



**ORIGINAL RESEARCH PAPER**

**Psychology**

**IMPACT OF STRESS ON PERFORMANCE**

**KEY WORDS:** Pelvis, Sexual Dimorphism, Sciatic Tubercle.

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**ABSTRACT**

Stress is psychological and physiological reaction to the stimuli or stressor. Stress is problem related to emotion, motivation and any learning process. Understanding the impact of stress on is of great theoretical and practical application. Small amount of stress is desirable and beneficial for giving best performance in any field. Stress can be external and related to environment or stress can be related to internal perceptions that may cause a individual to experience anxiety or other negative experiences related to the situation. We can draw many hypothesis of stress regarding emotion, motivation and learning. Various experimental techniques are used for stress management. In this paper we will discuss the theoretical implication of stress on work and work performance.

**Introduction**

How frustration impact on daily life and work performance? Is frustration or stress improve quality of performance or it leads to negatively impact on work performance. Stress become part of daily life and every individual come across new challenges. Stress is a latin word which is used in common since 17th century. Stress is a subjective experience and level of stress is readily measurable by using various physiological tests.

**According to William James:**

“ The greatest weapon against stress is our ability to choose one thought over another”

Stress can also help you rise to meet challenges. It’s what keeps you on your toes during a presentation at work, sharpens your concentration when you’re attempting the game-winning free throw, or drives you to study for an exam when you’d rather be watching TV. But beyond a certain point, stress stops being helpful and starts causing major damage to your health, your mood, your productivity, your relationships, and your quality of life.

**The stress can be classified into two types:**

- a) Eustress or Positive stress
- b) Distress or negative stress

**Objective of study:**

- To find out what are effects of stress in one activity upon performance of another activity.
- Effects of stress upon quality of person’s behavior
- To find level of stress in different activity.

**Literature Review:**

According to Lazarus and Folkman stress is a mental or physiological phenomenon formed through one’s cognitive appraisal of stimulation and is result of one’s interaction with the environment. The existence of stress depend on existence of stressor. Feng(1992) and Volpe(2000) defined stressor as anything that challenges an individual’s adaptability or stimulate an individual’s body or mentality. Stress can b caused by environmental factor, physiological factor, biological factor and social factors. Stressors can come in a variety of forms, including extreme heat or lighting, lack of sleep, risk of injury or death, or time pressure. Somers & Birnbaum (2000) Stress has been viewed as an environmental stimulus to an individual (Cooper and Williams, 1990). Stress on job can be stated as the outcome of an individual due to the working environment from which he feels unsecured. Job related stress can be mostly immobilizing because of its possible threats to family functioning and individual performance. Job related stress can create a difference between demands on families and the ability of families to provide material security for them (Sauter and Murphy, 1995) .

**Signs and Symptoms of Stress**

Stressors in our life encourage us to either adjust to or change some aspect of our behaviour. When we do not successfully make these adjustments or changes we often times find ourselves

experiencing a number of unpleasant side effects or signs and symptoms. These signs and symptoms are all indications of a level of stress that is not healthy. Below is a list of some of the more common signs and symptoms related to inappropriate levels of stress. They have been categorized as being either physical, emotional, mental, spiritual, or relational in nature. Identify any signs or symptoms that might becoming occurring regularly in your life, and then determine if the stressor(s) responsible for the side effects is something you may want to deal with. Before embarking on some sort of plan to reduce your level of stress, a medical checkup should first be completed since many of the signs and symptoms identified below could be related to a physical condition.

**PHYSICAL**

- Appetite Change, Tightness in Neck
- Upset Stomach, Pounding Heart
- Accident Proneness, Cold Feet and Hands
- Sweating, Unexplained Choking Feeling
- Fatigue, Teeth Grinding
- Constipation, Chills
- Restlessness, Back Pain
- Memory Loss, Muscle Tension
- Difficulty Sleeping, Blurred Vision
- Diarrhea, Chest Pain
- Rashes, Twitching
- Word Loss, Breathing Difficulties
- Headaches, Premature Aging
- Nausea, Overeating
- Colds, Violent Behaviour
- Staring into space for extended period of time,
- Drinking alcohol or using drugs to change your mood

**EMOTIONAL**

- Frustration, Depression, Mood Swings,
- Quick to Anger, Nightmares, Irritability,
- Easily Discouraged, Little Joy,
- Worrying, Imagining the Worst, Feeling
- Overwhelmed, Forgetfulness,
- Nervousness, Defensiveness, Fear,
- Grief Anger, Anxiety

**MENTAL**

- Difficulty solving problems,
- Difficulty making decisions,
- Difficulty concentrating, Difficulty
- calculating, Negative self-talk,
- Negative attitude, Denial: Believe
- nothing is wrong, Regularly criticize
- and complain, Withdrawal: Avoid
- situations, Catastrophize, Overly
- suspicious.

**Conclusion**

Majority of the person feel stress in their jobs or in relationship and they were neither satisfied with their jobs nor able to fulfill their needs and thus, these factors are creating stress. Stress is perhaps playing positive role in improving their performance. At the same

time work load, either under or over, is amongst the one of greatest causes of distress which leads to decrease the productivity so one needed proper management to tackle this problem.

### References

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