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Article Critique  
STRESS MANAGEMENT

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FAKULTAS MATEMATIKA DAN ILMU PENGETAHUAN ALAM  
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Stress Management  
by Kenneth Hill and Lanson L. Saffry

This article is taken from "Management Decision" volume 25, number 6, 1987. It is a wellknown literary journal that has made very significant contributions to management education, not only within the United Kingdom, but also worldwide. Therefore its credibility is guaranteed. In addition, the authors of the article are qualified enough, since they were involved in the area of business and management.

In brief, this article discusses stress that can be a major cause of workplace inefficiency and leads to psychological, social, and health problems. Work overload and conflict stress can generate further inefficiencies. Stress avoidance and stress management can and should be taught in management courses beginning at the board level. Stress-related management activities can be particularly expensive. Individual stress factors can be identified by screening or consultation with an industrial psychologist; individuals can learn to manage stress in their working and domestic lives; companies can structure their organisation to reduce ambiguity and conflict; and give managers appropriate authority and adequate resources.

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The first step in the process of project management is to identify the project objectives and to define the project scope. This involves determining the project's purpose, goals, and deliverables, and identifying the project's boundaries and constraints. The project manager must also identify the project's stakeholders and their interests, and establish a communication plan to keep them informed throughout the project.

The second step is to develop a project plan. This involves defining the project's tasks, activities, and milestones, and determining the resources and budget required to complete the project. The project manager must also identify the project's risks and develop a risk management plan to minimize their impact.

The third step is to execute the project plan. This involves assigning tasks to team members, monitoring progress, and communicating with stakeholders. The project manager must also manage the project's budget and resources, and ensure that the project is completed on time and within budget.

The fourth step is to close the project. This involves evaluating the project's performance, identifying lessons learned, and celebrating the project's success. The project manager must also ensure that the project's deliverables are handed over to the client and that all project-related documents are archived.

Project management is a complex and dynamic process that requires a combination of technical skills, interpersonal skills, and leadership abilities. The project manager must be able to communicate effectively, manage resources, and solve problems. They must also be able to adapt to changing circumstances and manage the project's risks. Project management is essential for the success of any project, and it is a skill that is in high demand in the business world.



authors to give attention to this problem is commendable. As many people claimed, stress is an important outcome in individual behavior because the conditions producing stress are consistently found in organizations. However, the unclear information about the term of "stress" indicates the weakness of the article.

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