## STRESS AT WORKPLACE

More than 50 per cent Indian employees report excessive pressure at work and a similar proportion is worried about their future financial state, finds a Towers Watson report. Excessive workload and inadequate staffing are among key sources of stress

inadequate staffing are among key sources of stress		
П	Stress and workload	(% Selected)
ı	Expected to do a reasonable amount of work	74 57
П	Team has enough people to complete work correctly	74 52
П	Manageable stress levels at work	7. 58
П	Work arrangements are flexible enough for my needs	70 59
П	Often worry about future financial state	55
٠	■ India ■ Global	
ı	Top sources of stress and workload	(% Agree)
1	Excessive workload or lack of control over working hours	44
П	Inadequate staffing	38
Unclear or conflicting job expectations		37
Overwhelming performance/productivity demands		33
Technologies that expand availability during non-work hours		32
	■ India	
Source: Towers Watson 20 Workforce Study: Global 8		2014 Global I & India