



# Job Stress: From Theory to Suggestion (Journal of Organizational Behavior Management)

*John M Ivancevich, Daniel C Ganster*

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Leading theorists and researchers explore the concept of stress in this relevant and well-timed volume. Physicians, psychologists, sociologists, and social psychologists who have been engaged in stress-related projects offer exciting and practical suggestions for applying organizational behavior management principles to the problem of stress. They share timely discussions on the causes and implications of job stress, which affects all levels of employees in business and industrial settings. This stimulating volume addresses the major theoretical perspectives and interpretations of job stress--from the diverse fields of medicine, clinical psychology, engineering psychology, and organizational psychology and proposes stress measurement and stress management interventions. A fascinating review of the empirical research on stress indicates the present state of study on the subject and emphasizes the need for more applied research using OBM principles. There is currently a great deal of disagreement about the meaning of job stress, its effects on people and organizations, and strategies for coping with the phenomenon. The effects of stress on individuals and organizations are thoroughly explored in this timely volume.

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