

Stress Management
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STRESS MANAGEMENT

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Abstract

Stress is a feeling of emotional and physical tension. It can come from any event or thought that makes you feel frustrated, angry or nervous. Stress is your body's reaction to a challenge or demand. In short burst, stress can be positive search as when it helps you avoid danger or meet a deadline.

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Nature of stress

To, psychologist as has been said, the normal stress applies to the body's reaction to outside pressure - in other words to the psychological wear and Tear caused by attempting to adjust to events that cause emotional and other form of arousal. In everyday language of course the word is also apply to the event themselves. The fact that many situations places a serious burden on the human organism has gained popular recognition in all the references made today to the "stress and strain" of modern life. Even people who have never taken a psychology course at knowledge that our society puts all of us under severe and often painful pressure caused by competition, and by social demands, worries about economic security and possibility of War, crowded streets, and many similar concern. There is no question that modern life is stressful. many events that are common place in our daily life have been found to produce science of stress.

Stress management

Stress management is a wide spectrum of techniques and psychotherapies aimed at controlling a person's level of stress, specially chronic stress, usually for the purpose of and for the motive of improving everyday functioning. Stress produces numerous physical and mental symptoms which vary according to each individual situation factors. these can include a decline in Physical health as well as depression. The process of stress management is named as one of the keys to a happy and successful life in modern society. Life of an delivers numerous demands that can be difficult to handle but stress management provides a number of ways to manage anxiety and maintain overall well being.

Despite stress often begin thought of as a subjective experience, level of a stress are readily measurable ;using various psychological test similar to those used in polygraph. There are several models of stress management, each with distinctive explanation of mechanism for controlling stress. much more research is necessary to provide a better understanding of which mechanism actually operate and are effective and practice.

Types of stress

Acute stress

Acute stress is the most common form of a stress among humans worldwide. Acute stress deals with the pressure of the near future or dealing with the very recent past. this type of stress is often misinterpreted for being a negative connotation. While this is the case in some circumstances, it is also a good thing to have some acute stress in life. running or any other form of exercise is considered as an acute

stressor. Some existing or exhilarating experiences such as riding a roller coaster is an acute stress but is usually very enjoyable. acute stress is a short-term stress and as a result, does not have enough time to do the damage that long term stress causes.

Chronic stress

Chronic stress is unlike acute stress. it has a wearing effect on people that can become a very serious health risk if it continues over a long period of time. chronic stress can lead to memory loss, damage spatial recognition and produce decrease driver of eating.

This variety varies from person to person and also gender difference can be an underlying factor women are able to take longer duration of a stress than men without showing the same maladaptive changes. Men can deal with shorter stress duration better than women can but once males hit a certain threshold the chances of them developmental issues increased drastically.

Topography of stress

Stress can be generated by one or more of the levels are identified in the “HPM” model (human potential modelling) adopted in UN training for blue helmets and several other performances related tasks this model identifies six specific type of stress:

1. **bio energetic stress or bodily stress:** request of bodily activation that go beyond the personal level of bodily energy available to the individual.
2. **Psycho energetic stress or mental stress:** situation in which the activity requested requires a motivation level that the person is not able to achieve. these include endurance activities and also “peak performance” activities.
3. **Lack of micro-skills :** abilities that can make the difference in the outcome of a poor versus excellent performance, such as understanding or not understanding local body language in a specific culture and which one will operate.
4. **Lack of macro-skills:** poor levels of knowledge in areas in which the performance would require and open set of knowledge.
5. **Lack of project- management abilities:** difficulties in setting measurable goals timing and delegation of responsibilities.
6. **Lack of values or spirituality :** lack in sense of mission and absence of “vision”.

