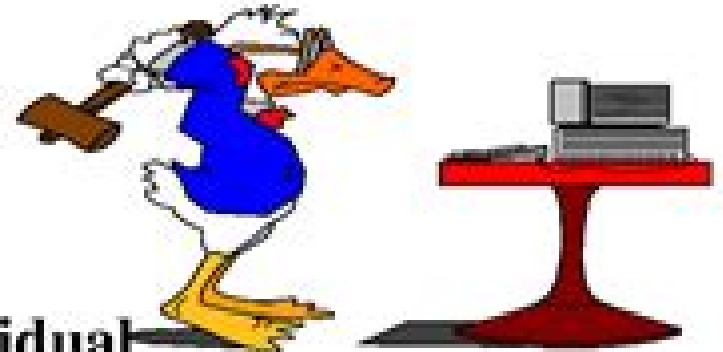


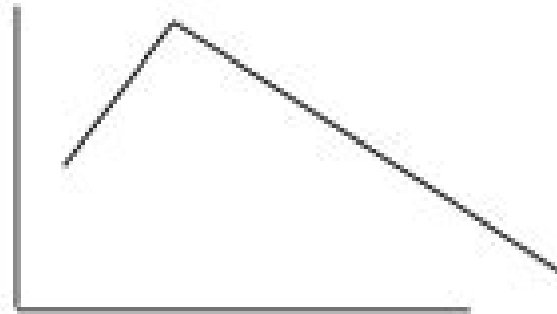
STRESS



Definition: Stress occurs when an individual cannot adequately respond to job or org. stimuli without damage (e.g., fatigue, worry, heart disease).

Established Research:

Performance



Stress

(giving a speech, studying for a test)

Conclusion: Nearly all work-induced stress is undesirable, not a bell-shaped curve

Guide Book Definition Of Stress

M Carnoy



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