



A BRIEF STUDY ON STRESS MANAGEMENT

Dharmendra Kumar

Guest lecturer.T. R. C Law College Barabanki.

Abstract

This articles provides an overview of stress and it's management. Stress is usual occurrence of modern life. Stress varies from person to person and situations to situation. Stress management involved techniques like relaxation, exercise, time management, knowledge intervention and mindfulness based approaches. The present topic examine and review aspects of stress, level of stress and approaches related to stress management. The authors found that psychological approaches are very helpful in managing stress across various conditions.

Keywords: *Stress Management, Symptoms, and Working Life.*

Introduction

As pointed Out previously, stress is a state of tension experienced by solitary facing unbelievable demand, constraints or opportunities. Stress are two types first of positive and second one negative. For example, some new work condition can bring as positive challenges and excitement, while others are very disturbing and anxiety arousing. Unfortunately for us, we live in an environment in which we must persistently face stress producing situation. In a week each of us faces more stressors than our parents, faced in a life time. Instead of arising and subsiding stress says with us and build up as it persists and grows we begin to exhibit a wide variety of symptoms and effects which for the most part are dysfunctional. (Beehr: blrefetall; Dublin.).Circumstances take place within the life of an individual that he cannot skipped stress.

Review of literature

In this topic the management of stress various authors talk to about this matters because every person has been depressed and stressed many reasons.Some of these reviewing literature conclude in this paper

Dr A.Jayakumar and k. Sumathi, (2014). the international journal of decision science and recent advances in organizational behavior determine the stress level students enrolled in higher education in the salem district and to identify different stress Reduction techniques Assess the deterring And effectiveness of stress management programme the shift in perspective following the stress management programm to determine whether encouraging stress management is effective programme. They discovered that the student population in higher secondary schools adhere to some healthy practiced. Cope with stress by using harmful avoidance techniques failure setting low expectations for daily life planning etc.

Mr.Anushree karani, (2007). In the journal upon stress management understand the impact of academic stress On to the performance and mental health of MBA students and quest that the stress on academic organization can have both positive and negative consequences. If not well managed and academic institutions have Various work settings comparing to non-academic and therefore one would expect the varied in symptoms, cause and consequences of stress.

Sources of stress

Stress can be occurrence from four basic sources ; stress and stress management, 2010.



The Environment - the environment around can overburdened an individual with strong, severe and competing to adjust with. Illustration like environment stressors include misdemeanors, crime, pollution, traffic, unsafe housing or residential areas noise crowding, weather and precarious groups of people.

Thoughts - Individual experience many situations in life, your brain interprets and perceive circumstances as stressful, critical painful of pleasurable. Some situations in life stress provoking, but it out thoughts that determine whether they are a problem for us.

Social stressors - we can experience varied stressors arising from the demands of the discontinuous social roles we occupy, such as parent, spouse, caregiver, and employee. A Part of Example of social stressors include deadliness, financial problems, job interviews, presentation, disagreement demands for your time and awareness loss of a loved one, diverse and co-parenting.

Physiological - situations and circumstances that have an impact on our body include as physiological stressors include fast growth of adolescence, menopause, illness aging, giving birth accidents lack of exercise, poor nutrition, and sleep disturbance.

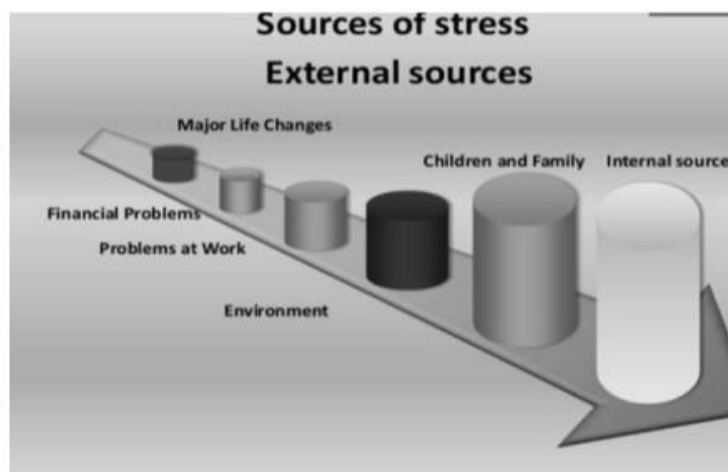


Figure 1: General Sources of Stress

Signs of stress

Some sign have been categories. As

- Tension
- Irritability
- Inability to concentrate
- Feeling excessively tired
- Trouble sleeping

Causes of stress

The most continuing reasons for "stressing out" fall into three main category.

