

Occupational Stress Index Srivastava And Singh

THE INTERNATIONAL JOURNAL OF INDIAN PSYCHOLOGY, Volume 8, No. 4, Part 3
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Indian Science Abstracts
Dhaka University Journal of Business Studies
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stress is defined as a feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize it can occur due to environmental issues such as a looming work deadline or psychological for example persistent worry about familial problems while the acute response to life threatening circumstances can be life saving research reveals that the body s stress response is largely similar when it reacts to less threatening but chronically present stressors such as work overload deadline pressures and family conflicts it is proffered that chronic activation of stress response in the body can lead to several pathological changes such as elevated blood pressure clogging of blood vessels anxiety depression and addiction organizational stress around the world research and practice aims to present a sound theoretical and empirical basis for understanding the evolving and changing nature of stress in contemporary organizations it presents research that expands theory and practice by addressing real world issues across cultures and by providing multiple perspectives on organizational stress and research relevant to different occupational settings and cultures personal occupational organizational and societal issues relevant to stress identification along with management techniques approach to confront stress and its associated problems at individual and organizational level are also explored it will be of value to researchers academics practitioners and students interested in stress management research

this volume provides valuable insights into how organizations are changing and evolving and how human resource personnel employers and employees are

reacting to these emerging workplace transitions today's successful organizations must be learning organizations in that they must keep abreast and change with the new workplace dynamics the volume explores the new and future challenges and opportunities for employees and employers particularly in reference to service organizations in the 21st century it explores many of the new trends in conjunction with a focus on work life balance globalization redefining leadership contingent work force stress management telecommuting work force diversity ergonomics life satisfaction subjective well being and more

this book offers contemporary viewpoints on stress and its management to on site educational practitioners stress researchers and even management trainers

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given the importance of livestock to the global economy there is a substantial need for world class reference material on the sustainable management of livestock in diverse eco regions with uncertain climates involving unpredictable extreme events e g heat drought infectious disease environmental stresses are becoming the most crucial factors affecting livestock productivity by systematically and comprehensively addressing all aspects of environmental stresses and livestock productivity this volume is a useful tool for understanding the various intricacies of stress physiology with information and case studies collected and analyzed by professionals working in diversified ecological zones this book explores the influence of the environment on livestock production across global biomes the challenges the livestock industry faces in maintaining the delicate balance between animal welfare and production are also highlighted

future historians may well label the second half of the twentieth century as the age of speed certainly there has been an explosion of information in all areas of human activity and a rapid dissemination of knowledge the result has been a growth in expectations which has affected not only individuals but also larger groups like

organisations and this in turn leads to stress even though stress is a much studied phenomenon it still tends to be defined in vague terms and is surrounded by confusion professor pestonjee defines stress as occurring when demands on an individual exceed his adjustment resources while stress is generally believed to have a deleterious effect of health and performance recent research has revealed that a minimal level of stress is essential for effective functioning it is the individual's reaction to stress which makes all the difference and may prove to be harmful professor pestonjee has divided his review of indian research on the subject into three parts in the first section he discusses the concept of stress in relation to ancient indian scriptures and demonstrates that stress is not just a modern phenomenon subsequently he discusses stress related diseases like bronchial asthma anxiety neuroses and cancer the next section focuses on the different types of stress experienced by individuals in an organisational setting available research on various professional groups such as nurses teachers women executives and policemen have been discussed in detail to describe the stress experienced by them the last section deals with coping styles or strategies adopted by individuals to deal with stress the author also examines the various personality and organisational variables which act as moderators of stress since stress is inevitable the author has highlighted several techniques to counteract stress like yoga meditation and relaxation dealing with a topic which is of great significance to individuals and organisations in the world today this compendium of research will be of immense interest to psychologists management experts trainers counsellors and research scholars

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