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| ISBN                    | 1-000-09533-9<br>0-429-33101-0   |
| Edizione                | [1st ed.]  |
| Descrizione fisica      | 1 online resource (113 pages)  |
| Collana                 | State of the art in business research  |
| Disciplina              | 158.72   |
| Soggetti                | Job stress   |
| Lingua di pubblicazione | Inglese  |
| Formato                 | Materiale a stampa   |
| Livello bibliografico   | Monografia   |
| Nota di contenuto       | Cover -- Half Title -- Series Page -- Title Page -- Copyright Page -- Table of Contents -- Chapter 1: Organizational psychology, organizational behaviour and workplace stress -- Alternative approaches and movements -- The themes running through the book -- Context -- An expanded view of relevance -- Refinement and the changing nature of robustness and meaning -- The plan of the book -- Chapter 2: Technology, behaviour and work stress -- Setting a context: in a digital saturated age -- The emerging counter-culture -- Digital minimalism -- Solitude in a digital saturated age -- Deep work -- Mindful use of technology -- Other technologies and their context -- The requirement for new leadership styles -- Emerging technologies -- Cognitive technology: AI - artificial intelligence and machine learning -- A pause to catch our breath and think about what this means for work stress research -- Turning back to other emerging technologies: augmented reality (AR) and algorithms -- Internet of things, wearables and smart clothing -- Conclusion: an industry at risk? -- Work stress research: its changing shape and direction -- Chapter 3: Stress and the future of work -- Organizations and the nature of work in 'perpetual motion' -- Broader contextual changes and their influence in how work is defined -- The context that points to why working arrangements are changing -- From temporary, contingent employment arrangements to nonstandard work, through to the Gig economy -- Traditional contingent employees and boundaryless workers -- Nonstandard work |

-- Temporariness and risk -- Transition from jobs to work -- The Gig economy -- Experiencing the Gig economy -- Legislation for the new (Gig) economy -- Skills and learning that fit the new economy -- Technology's impact on work and jobs -- Approach I: distinguishing between types of technology. Approach II: the impact of technology on jobs and work -- Approach III: the exploration of the potential of technology -- More changing contours of the work context -- Future directions for research -- Chapter 4: Coping with work stress -- Introduction -- Classification of coping strategies -- Cyberloafing -- A brief interlude with busyness and the tyranny of productivity -- The significance of the concept of primary appraisal -- The positive psychology of coping -- Directions for future research -- Chapter 5: The future of work stress research -- The changing nature of our discipline -- What does this mean for organizational psychology? -- Work as distinct from jobs -- Refining the concept of employability -- Refining job security and other consequences -- The integration of cyberpsychology into our work -- The explanatory potential of meaning and context -- The nature of well-being -- A more detailed focus on future directions for work stress research -- Technology and future directions of work stress research -- Work and the future directions of work stress research -- Summary -- References -- Index.

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## Sommario/riassunto

Stress is a leading cause of ill health in the workplace. This shortform book analyses, summarises and contextualises research around stress at work. The book begins by exploring the impact and challenges of technology and the challenging and changing contours and boundaries of the nature of work. Using a behaviour lens, the authors draw on cyberpsychology to illuminate the choices we make to balance life, work and wellbeing. The changing nature of work is analysed, shifting structures and boundaries explored and the stress consequences of such themes as the gig economy and precarious work are also included in the book. A compelling framework for researchers of work, organisation and psychology, this concise book is also valuable reading for reflective practitioners, seeking to understand the importance of wellbeing in the workplace.

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