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## **Mobbing and Stress**

**Erkan Yaman\***  
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### **Abstract**

Mobbing is an important construct which has impact on the numerous psychological variables. The purpose of this study is to examine the relationships between mobbing and stress. Participants were 436 teachers (206 (55%) were female, 230 (45%) were male) from Sakarya, Turkey. Their ages ranged from 26 to 55 years and the mean age of the participants was 35.2 years. In this study, the Mobbing Scale and the Stress subscale of the Depression Anxiety Stress Scale were used. The relationships between mobbing and stress were examined using correlation analysis and the hypothesis model was tested through structural equation modeling. Data were analyzed by LISREL 8.54 and SPSS 11.5. In correlation analysis, humiliation, discrimination, sexual harassment, communication barriers sub-dimensions of mobbing were found positively associated with stress. Hypothesized model was examined via structural equation modeling (SEM). And also accounted for 11% of the stress variance. According to path analysis results, stress was predicted positively by humiliation, discrimination, sexual harassment, and communication barriers. This research shows that mobbing has a direct impact on the stress.

**Keywords:** Stress, mobbing, structural equation modeling

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