



A Study of Factors Responsible for Stress Management

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ABSTRACT Now a day, it is often daily news to hear suicide incidents due to several reasons. It is generally found that individuals commit suicide due to failure to achieve desired goal. It is because of stress. In presented research, attempt is made to find skills to manage stress in an individual life so that one can keep apart oneself from depression. Persons may search happiness in sadness or unsuccessful also. There are some skills using these stress has become common part of life

KEYWORDS

Introduction:

Stress is a multifaceted process that may occur in any situation in our environment. It is response to events that psychological functioning. Stress found intense in nature, produce depression individuals are unable to bear it. The amount of stress experienced depends on our cognitive appraisal of the situation, the extent to which one perceive it as threatening and our inability to cope with it. In stress inducing situation, some persons experience stress whereas others do not. It is due to individual's cognitive appraisals. Stress occurs only when the particular person perceives the situation as threatening to his target and he is unable to cope with these dangers.

There are some reasons of stress. It may be due to bad health, injury to a family member, failure in study, at work. Daily life is filled with many causes having low intensity and high frequency. It means every day events may produce stress. Studies, exams, job and business are central source of stress. Un success in business, exams are related to high stress. Sexual harassment, discrimination, overload of work, unsatisfactory working conditions are causes of stress.

Students in the age group of 14-18 and onwards have a dream of brilliant career in the mind. If students feel hurdles to achieve goal due to any reason it causes stress. The students of class 9 to 12 have planning of studies and career. They have aim of high scoring in exams, direction to pursue medical, engineering, CA or other high profile courses, admission in quality education institutes. If they got failure at any level they feel stress and many of them commit suicide.

There is a strong relation between stress and personal health. When stress is experienced, blood pressure sores, pulse races and sometimes sweating. In some cases when stress is too high, heart failure or one may commit suicide. Sometimes chronic source of stress found then sequence of responses are given by body to adapt stress. Due to stress some serious and life threatening health problems are possible as heart disease, high blood pressure, hardening of arteries, diabetes and others. Stress influences physical and psychological health, performance of person.

At the situation of unsuccessful the individual need to compromises and rethink about goal and reshape his need. It is well and good situation when an unsuccessful person view new thing in new horizon. With the help of parents, teachers, friends and well wishers he may set new goal and make a new plan to achieve. It is a wise decision.

Proper counseling is important in conditions of unsuccessful. Counseling should have objective:

Help of students to set realistic goals by helping them identify their real capabilities.

Parents or teachers should not set the goals of their student's or children.

Parents should not have high level of expectations from their children. Expectations should have calculated, viable according to level of child.

If stressful condition is discussed with close friends or family members it may help to feel relaxed, to get solution of problem. A stressful person should do anything which make him relaxed, happy and energized. Relaxation, meditation and muscular exercise, games, social media are helping. Good hobbies may be focused. Hobbies that have no deadlines, no pressure are supporting to take mind off stress.

If a child achieve desired goal, he is satisfied and next desire appears before him and he strives to achieve this goal. As needs are endless, cyclic process goes on. If an individual could not achieve desired goal, he becomes disappointed. Two conditions may appear either he is still confident or losses. If he is still confident prepare a new plan of action and implement it. This time either he succeeds or again fails and remains dissatisfied. If he is still confident then follows the previous path and if he lost his confidence then stress may occur. This stress may deepen day by day.

Methodology:

30 students are randomly selected for study. Out of which 10 students was belonging class 5-8, 10 students from class 9-12 and remaining 10 students were UG students. Interview method was selected for research work. A questionnaire was prepared having questions to find stress among students. Student response related data is presented in tables and calculated. Students who were found stressed are divided into 2 groups as hypo and hyper stressed. Different skills were used with them to remove stress.

Finding and Analysis:

Table-1: Stress Finding among Students of Different Classes

Class	Concentration	Response to questions	Justifying the situation	Power of Decision Making	Irritation
Class 5-8	78	74	66	56	61
Class 9-12	73	78	69	61	68
UG level	69	71	73	67	72

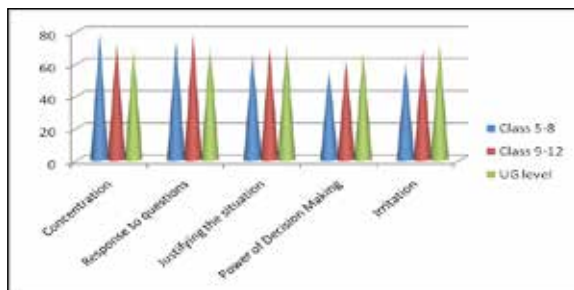


Chart-1: Stress Finding among Students of Different Classes

Table-2: Stress Finding among Students of Different Classes

Personal Counselling %		Games %		Social Groups %		Entertainment %	
Hyper Stress	Hypo Stress	Hyper Stress	Hypo Stress	Hyper Stress	Hypo Stress	Hyper Stress	Hypo Stress
71	66	61	64	67	61	71	66

Stress finding data suggests that concentration % is decreasing from class 5 to UG level i.e., 78% to 69%. Response to questions is also different in case of stress finding cases. It indicates that 74% class 5-8 students, 78% class 9-12 students and 71% UG students responded questions differently exhibiting that they are in stress. 66% class 5-8, 69% class 9-12, 73% UG students justified the situations. Decision making power regarding data shows that 56% of class 5-8, 61% of class 9-12, 67% of UG level found in stress. Irritation found in condition of stress. 61% of class 5-8, 68% of class 9-12 and 72% of UG level students marked as irritated.

Effect of Skills to remove stress is calculated. Personal counseling found 71% and 66% effective in case of hyper and hypo stress cases. Effect of games found 61% and 64% for hyper and hypo stress respectively. Social groups also help in removing stress its impact found 67% in hyper stress and 61% in hypo stress. Entertainment also play important role to apart stress. 71% in hyper stress and 66% in hypo stress cases, entertainment found effective.

Conclusion:

The teachers and parents should help students to estimate their needs, their efficiency. Needs should be such which may be fulfilled with certain degree of physical, mental, psychological and economical possible for students. The parents should set realistic goal for their children. Games, hobbies, social media, entertainment, personal counseling are proved as important tools to remove stress.

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