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Original Research Paper

Physical, Mental Stress & its Resolution

Economics

KEYWORDS: -

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"Stress is an emotional and physical anxiety caused by our response to the pressure built inside us and outside the world. Inside means pressure given by the outside world and our capacity to handle that burden positively and negatively. If you deal stressful situations positively it becomes an opportunity and could become a motivational example for others. Stress dealt negatively could aggravates more problems than solutions."

According to Joyce V. Fetro, professor in the Health Science Department at the Southern Illinois University, "*Stress is anything that causes physical and/ or mental wear and tear on the body and mind*". Any situation negatively dealt leads to health problems. In a contemporary society, stress is a part and parcel of life. It can be defined as anything that stimulate us to react to act to think in our day to day activities. Without stress our body might not react even in critical times. Tension, irritability, excessively tired, lack of concentration and sleeping trouble are some sign of Stress. These symptoms generally we find in all situations when a person is over burdened with stressful activities and finishing deadlines.

There are two kinds of stress Physical and Mental stress. Everyone is prone to physical or mental stress due to several reasons. The level of stress is not same for everyone. It varies from person to person. Stress can be of any nature and consequence. It all depends how a person takes his or her stress in different situations or events. Here, the strong personality and steadfastness plays a pivotal role in tackling the stress.

If you deal with stress by becoming upset angry blaming others. This is the negative way of dealing the situations. Negative impact of this kind of situations is that others will also not cooperate with you they can react negatively. It can aggravate more problems. If you deal these situations positively. Sometimes people are able to keep positive outlook by Going step by step in any situations and easily you can overcome the situation.

In today`s busy life stress can be an opportunity for someone and it can also be worst for someone. It depends how we handle the stressful situations. It all depends upon the stress effects. Lets us try to understand stress from the very beginning of life. In today`s education systems ranging from elementary to tertiary level, students are faced with several challengers. In case of students, research indicates that their grades have a direct effect on their level of stress. In a highly competitive world, students run for securing highest marks in the exams without bothering about gaining academic skills. In order to achieve this, students often found following classmates in joining private tuitions for almost every subject resulting into physical and mental stress. There is no denying the fact that peer group pressure is tremendous in joining private tuitions resulting into accumulation of physical & mental stress.

On the other hand, parents` expectation from their children keeps on growing. It is usually noticed that the wish list on the part of the parents is endless which can lead to anxiety, depression, irritability, poor concentration, aggression, physical illness, fatigue, sleep disturbance. Sometimes those kids who are not properly watched by the parents get addicted to tobacco, drug and / or alcohol use. It also affects parents negatively who undergo several kinds of physical & emotional stress for example kids not meeting their expectations.

As a result, students as well their parents are often found leading a stressful life. It can also lead to health problems like high blood pressure , difficult breathing, stomach upset etc. The onus of such stressful life falls predominantly on all of us. It is very important to know the main route cause of stress. It becomes significant to understand the source of stress and find durable solutions to lead a happy life. It is argued that the gap between the parents and their children has been widening due to which deep isolation threatens the life chances. There is an urgent need to enhance interactions between both of them. Parents must create a pleasant environment for their children's health growth, and schools must provide a variety of extracurricular activities and social community activities, focusing on the cultivation of self-care abilities of students, and improving their capacity of coping with mental stress.

The classroom activities are designed to teach students a variety of practical and fun stress reduction techniques. The parents must not exert pressure on their children. They should be given full time and space to blossom and give them freedom to choose their academic path independently. As parents they must be aware of what their children's interest lies in. They should nurture their interest from the starting point of their lives. Their children can enhance their potential happily at a young age. when they are happy with things what they are doing or achieved, no matter what the race is, they always end up being the winner, one shouldn't compete with others, one should compete with themselves and constantly try to better themselves. Similarly, schools, colleges, universities must promote interpersonal skills.

Students may need guidance and reassurance from a positive role model and someone whom they can trust to talk to about such pressures, otherwise they may chose negative ways to cope with the stress in their lives. Teachers, parents, and school administration should work together to reduce the level of stress and enhance their coping strategy.

If we talk about the institutions organisations and corporate world. There is always a stress about finishing deadlines and completion. There is always stress of race and running ahead from each other. When we are facing stress at every step of our life then it becomes significant that how to manage the stress. One way to deal with stess is that you have to be organized. Try to finish your work before one or two days of your finishing deadlines. If you manage time accurately things becomes easier for you. This is my personal experience too. Despite of your busy schedule always find time to roaming around with your family and friends. It enhance your potential and efficiency to deal with any kind of situation.

In any situation there is need of the hour is to reduce, prevent physical and mental stress in order to lead a happy and purposeful life. In order to reduce mental stress one should avoid to take extra burden. To maintain mental equanimity one should be prepared to say "NO" before stress is built up. It is always observed that people who used to do work in any organization or institution maximum workload has been given to them. Do you work sincerely but avoid taking extra burden.

There are few techniques such as yoga meditation, sports and laughter with which we can get rid of harmful stress. One must keep in mind that no big thing can be achieved in life without equanimity

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of mind and soul. Peace at heart and mind is an essential ingredient to bring out inner talent & capacity to achieve higher goals in life. One can seek help from the stress management institutions offering counseling services. These exercises as taught by the experts in reducing stress are quite useful. For example Yoga is one of prominent and easily done exercise with the help of which one can reduce stress to a large extent. One can reduce stress by learning few stress management skills.

Laughter is the best medicine. It boosts your physical energy. it improves immunity, lowers stress hormones, decrease pain , relaxes your muscles and get rid of many health problems. Whenever possible laugh with your family and friends. It boost your energy. It Adds joy and zest to life Eases anxiety and fear Relieves stress Improves mood Enhances resilience it enhances mental benefits. Socially it strengthen relationships, attract others to us, enhances team work, helps to reduce conflicts.