



**“The Impact on Performance of Work  
Stress and Home Stress in Aviation In-  
dustry”**

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## Acknowledgement

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First thing first, **I can never forget to thanks ALLAH Almighty for letting me do what I wanted to do to complete those tough days ALLHAMDULILAH!!**

The report I have written here is been helped to me by the lectures given in the class. The class which I have taken with the air force captain Sir **Saqib Sheikh** he had that ability to deliver the goods. And I had an ability to grasp the knowledge and sharing it with you at this moment. The lectures which were held in 2015 when I got interested very much was in the human factors. The human factors had thought me many lessons with every lecture I had taken. Further I decided to do my research on it which I believe I had given the opportunity to do my research on it to find the factors involving in these human factors. And I found many interesting factors; I never had to accost. The interesting factor I found was in the lecture was 'stresses'. As it is a common usual problematic concern for many people so I did my research on it, which I will be sharing it with you.

This university of management had thought me many goods which I can seriously never regret and forget in my entire life. And I thank everyone from the staff and to the senior colleagues. I have met many pupils in the campus; I can never say whom I seemed for help never refused me. I would like to thanks to our great extraordinary serious dominant personality from aviation department **Sir Kaleem Rehman**, who were my Instructor for this research writing were he provided his best guidance to me, to make my project better. Not only he helped me out in the research project but he also, has given me his crucial time where he was busy handling his tough schedule for making it special. And I can never forget your effort.

At the end, I can never forget to thanks my family who never asked me to do anything when they know I am busy doing something important.

## Abstract

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### ***Why do airline accidents happen while you call yourself a professional, and calling yourself fit for the job?***

Accidents are the real cause of stress, in this airline industry to figure out why is it so? Stay focused😊.

I have figure out and researched on many factors and taken part to figure out different things and finding that I have been done. The investigations that has taken part to figure out why pilots, crew member, engineers, air controller and maintenance staff is stuffed with lots of stress while doing their duties where an organisation can't afford to penalized the company.

Many organisations believe there is a stress, but many organisations can't figure out the real causes of stress with approbation.

So here is what I am going to do. I will tell you what causes them stress.

Is it their home relationship concern or is it top management to be blamed or probably human factors involved?

It's is why we need to learn and adapt the procedures and practices before applying to any industry, especially aviation industry.

Where they say there is no error to be made because lots of human being lives are depended on you.

## Background

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Every human being has been into some kind of stress, or experienced stress in his or her life.

But knowing what basically stress is and how they are affected to the stress like an infection is a key. We should never be enervate with our believe of knowing the real factor, we should get to know things before it is too late to handle. So the choices belong to us where we had to take such decisions.

The stress can influence a bad image to your life and, can also de-value your performance. For some people the situation of stress is different, like some other people would be least bother about stress and some are bothered and can't perform while in stress. They eventually give up quickly and find hard to tackle the tactics required to overcome stress.