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Titolo	Current perspectives on job-stress recovery [[electronic resource] /] / edited by Sabine Sonnentag, Pamela L. Perrewe, Daniel C. Ganster
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Altri autori (Persone)	GansterDaniel C PerrewePamela L SonnentagSabine <1961->
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Nota di contenuto	Current Perspectives on Job-Stress Recovery; Copyright page; Contents; List of contributors; Foreword; Chapter 1. Methodological issues in recovery research; Introduction; Measurement issues; Study designs; Conclusions and implications for future recovery studies; References; Chapter 2. Momentary work recovery: The role of within-day work breaks; Introduction; The episodic perspective; Work breaks; Personal resources; Personal resources associated with momentary recovery; Moderators of the break activity-resource level relationship; Consequences of personal resource levels Motivation as a moderator of the relationship between resource levels and outcomesConcluding thoughts; Acknowledgments; References; Chapter 3. Daily recovery from work-related effort during non-work time; Introduction; Theoretical framework; How is recovery conceptualized?; Outcomes of (lack of) recovery; Activities during recovery; Factors facilitating recovery; Factors inhibiting recovery; Need for recovery; Recovery model; Suggestions for future research; Conclusion; References; Chapter 4. Recovery and the work-family

interface; Introduction

Work and family as individual's primary life domainsA macro-perspective of work-family interface: Antecedents and consequences; Micro-processes; Gender differences; Conclusions; Note; References; Chapter 5. Are business trips a unique kind of respite?; Respite and recovery: Definitions and literature review; Embedding business trips in the JD-R model and COR theory; Business trip characteristics; Negative impact of business trips; The positive impact of business trips; Evidence from interviews; Business trips: A conceptual model; Summary and conclusions; Recommendations; Note; References

Chapter 6. Sleep and recoveryIntroduction; Sleep and sleepiness; The determinants of sleep and sleepiness; Physiology during sleep; Factors in society that interfere with sleep; Societal effects of disturbed/short sleep; Comments and conclusions; References; Chapter 7. Anabolism and catabolism at work; Introduction; Theoretical approaches to anabolism and regeneration; Physiology of anabolism; Opportunities for regeneration; Empirical examples from research on anabolic processes; General discussion; References; About the authors

Sommario/riassunto

For decades, researchers have examined the job stressors and their outcomes for individuals and organizations. However, until now we know only little about the processes that reduce and reverse the effects of the stress process. This volume aims at filling this gap in the literature by focusing on processes related to recovery and unwinding from job stress. The book integrates various perspectives on the topic. The chapters demonstrate that recovery research is a very promising approach for understanding the processes of job stress and relieve from job stress more fully. Moreover, the chapters

2. Record Nr.	UNISALENT0991001470079707536
Autore	Balbo, Laura
Titolo	Rappresentanza e democrazia / Laura Balbo, Norberto Bobbio, Pietro Ingrao ; a cura di Gianfranco Pasquino
Pubbl/distr/stampa	Bari : 1988
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