

## The roots of work-related stress

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Nowadays success directly depends mostly on the amount of money someone has and the position someone holds. While the rat race in business world is becoming tougher, a relevant problem of stress at work is gaining popularity. It is impossible to overestimate the importance of this issue. The impact of this particular type of stress leads to both physical and economic loses.

The World Health Organization (the WHO) defines work-related stress as the response people may have when presented with work demands and pressures that are not matched to their knowledge and abilities and which challenge their ability to cope. The WHO categorize causes of stress into work content and work context [1].

Taking into consideration a line of work, factory workers are likely to experience stress caused by work situations, such as coping with heavy equipment, working in a dangerous environment including life-threatening conditions. On the other hand, stress is often related to interpersonal relationships such as conflicts with colleagues or bosses. On the whole, some common stressors at work can be named.

1. The problem of workload arises when the demands of the job are greater than employees can comfortably manage, or when responsibilities don't match workers' abilities and knowledge. Generally, the workload occurs because of staff cutbacks but the workload remains, therefore workloads are getting upsized.

2. Job insecurity mostly manifests in the fear of being laid off. In the current "information age" technologies are developed at a faster pace than ever before. Widely people are replaced by machines, some professions have already disappeared as a result of comprehensive automation.

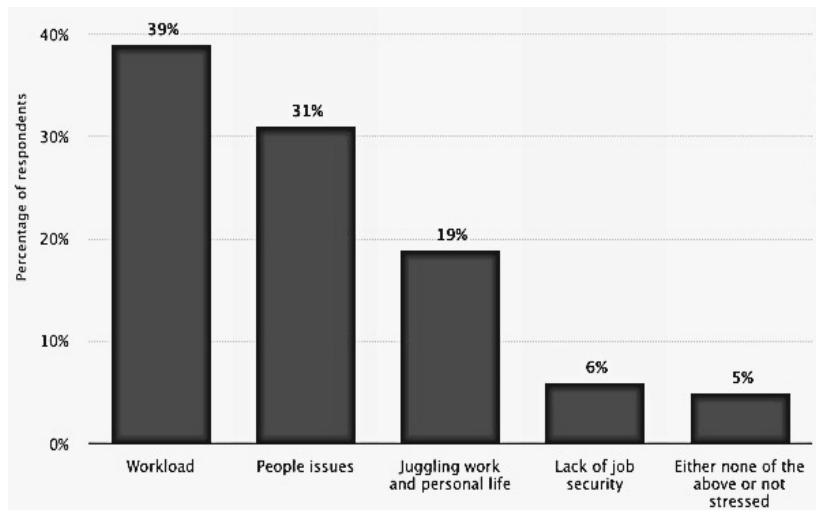
3. The most alarming cause of stress is violence in the workplace, as well as all types of discrimination, harassment and bullying. Aggression as a part of vicious circle can be categorized into both a symptom and cause of stress. Passive aggressive behavior consists of withholding resources, ignoring phone calls and being late to meetings. Unfortunately, the problem is not limited to these shores. It is not uncommon for aggression to escalate into killing other people [2].

4. Poor work organization and management is considered an issue too. The most widespread and subjective part is control. Some employees feel stressed when there is a lack of control over how they do the work, on the contrary the others may complain about extremely picky supervisors. Anyway, it is essential to allow employees to participation in decision-making process.

5. Interpersonal relationships can be described as communication or keeping in touch with colleagues and the boss. Definitely workers are less exposed to when they get on well with each other, but work is not a social situation. In order to get ahead on the career everybody participates in a competition for the next promotion, which can ruin good relations. That's why people have to choose either good relationships or career opportunities.

6. Changes at work. Surprisingly, these changes vary tremendously: starting from altered responsibilities and changes in financial status to switching to a different line of work.

7. Violation of a work-life balance means that workers couldn't determine the time for work and outside interests. Such a disbalance results in work-related problems at home and vice versa.



Referring to stress in countries, in 2017 in North America the research showed that the major sources of stress for employees were a workload, people issues, juggling work and personal life, lack of job security. In 2018 the United States came in seventh place in list of the most stressed countries. Work-related stress is an issue of growing concern especially in developing countries due to globalization and internationalization. Worth noting that in 2018 top-stressed countries were mostly developing countries. However, stress at work is a problem which is far from being resolved in developed and industrialized countries. Therefore, a raising concern of developing countries is quite justified [3].

In conclusion, a great number of workers suffers from work-related stress. It affects people's health and businesses enormously. Causes of stress depend on the job, current position and individual characteristics. Some employees consider difficult tasks as challenging, but at the same time these tasks may seem rather stressful for the others.

### **Литература**

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## **Ирония и сарказм в практике межкультурного общения**

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Понятие «юмор» чрезвычайно трудно поддается определению, потому, вероятно, и представляет интерес для исследователей по сей день. Можно сказать, что все, что вызывает у людей улыбку, смех и есть юмор. Но нет ответа на вопрос, что именно производит такой эффект. Психология юмора по большей части продолжает оставаться неизведанной территорией. Следует подчеркнуть, что изучать феномен юмора непростая задача, так как юмор – это в высшей степени контекстуальный феномен, к тому же он имеет национальный оттенок.

Важные составляющие юмора, по нашему мнению, – это ирония и сарказм. Они выполняют в одних случаях различные функции, в других – почти одинаковые, но с разными оттенками. Обнаружить грань между этими понятиями порой сложно, что делает исследование в данной области достаточно актуальным.

Бытует мнение, что «если вы рассказываете анекдот англичанину, он рассмеется трижды. Первый раз, когда он его слышит, второй раз, когда ему объяснят, и в третий раз, когда он в конце концов его понял» [1, с. 118]. Англичане, как известно, обладают особым чувством как юмора, так иронии и сарказма. Если спросить у англичанина, чего ему не хватает жизни, он ответит: сарказма.