

عنوان مقاله:

The relationship between psychological well and psychological hardiness company employees

محل انتشار:

پنجمین کنفرانس بین المللی حسابداری و مدیریت و دومین کنفرانس کارآفرینی و نوآوری های باز (سال: 1395)

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نویسنده:

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خلاصه مقاله:

The concepts, factors, and consequences of stress have always received the attention of researchers in behavioral sciences. The extent of stress factors, their detrimental consequences for the health of individuals, and their scientific-research attraction can be other reasons for the importance of stress in the view of psychologists. Human beings have discovered that some events can jeopardize their health, selfpossession, welfare, and adaptation. Meanwhile evidence shows that stressful situations do not always lead to illness and lack of adaptation. Researchers believe that certain moderators interfere with the relationship between stress and illness. Some people possess certain characteristics that increase their internal stress resistance and prevent them from stress and illness. In addition, human beings do not readily surrender to stress and its consequences. Rather, they have thought of and achieved various strategies for regaining adaptation and equilibrium and preventing or controlling stress. The present research examines one of these internal characteristics, i.e. psychological hardiness, and its relationship with a set of behavioral-cognitive efforts for coping with stress (coping strategies) that are employed for reducing or controlling stress factors or their undesirable emotional consequences. Stress is one of the concepts that do not have a distinct, clear definition despite their broad usage. This is because of its scientific application. The term stress entered medicine and psychology from engineering. In engineering, stress refers to any external factor that is exerted on an object or living being and changes them. In contrast, from the medical-physiological perspective stress is a general response to undesirable and threatening events. In these two approaches stress is either a stimulus or a response that may lead to illness or disorder in the living being

کلمات کلیدی:

psychological well-being and quality of life and psychological hardiness

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