

## **Job Stress and Depression Under the Effects of Role Conflict and Role Ambiguity**

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### **Abstract**

In today's ever changing and increasingly globalized World, people confront stress and right after depression based on different threats and events. Roles are turned into behaviors when they are down but roles are not behaviors similar to the tasks. Roles are generally expressed the expectations. Everything that perceived as a threat/danger by individual is defined as a stressor and either physical or psychological reactions against stressors are defined as an employee or individual stress. Task behaviors of employees are described as an interaction between individual and his/her functional environment while the role behaviors are described as another output of an interaction between individual and again his/her social environment. People try to prevent themselves from stress, depression, and their negative effects by personal characteristics and their social roles. Role conflict and role ambiguity are two factors that cause to the stress and depression in both personal and work life. In this study, the relationship between all these mentioned variables will be examined and the effects of role conflict and role ambiguity upon the stress and depression will be analyzed based on the survey data. On the other hand, effects of other three dimensions upon the personal depression will also be analyzed.

**Keywords:** Stress, Depression, Role Conflict and Ambiguity

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