Techniques to cope up with stress

Many of these techniques cope with stress as one May find themselves with holding. some of the following ways reduce a lower than usual stress level, temporarily, to compensate the biological issues involved :other faces the stresses at a higher

level of abstraction:

1. Auto genetic training
2. Social activity
3. Cognitive therapy
4. Getting a hobby
5. Meditation
6. Music as a coping strategy
7. Yoga
8. Reading novels
9. Prayers
10. Relaxation techniques
11. Artistic expression
12. Humour
13. Physical exercise
14. Spending time in nature
15. Stress balls
16. Time management
17. Planning and decision making
18. Spending quality time with pets

Techniques of stress management will vary according to the philosophical paradiagram.

Who get sick and who doesn't? Differences in stressful experience

Everybody undergoes a stressful experience - yet not everybody comes down with a psychosomatic illness. Why? One reason seems to be that no two people have the same experiences, and that each experience has a sort of field and potential for creating a level of stress, high or low. After studying the life experiences and medical records of large number of people one group of investigators developed the life stress scale, which assigns a numerical value to the amount of stress that adjusting to various new event seems to create.

Note that these events include not only misfortunes but pleasurable happenings - such as getting married, achieving something outstanding, and even going on vacation, or celebrating Christmas. Indeed getting married, as signed a figure of 50, was found fully half as stressful as the death of a husband or wife, which is at the top of the list with 100.

The likelihood of psychosomatic illness, the investigators concluded, is determined by the total number of stress units that occur within a single 12 month

period. when the number exceeded 200, more than half the people in the study level opened health problems. Thus the scale indicators that a person is more likely than not to become sick if a single years experience include divorce, losing a job, change in finances, the death of a close friend, and a change to a new kind of work. when the total exceeded 300 nearly 80% of subjects become ill.

Prescription for staying healthy

The secret of a healthy and fulfilling life is to live to the full extent of our capabilities - that is, to savor the excitement and emotionality of life but not to put undue strain on ourselves.

The trick is to “determine our optimum speed of living by trying various speeds and finding out which one is most agreeable”. if we find the pace damaging, we can pull back. if we thrive on it, we can venture a little further.

The psychological effects of stress

Along with the physical wear and Tear of stress, notably including psychosomatic illness, go many psychological effects. Indeed the difference between normal behaviour and abnormal behaviour.

The physical and psychological effects are sometimes difficult to separate. this is especially true in case of depression, a common emotional disturbance that can range in severity from a mild neurosis to a crippling psychosis.

Depressed people may not even know what is wrong - for the milder form of depression does not necessarily cause them to feel unhappy or “blue”. nor do they necessarily appear depressed to their friends. but their depression can be detected by sensitive measures of the activity of their facial muscles. When they are asked to think of a typical day in their life, the facial muscles tend to make tiny moments into a pattern indicating sadness - altogether different form of happy pattern shown by non depressed people when asked a same question.

Mild state of depression typically result in feelings of unexplained fatigue you and lack of enthusiasm. their victims may have trouble getting any work done and may lose interest in activities that once gave them pleasure. Often they think they must be suffering from some diseases, such as mononucleosis, that causes a lack of energy. yet physical test shows nothing wrong.

There is considerable evidence that depression is related to brain chemistry. in particular, it seems to be associated with low levels of neurotransmitter noradrenaline or with the reduced effectiveness in the way this neurotransmitter operates at the brain’s synapses.

A tendency towards depression, especially in its more extreme forms, appears to be at least partly the result of heredity. Apparently some people are born with the type of brain chemistry that is prone to low levels of noradrenaline and thus depression, just as other people are born with weak stomachs or weak hearts that are vulnerable to damage by stress. Women are more likely to suffer from depression than men, possibly because of biological factors, possibly for reasons related to situations define distressful and their land reaction to stressful events.

At any rate depression is an emotional disturbance in which the physical and psychological aspect of a stress appears closely intermingled. many other psychological disturbances also seems to represent some form of failure to cope successfully with stressful expressions and their physical and emotional effects. If we have learned to handle stress and anxiety, our behaviour remains within normal bounds. if not be may slip across the line into abnormal behaviour.

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