

Contents

Introduction	xi
PART I STRESS AT WORK IN PERSPECTIVE	
1. Epidemiological Contributions to the Study of Work Stress <i>Stanislav V. Kasl</i>	3
PART II FACTORS IN THE PERSON'S ENVIRONMENT	
2. Blue Collar Stressors <i>E. Christopher Poulton</i>	51
3. Sources of Managerial and White Collar Stress <i>Cary L. Cooper and Judi Marshall</i>	81
4. The Family: Help or Hindrance? <i>Charles Handy</i>	107
PART III FACTORS IN THE PERSON	
5. Personality, Behavioural, and Situational Modifiers of Work Stressors <i>Anthony J. McMichael</i>	127
6. Learning: Cause and Cure <i>H. R. Beech</i>	149
PART IV THE PERSON IN THE WORK ENVIRONMENT	
7. Person-Environment Fit and Job Stress <i>R. Van Harrison</i>	175
PART V DEALING WITH STRESSORS AND STRAINS	
8. What People can do for Themselves to Cope with Stress <i>Albert Ellis</i>	209
9. Stress and Socio-Technical Design: a New Ship Organization <i>Ragnar Johansen</i>	223

10. The Increasing Relevance of Group Processes and Changing Values for Understanding and Coping with Stress at Work	241
<i>Harold Bridger</i>	

PART VI ISSUES IN RESEARCH ON STRESS AT WORK

11. Epistemology and the Study of Stress at Work	259
<i>Roy Payne</i>	
Concluding Remarks	285
Index	289