



Stress in Work and Daily Life

KEYWORDS

satisfaction, mentally problem, symptoms, declination

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ABSTRACT — In today's life every person is undergoing through stress related to job, business, family, work, expectations, behavior, love, goals etc. A different type of stress affects different things like health, physics, company productivity, emotions, thoughts and behavior etc. Through stress many persons come in physiological and behavioral problems. Stresses are of two types positive and negative it varies from person to person. So in this paper we describe the stress causes, symptoms and how to manage these types of stress and why some types of stress are necessary and how to manage the work and health related problems.

I. INTRODUCTION

Firstly a question comes in people's mind what is stress? Different peoples gave different definitions like some peoples think that stress is our mentally problem, according to "Angela Morrow, RN", Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response. Stress is a pressure for something and many peoples think stress is something that happens in their life like any diseases, problems or job loss. Stress is nothing but it depends upon our thinking if we say that we are happy or satisfied and no tension in our mind then we have no type of stress. If we daily think that we are not satisfied to our expectations, job profile, goals, love, salary etc, and then our mind have some tensions and if a human have a tension then this tension is called as stress. Stress is not always negative sometimes it's positive and some times the combination of both it depends on the human. If the human takes stress as a motivation and concentrate on his work, ability and work for things that they want to achieve then this type of stress is called as positive stress and if human always takes a stress negatively then he can never achieve anything and never reach to his goals. Stress affects our bodies, mind, health, emotions and behavior. We manage the stress by doing some activities and taking some actions.

II. Types of stress in work and daily life

Below are some types of stress in work and daily Life:

A. Positive stress:

In this stress people are capable for handling their challenges, responsibilities and demands. They take the stress as a challenge with full excitement. If the people have a positive stress they give them their best performance. Positive stress is very necessary for winning and succeeding in life. For ex: If a worker has excitement and competition related to his project then he takes the project as a challenge and gives his best performance. Shown in fig (a)

B. Negative stress:

It is a stress that is full of negative feelings i.e. depression, unhappiness, illnesses and headache. Negative stress breaks the person's confidence. It's the main killer of happiness, winning and success. For ex: if a worker have many projects and the timeline of the project is near and lot of work left and he is feeling tired, not relaxed then negative stress is comes to his mind and he failed to concentrate on the single project then his performance deteriorates and he fails to meet his expectations and goals. Shown in fig (b).

Below are some types of negative stress:

a) Expectations Stress:

Every human have a lot of expectations related to his job, salary, family, daily expenditures etc. But when expectations are not fulfilled then the person suffers from stress.

b) Communication stress:

Poor communication among the colleagues, management, higher authorities, friends, and families due to disputes, language and time problem creates the communication stress.

c) Relationship Stress:

Due to Poor relationship and absence of support from colleagues, management, co-workers, family and friends causes relationship stress.

d) Performance stress:

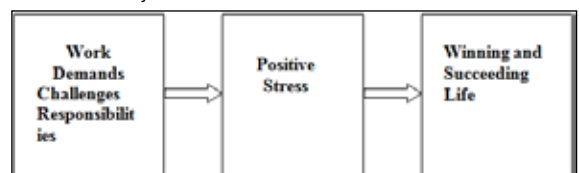
When a work was not been completed on time or deadline is about to come and the employee is tired and he has no time for rest and then performance degrades day by day and hence the performance stress arises.

e) Technology Stress:

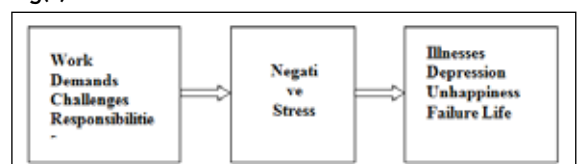
Day by day the rapid changes in research and technology are taking place but some people accept those changes but some people failed to accept those changes and work upon and hence technology stress.

f) Job stress:

In a private job always there is a fear of job security. No one knows that at what time recession arises and a person loses his job and also low performance, sales target, increment are the reason of job stress.



Fig(a): Positive Stress



Fig(b): Negative Stress.

III. Stress Results

Below are some results of stress:

- a) Low productivity.
- b) Absenteeism
- c) Lay off
- d) Lack of confidence, acknowledgement
- e) Less increment
- f) Deduction in salary
- g) Poor communication
- h) Poor relationship
- i) Working in unsafe conditions
- j) Declination in performance and in learning new technologies.
- k) Unnecessary frustration, pressure
- l) personal loss, such as end of love and relationship
- m) Compensation in work

IV. Symptoms of stress

Below are some symptoms of stress:

Physical symptoms	Emotional symptoms	Behavioral symptoms
Blood pressure	Frustration	Smoking
Headache	Anger, guilt	Drinking too much
Aching in muscles	Increased tension	Sleeping too much or difficulty in sleeping
Loss or gain in weight	Depression	Overeating or under eating
Tiredness	Poor relationship to others	Too much use of alcohols and drugs
Diseases such as stomach pain or ulcer, diarrhea	Poor communication to others	Avoid facing problems
Fatigue	Feeling lonely or emptiness	Interpersonal difficulties
Hyper tension	Low self-esteem	Aggressive or passive behavior
Migraines	Increasable irritation	Conflicts and fights in family and work place
Heart diseases	End of some personal relations	Absenteeism

V. Stress management

Some types of stress management are given below:

A. Positive stress management:

When a positive stress is felt then the person gets affected deeply. Then he becomes full of enthusiasm new energy, dreams, expectations at that time for completing all his dreams and expectations he has from himself so he will make the some plans and step by step execute them to achieve his dreams.

