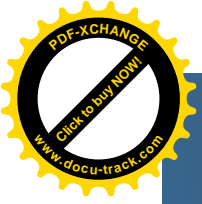


# OCCUPATIONAL STRESS



MUSTHOFA HADI, SE  
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# OCCUPATIONAL STRESS

## WHAT DOES IT MEANS?

*an adaptive response to an external situation that results in physical, psychological, and/or behavioral for organizational participants.*

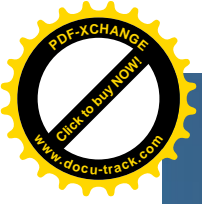


# OCCUPATIONAL STRESS

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## WHAT STRESS IS NOT

- Stress is not simply anxiety.
- Stress is not simply nervous tension.
- Stress is not necessarily something damaging, bad, or to be avoided.

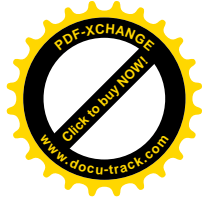
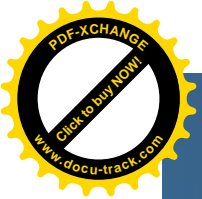


# OCCUPATIONAL STRESS

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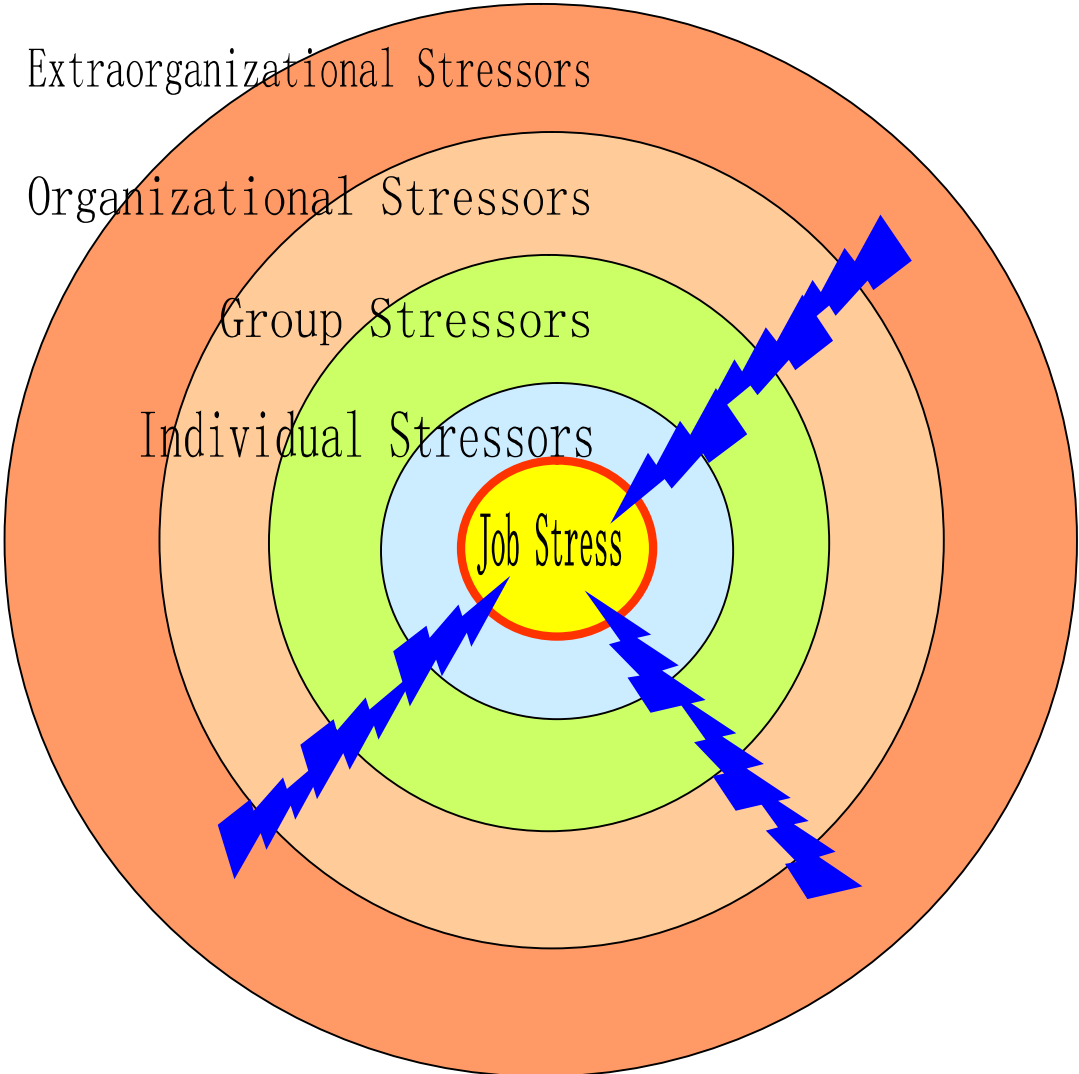
## THE CAUSES

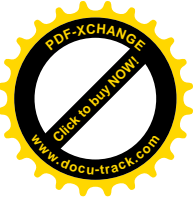
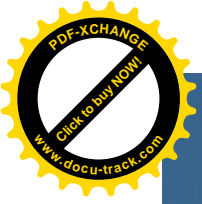
- **Extra-organizational Stressors.** Economic crisis, regulations.
- **Organizational Stressors.** Lack of support and dealing with job target.
- **Group Stressors.** Lack of group cohesiveness.
- **Individual Stressors.** Lack of financial availability.



# OCCUPATIONAL STRESS

## THE CAUSES



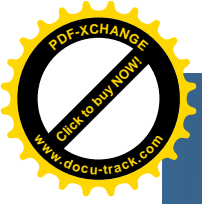


# STRATEGIES FOR STRESS

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## INDIVIDUAL

- Exercises.
- Relaxation.
- Behavioral self-control.
- Cognitive therapy.
- Networking.

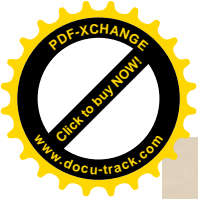


# STRATEGIES FOR STRESS

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## ORGANIZATIONAL

- **Create a supportive organizational climate.**
- **Enrich the design of task.**
- **Reduce conflict and clarify organizational roles.**
- **Plan and develop career paths and provide counseling.**



**THANK YOU**