

Annotation of the paper

1. Title: Daily Hassles

2. Author's name, e-mail address: Alexandra Vitáris, alexa.v@freemail.hu

3. Year of Study and Study Specialisation: Faculty of Economics, Agriculture and Health Studies

4. Consultant: Anikó Ferenczné Szarvas

5. Content (max. 25 lines)

The primary objective of my paper is to draw attention to the problem of stressful life.

My study is divided into two main parts. In the first one I am providing some general information about stress and I am also pointing out its main sources. Then I am sharing some examples of the different levels of stress developing in specific life situations.

In the second part I am focusing on stress prevention and elimination and I am also presenting some stress reduction methods. I am sharing some details about stress at work, and stress at school.

Finally my statement supposing that a high percentage of people experience stress at work or at school is confirmed by the findings of a questionnaire.

6. Key words (3-5 words)

stress, prevention, elimination, work, school