IN SCIENCE, TECHNOLOGY AND MANAGEMENT (LEADING TOWARDS A SUSTAINABLE FUTURE)



DR. MOHD. SHAIKHUL ASHRAF
DR. RAJNI
MS. WENDRILA BISWAS
MR. DEBAJYOTI SARKAR

**Strategies and Practices in Sciences,
Technology and Management**
(Leading towards a Sustainable Future)

EDITED BY

Dr. Mohd. Shaikhul Ashraf

Dr. Rajni

Ms. Wendrila Biswas

Mr. Debajyoti Sarkar



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Dr. Rajni,
Ms. Wendrila Biswas and
Mr. Debajyoti Sarkar

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Contact Details:

Indowise International Publisher
Email Id: researchedu2020@gmail.com
Website: www.researchedu.in

Editorial Note

This book contains a few handpicked chapters on contemporary topics that are being widely sought after in the present academic and business scenario. First and foremost, our responsibility as editors was to choose an area which is not only syncs with the modern-day requirement of the business and industry but also appeals to a wide variety of academic streams. And we finalized the best suitable title for this book as *Strategies and Practices in Sciences, Technology and Management (Leading towards a Sustainable Future)*

As the editors of this book, we had a huge responsibility of collecting, checking, and editing the papers. The process of editing requires a thorough work of giving timely feedback to authors about the changes they need to make to improve the quality of papers. The whole work was a teamwork and not possible without the support of our associates, publisher, and team managers. We whole heartedly thank all our contributors who have come up with the new ideas and thoughts and not only sent their best piece of work but also edited it as per the requirements of the book and our recommendations.

We are deeply obliged **Mrs. Megha Mittal**, Managing Director, *Research Education Solutions* for her tireless efforts towards the publication of this book. We also thank *Indowise International Publisher* for the timely Printing and Publishing of this book. The entire publication team deserves credit to make this project successful by putting in their best possible efforts.

Editors

Dr. Mohd. Shaikhul Ashraf

Dr. Rajni

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Mr. Debajyoti Sarkar

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An Empirical Study on Workplace Stress as a Predictor of Employee Productivity and Efficiency in the Banking Sector: A Comparison between Private and Public Sector Banks

Ms. Sneha Gupta*
Research Scholar

Dr. Asma Farooque*
Professor

Dr. Habibuddin*
Assistant Professor

**Integral University, Lucknow, Uttar Pradesh*

Abstract:

India is the globe's largest and highly self-governing democracy, highlighting a resilient banking sector. The pivotal role that banks play in propelling a nation's economic advancement involves a shift from acquiring customers to retaining them. Like many other industries, the banking sector faces challenges, particularly in the workplace, where mental and emotional obstacles arise from demanding and adverse conditions.

This study explores the link between stress and strain experienced by banking employees and its influence on their performance. Carried out in Kanpur city, the research encompasses both public and private bank employees, with a sample size of 250 individuals. Data collection involved the use of a questionnaire. The primary objective is to establish the correlation between stress levels and their impact on the performance of banking personnel.

Keywords: *Stress, Psychological and Emotional challenges, Banking Sector, Occupational stress.*

1. Introduction