1. The disturbing effects of change.
2. The feeling that an outside force in intimidating or dare you.
3. The feeling that you have lost personal control.



Life events such a marriage, changing job roles, divorce or the death of a relative or friend are the most usual reason of stress. Although life threatening events are less common, they can be the majority of life physiologically and psychologically acute. They are generally related with public services career fields in which people experience intense stress level because of these is immediate danger and a great deal of ambiguity - police officer, fire and rescue workers, emergency relief workers staff doctors, and nurses and the military.

Even if you want to work in a high stress field the pressure of college life may nevertheless put you in stressful situations. The national institute of mental health (NIMH).

Lists a few of the stressors that college students experienced most frequently.

1. More academic duties
2. Being by yourself in a variety of different settings
3. Alterations in family dynamics
4. Financial obligation
5. Change in yourself social life
6. Preparing for life after graduation
7. Cognizance of your sexual identity and orientation.

Symptoms of stress

The symptoms of stress can be categories into three main areas which are -biological, Psychological and behavioural changes which can be symptomatic of individuals stress.(Cordes; Robbins; Weiman; Parasuram).

Biological

Lack of appetite, frequent heartburn or indigestion, constipation or diarrhoea, insomnia, constant exhaustion, a propensity to perspire unnecessarily, nervousness, nail-baiting, headaches, cramps and muscle spasms, nausea, breathlessness without exertion, fainting spells, frequently crying or the desire to cry, impotence or frigidity, an inability to sit still without moving, and high blood pressure are some of these symptoms.

Psychological

Excessive or ongoing stress can cause a variety of psychological problems. These include pessimism, showing boredom, dissatisfaction, irritability, anger over unimportant matters, feelings of persecution, apathy, resignation, fantasy, forgetfulness, inability to concentrate, procrastination, inability to make decisions, uncertainty about whom to trust, internal confusion about duties or roles, intolerance toward ambiguity, difficulties dealing with new or strange situations, a propensity to misjudge people, etc. Anxiety and sadness are two common signs of overall psychological stress.

Behavioral

These include being easily irritated by others, finding it difficult to handle situations, losing interest in life, having a persistent or recurring fear of contracting a disease, feeling unworthy or ugly, having trouble making decisions, being aware of pretended anger, being unable to express genuine emotion, feeling the target of others' hostility, losing one's sense of humour, and feeling depressed.



Management of stress

Given the beneficial nature of mild to Moderate level of stress, the goal of stress management is not to eradicate all pressure. Rather, stress management techniques are designed to keep stress levels within an optimal range. Beautiful in healthy lifestyle behaviours can help to decrease level of stress and maximize the likelihood of living a long, healthy life. The under mentioned stress management techniques have been consistently supported by empirical reasons; physical activity and exercise; healthy eating; proper sleeping ; relaxation, calm mind and meditation, more laughter, self-expression and adequate social support; and logical restructuring.



Research methodology

This research study is a descriptive study and the data was collected from secondary sources as, journals, research articles, books, thesis, website and many of these reports.

Objective of the study

Following were the objective of this study

1. To find the common symptoms of stress in the people
2. To find out the cause of stress into the people
3. To find out the stress management techniques used by the people.

