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- Individual personality

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- Leadership
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- Political environment
- Technology

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- Social support

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- Self-efficacy
- Hostility

### Experienced Stress

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- Heart disease

# Psychological Symptoms

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- Depression
- Less job satisfaction

# Behavioral Symptoms

- Loss of productivity
- Absenteeism
- Turnover

# **Social And Psychological Factors In Stress**

**Manjeet Kumar Chaturvedi** 

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