



Stress in the Workplace: Past, Present and the Future

Jack Dunham

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This book consists of nine chapters written by internationally known and respected research workers. Lennart Levi presents a psychosocial framework for understanding sickness and health in the workplace. James Campbell Quick, Debra Nelson and Jonathan Quick give an account of their research with executives in industry and the US Air Force. Tores Theorell focusses his research on the increasing demands on workers and the reducing control they have over their working lives. Johannes Siegrist is also concerned with imbalance – in this case between effort and reward at work. Susan Cartwright and Sheila Penchal report on the effects of the increase of mergers and acquisitions in the 1990's. Howard Khan's focus is the stress of working for clearing banks, merchant banks and foreign owned banks in London and New York. Sandra Fielden and Lyn Davidson present evidence of the sources of stress of women in managerial positions. Cheryl Traver's analysis of the rising costs of teacher stress is very relevant for policy makers and managers. Michiel Kompier and Tage Kristensen make recommendations for planning and implementing stress management strategies in the workplace.



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