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Buffering Effects of Interpersonal Support Literature Review; Research Hypotheses; Method; Results; Discussion and Implications for Practice; Implications for Preventive Stress Management: Engendering CIS; Merger and Acquisition Stress: Fear and Uncertainty at Mid-Career; Stress and the Mid-Career Employee; The Merger and Acquisition Stress Process; The Important Role of Appraisal; M&A Stress Prevention and Management; Conclusion; Staying with or Leaving the Organization; Cell 1-"You're Fired"; Cell 2-"Voluntary Exits" Cell 3-"I Need a Change" Cell 4-"Survivors"; Conclusions; The Middle Years: Career Stage Differences; Method; Measures; Analyses; Results; Discussion; Mid-Career Transition; Major Career Transitional Forces; Ways of Dealing Effectively with Mid-Career Transitional Forces; Contributing to More Effective Mid-Career Transitioning; IV. THE END GAME; Why Retire Early?; Method; Results; Discussion; Time to Move On?; Deciding to Retire; Living in Retirement; Planning for Retirement; A Hindsight View of Retirement Stress; Career Stress in Changing Times: Some Final Observations

Sommario/riassunto

In terms of time, energy, and money, a career is one of the most important investments that a person makes during his or her lifetime. Career Stress in Changing Times is an exciting volume that covers the entire career cycle, from beginning through mid-career dilemmas to the retirement transition. Many key career issues and stressors--as they are experienced during each stage of one's career--are examined. Experts also explore the major social and cultural forces that influence careers and will continue to do so in the next century, including women's influx into the workplace, the decline of b