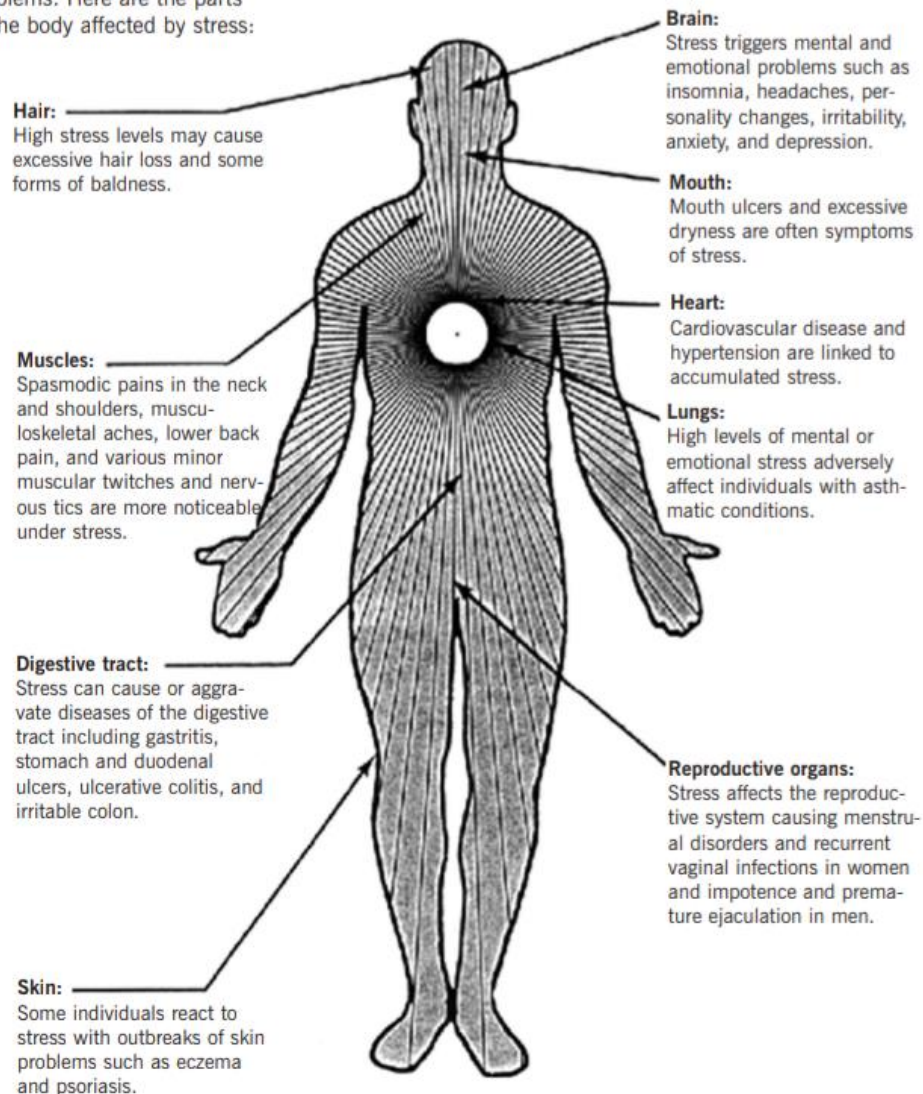


Effects of stress

Stress is difficult for professionals to define because it is a higher subjective Term that varied for each of us.

Physical or mental stresses may cause physical illness as well as mental or emotional problems. Here are the parts of the body affected by stress:

The Effects of Stress



These are numerous emotions And physical disorders that have been linked to stress including depression, anxiety, heart attacks, stroke, hypertension, immune system unrest that grow susceptibility to infections, a host of viral linked disorders ranging from the common cold to herpes to certain cancers, as well as auto immune disease like rheumatoid arthritis and multiple sclerosis.



Stages of stress

There are three stages of stress management on of the first stages are the stimuli from the sense organs are sent into the brain, in second stage an interpretation took place inside the brain and then the brain perceives it either threat or no threat. The stages of, third stage where the body stays activated, aroused until the thearts is over, in the fourth and last stages the body returns to the homeostatic state, where the body prepare for immediate action.

