

Annotation of the paper

1. Title: Workplace stress

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5. Content (max. 25 lines)

The primary objective of my paper is to draw attention to the problem of stressful life. Stress is nowadays the most common problem that more and more people have to contend with.

My intention is to point out in greater detail the topic of work related stress, especially work stressors. I will discuss task and role-related stressors in the hierarchy within the organization (company). In connection with the stress at work, I would like to draw attention not only to the mental and physical state the workers, but simultaneously outline the impact of work-related stress on the companies. My statement supposing that a high percentage of people experience stress at work or at school is confirmed by the findings of a questionnaire. I will present two types of coping with stress, and mention a couple of practical methods to cope with stress.

6. Key words (3-5 words)

stress, stressors, workplace stress, work-related stressors task