

1. Record Nr.	UNINA9910818382603321
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Titolo	Stress management in the construction industry // Mei-yung Leung, Isabelle Yee Shan Chan, Cary Cooper
Pubbl/distr/stampa	Chichester, West Sussex, United Kingdom : , : John Wiley & Sons, , 2015
ISBN	9781118456415 (hbk.) 1-118-45636-X 1-118-45640-8
Edizione	[1st ed.]
Descrizione fisica	x, 263 pages ; 25 cm
Disciplina	624.068/3
Soggetti	Construction industry - Employees - Health and hygiene Construction workers - Job stress Stress management
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Title Page; Copyright Page; Contents; About the Authors; Preface; Acknowledgements; Chapter 1 Construction Personnel in Practice; 1.1 Background to Stress Management in Construction; 1.2 Construction Organisations; 1.2.1 Governments; 1.2.2 Developers; 1.2.3 Consultants; 1.2.4 Contractors; 1.2.5 Suppliers; 1.3 Construction Personnel; 1.3.1 Project Managers; 1.3.2 Architects; 1.3.3 Engineers; 1.3.4 Quantity Surveyors; 1.3.5 Construction Workers; 1.4 Construction Projects; 1.4.1 Nature; 1.4.2 Construction Procurement; 1.5 Stress in the Construction Industry; References Chapter 2 Theories of Stress 2.1 The History of Stress Theory; 2.1.1 Psychobiology; 2.1.2 Sociology; 2.1.3 Psychiatry; 2.2 Arousal Theories; 2.2.1 Fight or Flight - Cannon; 2.2.2 Eustress versus Distress - Selye; 2.2.3 The Yerkes-Dodson Law; 2.3 Appraisal and Regulatory Theories; 2.3.1 Transactional Stress Model - Lazarus and Folkman; 2.3.2 Model of Controlled Processing and Compensatory Control - Hockey; 2.3.3 Stress-Adaptation Model - Hancock and Warm; 2.4 Summary; References; Chapter 3 Stress; 3.1 Stress Levels of Construction Personnel; 3.1.1 Work Stress; 3.1.2 Physical Stress 3.1.3 Emotional Stress 3.2 Development of a Conceptual Model of

Stress; 3.3 Research Results on Stress among Construction Personnel; 3.3.1 Statistical Studies; 3.4 Case Studies; 3.4.1 Public Toilet Construction; 3.4.2 Highway Project; 3.5 Practical Implications; 3.6 Summary; References; Chapter 4 Sources of Stress Affecting Construction Personnel; 4.1 Stressors Affecting Construction Personnel; 4.1.1 Personal Stressors; 4.1.2 Interpersonal Stressors; 4.1.3 Task Stressors; 4.1.4 Organisational Stressors; 4.1.5 Physical Stressors; 4.2 Development of a Conceptual Model of Stressors and Stress 4.3 Research Results on Stressors and Different Construction Personnel 4.3.1 Statistical Studies of Stressors of Construction Personnel; 4.4 Case Studies; 4.4.1 Building Information Modeling in Housing Projects; 4.4.2 Design of a Water Tank in a Residential Project; 4.5 Practical Implications; References; Chapter 5 Consequences of Stress; 5.1 Consequences of Stress Affecting Construction Personnel; 5.2 (Inter)Personal Performance of Construction Personnel; 5.2.1 Personal Satisfaction; 5.2.2 Interpersonal Relationships; 5.3 Task Performance of Construction Personnel; 5.3.1 Project Outcomes 5.3.2 Safety Behaviours 5.4 Organisational Performance of Construction Personnel; 5.4.1 Sense of Belonging; 5.4.2 Intention to Stay; 5.5 Development of a Conceptual Model of Stress and Performance; 5.5.1 Conceptual Model of Stress and Performance; 5.5.2 Relationship between Stress and Performance; 5.6 Research Results on Stress and Performance of Construction Personnel; 5.6.1 Statistical Studies; 5.6.2 Correlation Analysis; 5.7 Discussion; 5.7.1 Performance of Construction Personnel by Age; 5.7.2 Performance of Construction Personnel by Gender; 5.7.3 Stress and Performance 5.7.4 Interrelationships among the Six Types of Performance

Sommario/riassunto

'A book that presents an integrated and comprehensive stress management model that reflects the demands and dynamism of the construction industry is not just important but a must for all those working in the industry.' Philip Dewe, Professor of Organizational Behaviour, Birkbeck College, University of London 'Stress kills and successful stress coping enables us to live abundantly... to thrive. This well-conceived, focused volume reveals the stress process in the challenging construction industry, and the best ways to cope.' James Campbell Quick, Professor of Leadership & Organizational Be
