

Q. 3 ⇒ Explain nature of leadership. Explain meaning and definition of stress.

A) Nature of Leadership :-

- (1) It involves the interaction between the leader and the followers.
- (2) It implies pursuit of common goals in the interest of individuals as well as a group as a whole.
- (3) It is a process of influence. The basic purpose of leadership is to influence the behaviour of followers.
- (4) Leadership is related to a situation when we talk about leadership, it is always related to particular situation, at a given point of time and under a specific set of circumstances.

Meaning of stress :-

stress indicates the pressures people feel in life. As a result of the pressures, employees develop various symptoms of stress that can harm their job performance. People who are stressed may become nervous, easily get angry and are unable to relax. They may be uncooperative or use alcohol excessively. Stress also leads to physical disorder because the external body system changes to try to cope with stress.

Definition of stress :-

According to 'McBreath', "A person experiences stress when a situation is perceived as presenting a demand which threatens to exceed the person's capabilities and resources for meeting it." According to 'Becher and Newman', "Job stress is a condition arising from the interaction of people and their jobs."