

## LIST OF FIGURES

<b>SR.No.</b>	<b>TITLE</b>	<b>PAGE No.</b>
1.	NATURE OF STRESS	05
2.	RELATIONSHIP BETWEEN LEVEL OF STRESS AND AROUSAL IN THE INDIVIDUAL AND PERFORMANCE PARAMETERS.	09
3.	THE FOUR VARIANTS OF STRESS	11
4.	A DIAGRAMMATIC REPRESENTATION OF STRESS PERCEPTION.	12
5.	RELATIONSHIP BETWEEN STRESS AND JOB PERFORMANCE	56
6.	SAMPLE FOR THE STUDY	96

