



Mental Health in Workplace - Mobbing, Burnout, Workaholism, Occupational Stress

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Abstract:

Human adaptation to the specific requirements and increasing complexity of work is often difficult. Serious psychological, medical, social and financial costs are involved, really affecting the functionality and the efficiency of the individuals, of the work group and sometimes even of the company.

Each work group has a specific work pathology, in which are intertwined the mobbing and occupational stress, the burnout and workaholism, organization's structural and communicational failures, implicit values and organizational myths. The result is a complex pathology of work which is difficult to manage.

Keywords

Work Pathology, Burnout, Communicational Failure, Occupational Stress