B. Negative stress management

This type of stress is very harmful to the person because in this type of stress person not only loose his wealth but also lose his mental relaxation.

Some ways for managing the negative stress are given below:

a) Time Management:

Making schedules through managing the times in appropriate slots.

b) Physical exercise:

Like yoga, swimming, walking, riding, and cycling.

c) Relaxation techniques:

Like meditation etc.

d) Expanding social support network.

e) Improve the communication and relationship:

Person can improve his relationship and communication to the friends because if they communicate properly to their relatives, friends, management and co-workers then the strong relationship forms and when the person is in any trouble then they will help and sought out all the problems and troubles.

f) Define the goals:

Firstly person defines his goals and expectations because without that he also knows that what he wants. If the goal and expectations are clear then he easily achieves his success.

g) Built the plan:

If a person identifies his goals then he easily makes his plan for achieving the goal. He will make the step by step process for achieving the goals. Because through this steps he knows that what he is doing next.

h) Do the risk management:

If he knows about what his goals are and how he will achieve them then he also knows that for achieving these goals many risks are there. So he writes down all those risks and find out the solution for controlling them.

i) Performance stress management:

For improving the performance a person firstly defines the goal, built the plan and control the risk and also taking the help from his co-workers and friends.

j) Technology stress management:

For reducing or controlling the technology stress the hardware and software companies provide some training session to their employees about their new technology through this a user easily knows and learn this and he may also start some camps in different places for controlling or removing the technology problems.

k) Job stress management:

Job stress shows problem to management system, so to control this the company management can take the step like better communication among workers and management, meeting in a week, by this workers can easily communicate to their co-workers and management, for appreciating the workers management can take some initiatives or give prizes to the workers, providing all the resources and increases salary to some periods etc. If the management does this the company's productivity and sale can be increased.

VI. Positive aspects of stress management

Some positive aspects of stress management are given below:

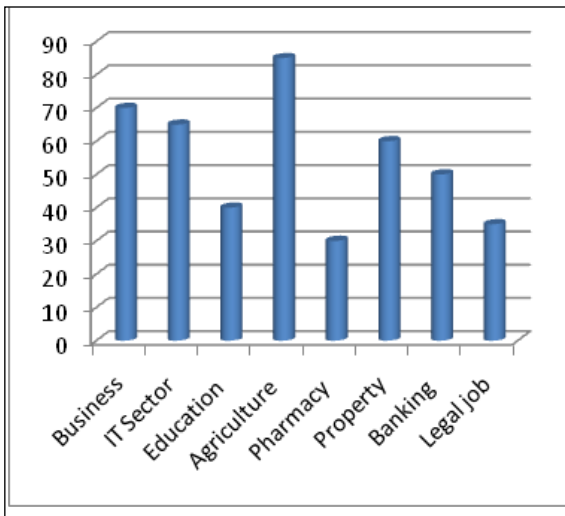
- a) Improve company goods productivity and sale
- b) Strong relationship between workers and management.
- c) Increment in salary
- d) No emotional, behavioral and physical diseases to the person.
- e) Increasing the level of confidence and acknowledgement
- f) Happiness in the life
- g) Always busy in achieving their goals no place for loneliness and emptiness.
- h) Healthy and wealthy life.
- i) Timely completion of work.
- j) Safe from groupism, gossiping, rumors.
- k) Development of team spirit among the members of the organization.

VII. Results:

a) Report of before results of stress management is given below:

Occupations	Stress in Percentage
Business	70 above
IT Sector	65 above
Education	40 above
Agriculture	85 above
Pharmacy	30 above

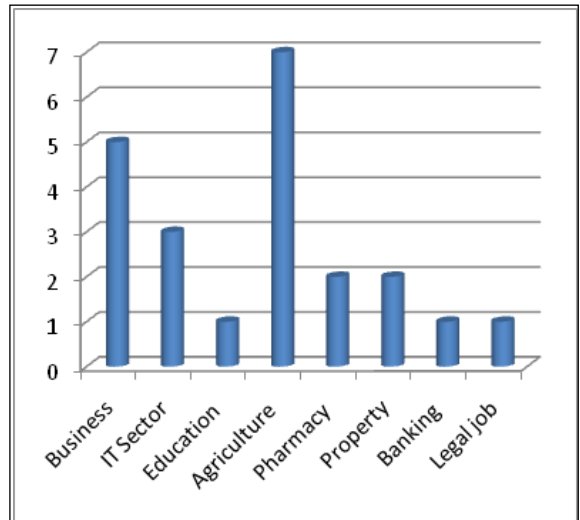
Property	60 above
Banking	50 above
Legal job	35 above



This graph shows the stress in different occupations.

b) Report after results of stress management is given below:

Occupations	Stress in Percentage
Business	>=5%
IT Sector	>=3%
Education	>=1%
Agriculture	>=7%
Pharmacy	>=2%
Property	>=2%
Banking	>=1%
Legal job	>=1%



This graph shows the stress management in different occupations.

VIII. Conclusion

In this paper we have defined the various types, causes of stress and its management because without managing the stress a person can not live a healthy and wealthy life. A person also may loose his job and mental peace; he may do wrong to himself and also prove to be dangerous to others as well.

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