

## Interactive Effects of Challenge-Hindrane Stressors and Core Self-Evaluations on In-Role and Extra-Role Performance

**Authors :** Khansa Hayat

**Abstract :** Organizational stress is one of the vital phenomena which is having its roots deep down in has deep roots in management, psychology, and organizational behavior research. In the meanwhile, keeping its focus on the positive strength of humans rather than the traditional negativity oriented research, positive psychology has emerged as a separate branch of organizational behavior. The current study investigates the interactive effects of Challenge and hindrance stressors and core Self Evaluations (CSE's) of the individual on job performances including the in-role performance and extra role performances. The study also aims to investigate the supporting/buffering role of the human dispositions (i.e., self esteem, self efficacy, locus of control and emotional stability). The results show that Challenge stressors have a significant positive effect on in role performance and extra role performance of the individual. The findings of the study indicate that Core Self evaluations strengthen the relationship between challenge stressors and in role performance of the individual. In case of Hindrance Stressors the Core self Evaluations lessen the negative impact of Hindrance stressors and they let the individual perform at a better and normal position even when the Hindrance stressors are high. The relationship and implication of conservation of resource theory are also discussed. The limitations, future research directions and implications of the study are also discussed.

**Keywords :** challenge-hindrane stressors, core self evaluations, in-role performance, extra-role performance

**Conference Title :** ICAEBM 2017 : International Conference on Applied Economics, Business and Management

**Conference Location :** London, United Kingdom

**Conference Dates :** May 25-26, 2017