

HANDLING PRESSURE IN SOFTWARE ENGINEERING AND PROJECT MANAGEMENT



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PRESSURE EFFECTS

- Pressure in software engineering and project management leads to reduced decision-making quality, increased errors, lowered team morale, and compromised product quality.

PRESSURE AND NEED TO BE HANDLED

- The invisible force that turns everyday tasks into olympic-level challenges and deadlines into adrenaline-fueled roller-coaster rides.
- According to the American Psychological Association around 77% of people regularly experience physical symptoms caused by stress.



PHYSICAL EFFECTS

- Cardiovascular Issues
- Weakened Immune System
- Chronic Diseases

MENTAL EFFECTS

- Anxiety and Depression
- Burnout
- Sleep Disturbance

BEHAVIORAL EFFECTS

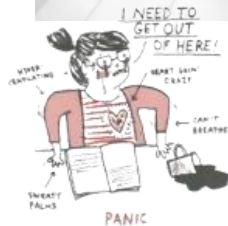
- Substance Abuse
- Social Withdrawal

PROFESSIONAL EFFECTS

- Decreased Productivity
- Increased Errors
- Reduced Creativity
- Negative Impact on Decisions
- Unhealthy Talks

ACADEMIC EFFECTS

- Test Anxiety
- Procrastinations
- Difficulty Retaining Information
- Impaired Learning
- Focus Problem



- It is crucial to put in place support mechanisms that strike a balance between high demands and team well-being since pressure in software engineering and project management may undermine productivity and code quality while also contributing to burnout.

PRESSURE HANDLING

WIDELY USED TECHNOLOGIES

Agile Methodology:

- Emphasize iterative development and feedback

Effective Communication

- Utilize regular meetings and daily stand-ups

Risk Management Practices

- Proactively identify and mitigate risks
- Implement risk assessment and tracking

Time Management Strategies

- Prioritize tasks and set realistic deadlines
- Use time-tracking tools like Trello or Asana

Stress Reduction Techniques

- Practice mindful meditations and take regular breaks

Conflict Resolution Skills

- Practice active listening and empathy

Adaptive Leadership

- Remain flexible, empathetic and supportive during pressure

Task Delegation

- Prioritize tasks to team members' strengths

Celebrating Achievements

- Recognize and celebrate milestones and success

Continuous Improvement

- Implement improvements based on past experiences
- In software engineering and project management, effective pressure handling is essential to sustaining output, guaranteeing code quality, and creating a collaborative atmosphere, all of which eventually contribute to successful project outcomes.



Know your STRESSORS!