Evaluation Anxiety : Study in workers about situations that generate anxiety. Relationship with stress, health and other variables

By Carmen Hurtado de Mendoza

LAP Lambert Academic Publishing Feb 2018, 2018. Taschenbuch. Condition: Neu. Neuware - This book deals with the relationship between anxiety and other variables, among which are stress and the health of worker. It is based on a study that aims to determine whether a relationship exists between evaluation anxiety (in different situations at the cognitive, physiological and motor level) and the following variables: the current status (satisfied, motivated, stressed), the perception of psychosocial risks at work (cognitive demands, control, rewards, organizational support), health (ailments in general, headache, musculoskeletal disorders, medications and sports practice) and differences between men and women in anxiety. It is also studied if there is relationship between emotional intelligence in working teams and anxiety. The results of the analyzes performed indicate that those workers who have more anxiety have a worse perception of psychosocial risks, are more stressed and have worse health than those who have less anxiety. Working women are more anxious than men. This book will help to know the activation that occurs in situations of anxiety and its relationship with the perception of stress and health of workers. 80 pp. Englisch.

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