Introduction:-

Today 's life has become very dynamic and complicated. Its also has become very competitive and hasty. We find difference between the life style of before some years and now a days. And there is also difference between the life style of the people in the urban areas & rural areas. A lot of crowd is found in each and every local at the places like Bombay which is according to the time table of per minute of each day. People who go for their duties are always under stress because of that thing. Than Stress causes many physical and serious effects on the people.

Common people and servants use that stress tern regularly in day to day's life. Today's that stress has become the cause of 75% diseases.

Librarian and Personnel in the Library also are not free for that daily stress as mentioned above. The Librarian and Personnel in the Library have to face many serious incidents while doing their daily jobs. Much load of the work is found on the shoulder of the Personnel in the Library. That’s why that thing becomes the cause of the Stress of that Personnel in the Library.

There may be many reasons of the stress on the minds of the librarian and the Personnel in the Library. That reason of the stress will be found out in the relevant research. And how the intensity of that stress can be minimized means how the management of the stress can be done in a proper manner will be studies
in the relevant research. And in the relevant research, the study of the subject of whitener some remedies are possible to find out for making less the intensity of that stress in possible will done and also whitener some remedies are possible to make less that stress is possible that will be studied in the relevant research.

Relevant research will prove useful for all librarians and manpower to make them stress free in future.

The term or concept of stress is defined in widely varying ways in the popular press and among researchers and clinicians who have studies the phenomenon. Some treat is as an intrinsically painful or negative phenomenon and one to be avoided. While other consider it to be potentially eigher positive or negative depending on the situation.

Physical stress was described as the negative effect of physical exertion on the physical health of library workers on the job. For example the digital library environment has changed the physical structure of the job environment. Due to sitting in front of computer for a long hour, working in an air conditioned environment etc., have resulted in the physical stress and illness. This is a times triggered by overwork, lack of rest and poor diet. Mental stress in traced to a persons mental state of mind, which involves expectation, fears, regrets etc.
Nawe also explained that role conflict can cause stress because library and information professionals have various supervisors who do not agree on what the employee should be doing. Whereas stress is also caused by role ambiguity which is present when an employee does not know that for which he or she is responsible. She explained also that when employees do not use their skills, it can be as stressful as being overworked whereas librarian may experience stress in assisting patrons because they do not have time to become an expert on each and every system.

Stress is derived from the Latin word *stringere*, meaning to draw tight and was used in 17th Century to describe hardships or affliction. Work stress is recognized word-wide as a major challenge to worker's health and the healthiness of their organizations. Work related stress is the response people many have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope.