

1. Record Nr.	UNINA9910140897703321
Autore	Dewe Philip
Titolo	Coping with work stress [[electronic resource]] : a review and critique / / Philip J. Dewe, Michael P. O'Driscoll and Cary L. Cooper
Pubbl/distr/stampa	Malden, Mass., : Wiley-Blackwell, 2010
ISBN	1-282-88358-5 9786612883583 0-470-71171-X 0-470-71170-1
Descrizione fisica	1 online resource (202 p.)
Altri autori (Persone)	O'DriscollMichael P CooperCary L
Disciplina	158.7/2
Soggetti	Job stress Stress management Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Coping with Work Stress; Contents; 1: Work Stress and Coping: Setting the Scene; The Term 'Stress'; The Costs of Stress; Sickness Absence; Labour Turnover; Presenteeism; Work and Mental Health Generally; The Changing Work Context and Work Stressors; Work Stressors: Some Issues; Changing Work Stressors; 2: Coping: The Measurement Debate; A History and Some Definitional Issues Surrounding Coping; Defining Coping and Definitional Issues; The Measurement of Coping; Coping Checklists; Classifying Coping and Creating Scales; 3: New Directions for Coping Research; New Developments in Appraisal The Influence of Positive PsychologyFrom Positive Psychology to Proactive Coping; Other Developments in Coping; Progress towards Understanding Coping Effectiveness; From Stress to Emotions to Positive Emotions and Coping; 4: Coping with Specific Work-Related Stressors; Types of Coping; Coping with Work Stressors; Coping Strategies Used by Specific Occupational Groups; Future Directions in Research on Coping with Specific Work Stressors; 5: Coping with Work-Life Conflict; Social Support; Personal Control; Personal Coping

Strategies; Organizational Strategies to Ameliorate Work-Life Conflict
Conclusions6: Stress Management Interventions; Conceptual
Framework for Stress Management Interventions; Evaluating Stress
Management Interventions; Factors Influencing the Effectiveness of
Stress Management Interventions; Some Guidelines for Effective
Interventions; Conclusions; 7: Coping with Work Stress: An Agenda for
the Future; Continuing Debates: Emerging Context; Building a Future
Research Agenda from the Themes of the Past; The Characteristics of
Coping and Coping Types; Assessment of Coping Behaviours; Coping
Styles versus Coping Strategies; The Role of Meaning in Coping
Research
Coping EffectivenessPersonal Coping versus Organizational Stress
Management Interventions; From Stress to Well-Being; Conclusions;
References; Index

Sommario/riassunto

Coping with Work Stress: A Review and Critique highlights
current research relating to the coping strategies of individuals and
organizations, and provides best practice techniques for dealing with
the growing epidemic of stress and lack of overall well-being at work.
 Reviews and critiques the most current research focusing on
workplace stress Provides 'best practice' techniques for
dealing with stress at the workplace Extends beyond stress to
cover broader issues of well-being at work
