Moderating Effect of Values on Stress: A Review

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Abstract: The purpose of this research is to analyze the moderating effect of different types of values on stress and expand the understanding that how variables like internal harmony, integrity, rapport with self, trust, commitment and investment help in moderating the effect of stress. Nowadays, everybody is going under pressure in their life. Stress has become a normal issue affecting every other person on this earth whether it is professional stress to be in the competition of market or workload in the organization according to the designation of the person which we can also state as role stress. The paper theoretically explains the importance of values in our life and how it leads to moderating stress. We can describe value as the degree of importance of something or the action, to determine the best action for a better life. We did a comprehensive and systematic review of published qualitative and quantitative studies that have analyzed the relationship between the contributory factors of values and stress. Outcomes of the study were reflected through the extensive literature review on values, role stress and related factors. The authors validated the moderating effect of values on stress through critical review and concluded that different values have a positive effect on reducing stressors. To encounter stress in our lives, enhancing different values as ability or skill will help in coping up with life stressors and adversities. The authors contribute in respective field by consolidating existing knowledge in the domain of values and stress and confirm that the prevalence of evidence supports that values may work as a moderator to personal and professional stress. The implication of research will be further discussed in making employees utilize their values to cope up with stress at the workplace.

Keywords: value, internal harmony, stress