PREFACE

Competition, rapid pace and complexities of modern age have led to anxiety and stress at the same time. Hence, these two are the day to adjustment problems these days in our society quite a lot of research work has been done on these topics during, last few decades. Till some time back anxiety and stress were considered as clinical problems, but with increase in competition, rapid pace and complexities in modern industry these problems have also become industrial problems.

In the present study, the effect of different levels of anxiety and stress (physical workload) on Critical Flicker Fusion (CFF) and performance of both kinds i.e. physical as well as mental, was studied. The results show no significant effect of anxiety upon CFF and performances, or but significant decrement of performance and CFF under low workload and significant increment of CFF under high workload has been obtained.

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(VINEETA CHAUHAN)