

# ENTREPRENEURIAL AND SMALL BUSINESS STRESSORS, EXPERIENCED STRESS, AND WELL BEING

**Edited by** Pamela L. Perrewé,  
Peter D. Harms and Chu-Hsiang Chang

RESEARCH IN OCCUPATIONAL  
STRESS AND WELL BEING

**VOLUME 18**

**ENTREPRENEURIAL AND  
SMALL BUSINESS STRESSORS,  
EXPERIENCED STRESS, AND  
WELL-BEING**

# RESEARCH IN OCCUPATIONAL STRESS AND WELL-BEING

Series Editors: Pamela L. Perrewé, Peter D. Harms,  
and Chu-Hsiang (Daisy) Chang

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# OVERVIEW

Volume 18 of *Research in Occupational Stress and Well-Being* is focused on the stress and well-being related to Entrepreneurship and Small Businesses. This volume focuses on entrepreneurial and small business owners' stress, health, and well-being as it relates to personal, work, and success outcomes. The literature linking stress with entrepreneurship and small business has been somewhat scattered to date in that stress has been treated as an antecedent of decisions to create new ventures, a frequent outcome experienced by entrepreneurs and small business owners (or self-employed businesses), and a moderator of the entrepreneurial process. We attempt to resolve some of the inconsistencies theoretically and to better frame future research in this important area of study.

We have seven chapters that cover topics from theory-building to context in small businesses to utilizing resources. We have divided our seven chapters into three sections. In the first section, we include three chapters that examine new theories, frameworks, and future research agendas in entrepreneurship. Our lead chapter by Keith, Harms, and Long, is an examination of employee health and well-being in the gig economy. The authors put forth an interesting framework for understanding why individuals enter gig economies. Further, they discuss characteristics that are deemed demands and resources integral to gig economies and how these characteristics affect worker health and well-being. In our second chapter, Lerman, Munyon, and Carr develop a theoretical framework for better understanding the unique characteristics of entrepreneurial stress. They develop stress events theory that is grounded in both systems theory and affective events theory that depicts how entrepreneurs react and cope to specific events. Finally, White and Gupta provide a critical review of the stress and well-being literature in entrepreneurship. They also offer great insight into future research in this area.

In the second section, we have two chapters that examine contexts, specifically, heterogeneity and non-family membership in small businesses. Brawley takes an in-depth look at contextualizing stress theories to account for heterogeneity in small businesses. She discusses how the effects of heterogeneity in small businesses affect the business owners' health and well-being. Finally, she connects her views to a wide variety of well-established stress theories. The next chapter by Butler and Martin examines another type of contextual factor in small businesses, that of non-family members versus family members. They argue that the dynamics between family and non-family members, if not managed well, will result in a negative impact on the firms' ability to perform well and to survive.

In the final section, we have chapters that examine the important role of resources in entrepreneurship. Massar, Nübold, van Doorn, and Schelleman-Offermans examine the critical role of psychological capital when transitioning from long-term employment to entrepreneurship. They discuss how unemployment has

detrimental effects for health and well-being and examine current interventions aimed at assisting reemployment. Next, they explore how self-employment or entrepreneurship might be a solution to unemployment and examine the psychological variables most likely to increase the chances of entrepreneurial success. The final chapter in this volume is by Julie Broad who takes an in-depth and applied approach to managing stress in entrepreneurial ventures. She focuses on psychological capital, algorithmic leadership, and wearable technologies to enhance the likelihood that entrepreneurs can build and maintain their competitive edge.

We hope you enjoy this volume that is focused on occupational health and well-being in entrepreneurship and small businesses. We believe this volume offers critical analyses of research on stress and entrepreneurship as well new frameworks for future research.

**Pamela L. Perrewé, Peter D. Harms, and Chu-Hsiang (Daisy) Chang**