

STRESS MANAGEMENT- THE ROLE IN ITS SOCIAL DYNAMICS

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Abstract

In most organisations, stress management represents a priority due to its high cost. The lack of solutions towards it leads to demotivation, inefficient work, fatigue, illness and even depletion syndrome. The relation of the employee with stress represents an important aspect in avoiding the tense work situations, failures, lack of performance in terms of results. Going from the study of different dimensions of stress in a speditioner organisation was initiated in a session of stress management trainings. The study brings data about the results obtained after the latter.

Keywords: stress, coping, speditioner, training

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