

# **Relationship between personality traits and self-efficacy with job stress At the employees of the bank in Rasht**

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The present age man, in the process of adapting to his social and occupational environment, has to face some limitations and pressures, so that these pressures at the workplace lead to job stress for the staff. The purpose of this study was to investigate the relationship between personality traits and self-efficacy with job stress in employees of the city's staff in Rasht city. The research method is descriptive correlations. A random cluster sampling method was used to determine the sample size. The sample size was 200 employees of the bank. The research instruments consisted of three questionnaires: personality characteristics questionnaire, self-efficacy questionnaire and job stress questionnaire. Pearson's correlation and regression analysis are used for analysis. The results showed that there was a significant relationship between personality traits and self-efficacy with occupational stress ( $P = 0.01$ )

**Keywords :** personality traits, self-efficacy, occupational stress

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