

Occupational Stress Index Srivastava And Singh

Indian Journal of Industrial Relations 2006

THE INTERNATIONAL JOURNAL OF INDIAN PSYCHOLOGY, Volume 8, No. 4, Part 3 Dr. Suresh Makvana 2021-01-01

THE INTERNATIONAL JOURNAL OF INDIAN PSYCHOLOGY, Volume 8, No. 4, Part 5 Dr. Suresh Makvana 2021-01-01

Proceedings of the Indian Science Congress Indian Science Congress Association 2003

Asian Perspectives on Psychology Henry S. R. Kao 1997

International Journal of Indian Psychology, Volume 6, Issue 2, (No. 6) IJIP.IN 2018-07-30

Management and Labour Studies 2007

Occupational Stress and Coping Strategies G. Kavitha 2009 Study on job stress of bank employees; conducting in Erode District, Tamil Nadu, India.

Journal of the Asiatic Society of Bangladesh Asiatic Society of Bangladesh 1999

Journal of the Indian Academy of Applied Psychology Indian Academy of Applied Psychology 2006

Stress and Coping D M Pestonjee 1992-03-02 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.

The Asian Journal of Psychology & Education 1986

Indian Journal of Clinical Psychology 1983

Indian Journal of Applied Psychology 1990

Journal of Community Guidance and Research 2006

The Future of Organizations Arvind K. Birdie 2018-07-17 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.

Indian Psychological Review 2005

International Journal of Indian Psychology, Volume 6, Issue 2, (No. 5) IJIP.IN 2018-07-30

Introspective Practices and Executives' Leadership Behaviour By S.Pragadeeswaran

S.Pragadeeswaran

The Dhaka University Journal of Psychology 1999

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