

Study of Stress Indicators in Bank Managers

Abstract

The aim of this present work was to identify the stress level that exists in bank managers, comparing them to groups of more frequent symptoms, considering the variables of gender and time of working in the bank. The results showed that from the 50 participants, 33 presented stress symptoms. It was observed a stress concentration in the stage of resistance, with a predominance of physical symptoms in men and psychological symptoms in women. Among the men the resistance phase was prevalent in those who had from 6 to 10 years of working time, while, among women, the same occurred in the period from 11 to 15 years of working time.

Keywords: Bank Employee, Stress, Quality of Life.