

STRESS MANAGEMENT IN QUANTITY SURVEYING LECTURERS IN SOUTH-WEST NIGERIA

1.0 INTRODUCTION

1.1 Background to the Study

One of the most prevalent phenomenon in the modern society and work is professional stress, as all aspects of human activities generate stress (Aremu and Adenegan, 2013; Ismail, Abdullah, Khon., & Hoe, 2014;). Indeed, Stress is a term that is rarely clearly understood, and there is no agreement among scientists on the concept of professional stress. This is because it has different means to different people (Stranke, 2005). According to Umeasiegbu (1988); Anderson (2005); Belmonte (2007), stress is a psychological and physical response to events that upset our personal balance. It is the body's physical, mental and chemical reactions to circumstances that frighten, excite, confuse, endanger or irritate it. Stress is also the reaction that people have to excessive pressures or other types of demands placed upon them and it arises when they cannot cope. For most people, life is a succession of stressful experiences, and that stress is part of life from childhood (Asuni, Schoenberg, and Swift, 1994).

Individuals today live in stressful conditions brought by the changing circumstances of life due to technological innovations, socio-cultural, economical and political conditions and unfulfilment of desires and needs. Stress is therefore an adaptive response to situations that is perceived as challenging or threatening to the individual's well-being (Asuni, *et al* 1994; McShane and Von Glinow, 2005). For any stressful condition confronting an individual, there are two possible outcomes. Either the stress is coped with successfully (Mastery), or it is dealt with unsuccessfully. Mastering a major stress experience increases the individual's sense of adequacy and confidence, at the same time prepares him better for the challenges ahead, while, if he fails, the opposite can be expected (Umeasiegbu, 1988; 2002).

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