

Abstract of the study

The study deals with the effects of work – related stresses on manager's performance in the transport of developing countries. It is applied on the general transportation establishment and concludes that the effects of the study aims at measuring the effects of work – related stresses in manager's performance in the study area by proving two hypotheses, namely:

1. There is a relationship among the variable that cause stress (independent variables), changes of performance (dependent variables) and changes of psychological and physical effects caused by stress (in dependent variable).
2. The relationship in the nature of a manager's work and the type of transport sector that his firm is part.

The study has reached a number of conclusions the most significant being as follows: first, according to the transport type of sector.

1. Pertaining to the participating transport sector
 - a. As for the emotional feeling variable is concerned the results have clarified that it helps in explaining two of the performance variables which are incentive to work and quality of work, as the result has converged the link between emotional feeling and work incentive by an inverse relationship. A possible explanation of this inverse relationship is that every time emotional feeling increased through middle management director, of the participating transport sector it lessens the incentive to work and lower the quality of performance.
 - b. As far as the variable feelings of constriction is concerned the study has come with the explanation that on performance variable, i.e. change in amount of work as the results clarified the link among the inverse relationships.
2. Pertaining to the transport sector in general.
 - a. As to the relationship between psychological and physical health.
 - b. As far as the variable amount of work the study clarifies the link between disturbance of physical health and amount of

work as an relationship. As disturbance of physical transportation sector in the stuffy area the amount of work accomplished.

Second, according to the nature of the manager's work:

1. Pertaining to the manager's administrative task (in the study area).
 - a. Stress from manager is a factor in the cause of physical symptoms and disturbance in physical sumptoms and emotional feelings of the managers (in the study area) and this negatively affects performance.
 - b. The variable emotional feeling shares with quality of work in connecting variables among middle managers of the study area from their management colleague there is a direct relatinship with a lowering of level of work quality.
2. Pertaining to the manager's techincal (in the study area):
 - a. The variable emotional feelings is adversely related to amount transport, the amount of completed work from the management side is lessened to a certain degree.
 - b. The variable feeling of relation has an inverse relationship to work incentive i.e. whenever there is a feeling of relation with idle managers in the transport sector stemming from technical work (in the stuy area) there is a corresponding relation in their incentive to work.

The research followed a case study methodolgy using a samole of one hundred and twenty (120) individual representing transport middle manager frms delected due to their being the most significant firms in the transport sector in Sudan.

The research has tried to adopt a new system clarifying the short comings in the studied firms. The research was directed at knowing these facts. It problems. Additionally there are positive means of performance in research started from where the others ended and mentioned practical of them, if concern increased from the side of concerned paries. Indeed the result have pointed to this throughout the theoretical farmework.