Preface

Stress is viewed as the cause of many of man's present illnesses and one of the most urgent problems of the day. In the last two or three decades, research about this concept has generated a vast literature in physiology, bio-chemistry, medicine, psychiatry, psychology, and sociology. In psychology, the topic was originally conceived in relation to disease and illness, but now the problems of workload in industrial and military operations are also dealt under this.

In the present investigation, the effect of different levels of workload stress in the form of mental as well as physical work was studied on performance and flicker fusion thresholds. The results showed that low levels of stress increased the level of performance and CFF threshold whereas high level of stress was found to decrease in the performance levels and CFF.

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