The work floor is the social arena where we spend most of our lives, so by understanding how we behave at work we get a better grasp of human behavior in general. This dissertation makes a contribution to this understanding by investigating how we behave in relation to all other colleagues around us, that is, in our social networks at work. The central idea of this approach is that we are connected through relations, and that this constellation of relations creates a network in which we are embedded. This embeddedness provides us with both opportunities and constraints, which consequently influence our behaviors and attitudes. Specifically, this dissertation deals with questions such as, how do we make (or break) advice or friendship relationships at work? And, how do these relationships influence our work behaviors and attitudes, such as discipline and stress?

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