

CHAPTER – 1

BASIC CONCEPT OF STRESS ITS MEANING & DEFINITION:

INTRODUCTION:

This introductory chapter defines and explains the concept of stress, the terminology, its types, and its impact on organization & individual. The chapter is divided into five sections for the purpose of detailed, sound and scientific enquiry to develop a conceptual understanding about stress and its impact. The first section deals with the basic concept of stress in general followed by the second section which deals with the various definitions of stress and its various types. The third section deals with the concept of organizational stress and its impact on organizations. The fourth section deals with the concept of police stress and its sources, symptoms, impact and the consequences, followed by conclusion.

1.1: BASIC CONCEPT OF STRESS:

The use of terminology "Stress" in our daily conversation has increases. Though we all talk so much about stress but it often isn't clear what stress really is about all? We are well aware with some terms which are used synonymously for stress. These terms are stress, strain, conflict, burnout, depression and pressure.

Many people consider stress is something that happens to them, an event such as a harm or encouragement. Whereas others think stress is what happens to our bodies, psyche and our behaviour in response to an event. When something happens to us, we as a reflex action start evaluating the situation mentally. We try to come to a decision, if it is threatening to us, how we need to deal with the situation and what skills and strategies we can use. If we come to conclusions that the demands of the situation overshadow the skills we have, then we label the circumstances as "stressful" and need to react it with the classic "stress response". If we trust that our coping skills prevail over the demands of the situation, then we don't see it as "stressful". Some situations in life are stress-provoking, but they are our thoughts about situations that determine whether they are a problem to us or not. How we

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Teodor M. Atanackovic, Ardeshir Guran

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Applied Strength of Materials SI Units Version Robert L. Mott, Joseph A. Untener, 2017-11-06 APPLIED STRENGTH OF MATERIALS 6 e SI Units Version provides coverage of basic strength of materials for students in Engineering Technology 4 yr and 2 yr and uses only SI units Emphasizing applications problem solving design of structural members mechanical devices and systems the book has been updated to include coverage of the latest tools trends and techniques Color graphics support visual learning and illustrate concepts and applications Numerous instructor resources are offered including a Solutions Manual PowerPoint slides Figure Slides of book figures and extra problems With SI units used exclusively this text is ideal for all Technology programs outside the USA

Basic Concepts in Modern Mathematics John Edward Hafstrom, 2013-06-10 In depth overview geared toward undergraduates of all backgrounds covers natural numbers sets variables and statement forms mappings and operations groups relations and partitions integers and rational and real numbers 1961 edition

Theory of Elasticity for Scientists and Engineers Teodor M. Atanackovic, Ardeshir Guran, 2012-12-06 This book is intended to be an introduction to elasticity theory It is assumed that the student before reading this book has had courses in mechanics statics dynamics and strength of materials mechanics of materials It is written at a level for undergraduate and beginning graduate engineering students in mechanical civil or aerospace engineering As a background in mathematics readers are expected to have had courses in advanced calculus linear algebra and differential equations Our experience in teaching elasticity theory to engineering students leads us to believe that the course must be problem solving oriented We believe that formulation and solution of the problems is at the heart of elasticity theory 1 Of course orientation to problem solving philosophy does not exclude the need to study fundamentals By fundamentals we mean both mechanical concepts such as stress deformation and strain compatibility conditions constitutive relations energy of deformation and mathematical methods such as partial differential equations complex variable and variational methods and numerical techniques We are aware of many excellent books on elasticity some of which are listed in the References If we are to state what differentiates our book from other similar texts we could besides the already stated problem solving orientation list the following study of deformations that are not necessarily small selection of problems that we treat and the use of Cartesian tensors only

Jekel's Epidemiology, Biostatistics and Preventive Medicine E-Book David L. Katz, Joann G. Elmore, Dorothea Wild, Sean C Lucan, 2013-01-04 Succinct yet thorough Epidemiology Biostatistics and Preventive Medicine 3rd Edition brings you today's best knowledge on epidemiology biostatistics preventive medicine and public health in one convenient source You'll find the latest on healthcare policy and financing infectious diseases chronic disease and disease prevention technology This text also serves as an outstanding resource for preparing for the USMLE and the American Board of Preventive Medicine recommends it as a top review source for its core specialty examination Discusses the financial concerns and the use and limitations of screening in the prevention of symptomatic disease

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the theory of engineering measurements An emphasis on the role of statistics and uncertainty analysis in the measuring process makes this text unique While the measurements discipline is very broad careful selection of topical coverage establishes the physical principles and practical techniques for quantifying many engineering variables that have multiple engineering applications In the sixth edition Theory and Design for Mechanical Measurements continues to emphasize the conceptual design framework for selecting and specifying equipment test procedures and interpreting test results Coverage of topics applications and devices has been updated including information on data acquisition hardware and communication protocols infrared imaging and microphones New examples that illustrate either case studies or interesting vignettes related to the application of measurements in current practice are introduced *Community Health Nursing* Karen Saucier Lundy, Sharyn Janes, 2005-11 [Le Concise Intro Log W/Cd](#) Patrick J. Hurley, 2002-07 **Environmental Physiology of Animals** Pat Willmer, Graham Stone, Ian Johnston, 2009-03-12 The new and updated edition of this accessible text provides a comprehensive overview of the comparative physiology of animals within an environmental context Includes two brand new chapters on Nerves and Muscles and the Endocrine System Discusses both comparative systems physiology and environmental physiology Analyses and integrates problems and adaptations for each kind of environment marine seashore and estuary freshwater terrestrial and parasitic Examines mechanisms and responses beyond physiology Applies an evolutionary perspective to the analysis of environmental adaptation Provides modern molecular biology insights into the mechanistic basis of adaptation and takes the level of analysis beyond the cell to the membrane enzyme and gene Incorporates more varied material from a wide range of animal types with less of a focus purely on terrestrial reptiles birds and mammals and rather more about the spectacularly successful strategies of invertebrates A companion site for this book with artwork for downloading is available at www.blackwellpublishing.com/willmer **Botany revised edition** Carl L Wilson, Walter E. Loomis, 1957 **A Standard Dictionary of the English Language, Upon Original Plans ...**, 1894 *A Higher Catechism of Theology* William Burt Pope, 1885 **A Standard Dictionary of the English Language** Isaac Kaufman Funk, 1894 **Report on Materials of Construction Used in Aircraft and Aircraft Engines** Charles Frewen Jenkin, 1920 *A Dictionary of the Bible Dealing with Its Language, Literature, and Contents Including the Biblical Theology* James Hastings, John Alexander Selbie, 1899 A dictionary covering geography history theology customs personalities and books of the Bible **Orthodoxy: Its Truth and Errors** James Freeman Clarke, 1890 [Webster's New International Dictionary of the English Language, Based on the International Dictionary 1890 and 1900](#) William Torrey Harris, Frederic Sturges Allen, 1911 *Introduction to Patient Care* Beverly Witter Du Gas, 1983 **The Essentials of Logic** Roy Wood Sellars, 1917 *Ballad Theory and Technique*, 1913

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