

ISSN: 2249-0132

THE ESSENCE

JOURNAL OF MANAGEMENT SCIENCE & RESEARCH

2011-12 VOLUME 1 NUMBER 1



SIR PADAMPAT SINGHANIA UNIVERSITY

Udaipur

THE ESSENCE

S. No.	Title	Author	Page No.
1	A Systematic Method for Discovering Effective Patterns of Virtual Project Management	Deepak Khazanchi Ilze Zigurs	1
2	Branding of 'Intangibles': A Critical Literature Review Highlighting Emerging Services Sectors	Amlan Bhattacharya	19
3	A Comparative Study of Performance based Training Need Analysis in Insurance Sector	Leela Vedantam	27
4	Empirical study of volatility in stock market: application of CAPM model	Rajesh Kothari, Sumeet Gupta & Narendra Sharma	43
5	Rural industrialization in india :problems and prospects	M. L. Vasita	63
6	International Financial Reporting Standards: The Case of East Africa Community (EAC).	Anita Shukla, Martin Onsiro Ronald	70
7	IT Mergers of 2009 - a Barometer of Optimism	R. Hemalatha	84
8	Marketing in the e-commerce era and Indian strategy	Ranjeeta Phukan	98
9	An Exploring The Relationship Between Effectiveness of Leader And Their Stress At Workplace	Amit Sharma, Ravi Choudhary	107
10	MSMEs in India: Issues & Challenges in the time of Globalisation	Ashish Vora	120
11	Response of Indian Monetary Policy Against Global Financial Crisis	Girraj Kishore Varshney	133
12	Reflection on the changing scenario of indian& international financial market	Asha Sharma	140
13	Green IT: initiatives for growth	Ashish Adholiya, Vineet Chouhan	146
14	A Comparative Study of Trends in Quality Improvement Approaches in Higher Education in Europe and India	Jitendra Shreemali	153

SHARING VIEWS

1	Trusts – an ancient and modern way to protect and enhance global family wealth in the 21st century	Martin Bowen	166
2	Think globally and behave ethically	Mahender Khari	171

AN EXPLORING THE RELATIONSHIP BETWEEN EFFECTIVENESS OF LEADER AND THEIR STRESS AT WORKPLACE

Amit Sharma* and Ravi Choudhary**

Abstract

The main purpose of this paper is to examine the impact of job stress on leadership effectiveness. For this purpose the Design/Methodology/Approach will be used and Various leaders situated at Ajmer, Jodhpur, Jaipur, Udaipur were given a questionnaire regarding their leadership effectiveness, the stress they felt due to their jobs and the degree to which they felt they were "burned out". The findings of the paper will be in the form of Degree of perceived burnout is related to degree of perceived stress is related to leadership effectiveness.

This paper shows that the relationship between leadership effectiveness and job stress. The paper also point out how leaders can mitigate stress by shifting from one leadership style to another and selecting right style for right situation (style adaptability).

Key words: Stress, Leadership styles, Style Adaptability Leadership Effectiveness, Style adaptability, Job stress.

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