

In short, job stress relates to employee's feeling of lost control over the situation or event. Organisational commitment is an important issue in any organisation because having capable and committed human resources will not only reduce absenteeism, delays and displacements but also promote organisational performance, mental freshness of employees, manifestation of ultimate goals of organisation and achievement to personal goals (Alipour & Kamaee. Organisational commitment is the bond employees experience with their organisation (Stan, 2013).2015).