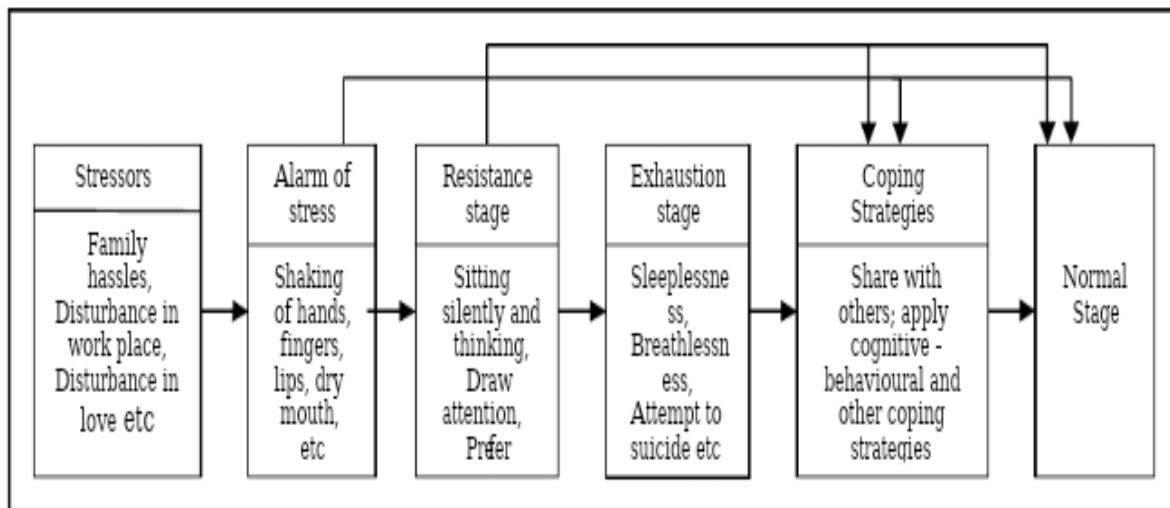


Figure 1: Stages Of Stress

Source: Mahakud, G. C. (2004) Stress Management: Some Simple Techniques.
Journal Of Research And Application In Clinical Psychology, Vol. VII (I&II), 55-60

Alarm stage

The first interaction with the stressors occurs during the alarm stage. The neurological system of the person immediately alerts the brain and emergency. Adrenaline levels in the blood rise as a result of stress. The respiration Then quickness as a result of this digestion slows down, vision improves, blood pressure rises, palms begin to perspire, and our mouths get drier as a result of increased blood flow to the muscles and brain. The body's first reaction to stress is the " flight or flight response", which is triggered by adrenaline.

Resistance stage -: when a person is unable to cope with a stressor, they enter the resistance stage. During the alarm stage, the body adjusts to the stressors existence. The Person may become agitated, exhausted, and less able to handle stressful events since the body is still battling the stressor. Resistance is an adaptation that persists until the stressors is removed. The body continues the alteration that began in the first stage if the stressful circumstance persists. Following the stressful events, the body recovers to a pre-alarm stage.

Exhaustion stage -: when the body is unable to meet the demands of the stressors, exhaustion stage occurs. Only when stressors persists for an extended length of time, weeks, months, events even years does exhaustion in when stress persists through the second stage and you don't follow treatment recommendation, tiredness the last stress stage, sets in at this point, everyone is utterly exhausted and depleted of all energy.



Conclusion

Stress can have outcomes far beyond temporary feeling of coercion. While you can't avoid stress, you can cognize to manage it And develop More efficient skills to cope with events or situation you search stressful. By learning anger with stress & by recognizing the symptoms of depression and the warning signs of suicide, you will be preferable prepared to help not only yourself, as well as friends, follow students, and the defence soldiers you will same day Lead.

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E-Resources

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- [Www.stress about. Com](http://www.stress.about.Com)
- [Www. Stress-relief-exercise. Com](http://www.Stress-relief-exercise.Com)
- [Www.wikipedia.com](http://www.wikipedia.com)
- [Www.studyiq.com](http://www.studyiq.com)
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