



ORIGINAL RESEARCH PAPER

Psychology

STRESS MANAGEMENT IN HUMAN LIFE

KEY WORDS: STRESS, COPING, HUMAN DEVOLPMENT

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There is considerable debate among stress "experts" about how to adequately define stress. Mone and Lazarus (1971) offered a beautiful definition to stress..... consists of any event in which environmental demands, internal demands, or both tax or exceed the adaptive resources of an individual, social system or tissue system.

Thus, stress is a psychological upset or disequilibrium (Kisker. 1972). He explains that stress is a class of stimuli which threatens a person in some manner and produces disturbances in behaviour and in inner experiences.

Spialberver (1979) defined stress in two different ways. According to him, it is a dangerous potentially harmful or unpleasant external situation or conditions (stressors) that producers stress reaction and secondly to the internal thought and so on. The term stress was derived from Latin. It was first used in English during the 17th century. The term means distress, oppressions hardships and adversity. During the 18th and 19th century the popular meaning of stress shifted to denote a force, pressure, or strong influence acting on a physical object or person (1979). The term stress often refers to a situation that causes people to react in a particular way. Besowitz and his associates (1935) indicated that allegedly "stressful situation" do not always produce responses in individuals. Keeping this in view, it could be safely inferred that stress is a reaction to something that is happening to an individual. It is one's way of coping with his environment and threatening situations that he faces daily. Some researchers have also used the term stress to describe the environmental characteristics that affect people adversely. For example, the researcher likes Kahn et al, (1964). French and Capian (1973), asserted that there is a potential for stress, when an environmental situation is perceived as presenting a demand which threatens to exceed the person's capabilities and resources for meeting it.

Stressful situation are encountered every day and at every stage of human development. There is even evidence that stress before birth can influence both the mother and foetus and that it may contribute to obstetric complications and birth defects. From birth trauma right through adolescence, the young meet unavoidable sources of stress. The adolescent faces the problem of adjusting to opposite sex, gaining popularity, choosing a job and want of independence from his parents. The adults face the stress of marriage and raising a family, earning a living and obtaining status in his group. Retirement and old age are also sources of stress. There are also stressors in our surroundings such as crowding, traffic congestion and noise like. A particular stress may affect different people in different ways, but it is interesting that people from different culture see much the same degree of danger in many stressful events.

Stress is an integral part of the human life. Stress may have both positive and negative effects, the negative aspect particularly fascinated by psychologists; Studies on stress have proved that stress has got its impact like poor performance in examination, insomnia, headache, skin

rashes and even series of medical disorders like, stomach ulcers, heart attack and cancer. Many students experience rapid heartbeat and dryness in the mouth as the questions for an examination are being passed out. Totally it is true that stress has adverse effect both on physical health and emotional wellbeing. From the above analysis it becomes clear that stress affects many aspects of life, and that coping with stress is essential for physical health and effective performance such as academic achievement, managerial performance, administrative performance etc.

No one's life is free of stress. Regardless of how sensible, intelligent, or privileged you are, you will be challenged at times by frustrations, losses, changes and conflicts. Stress come from negative events, such as divorce or failing a course. But is inherent in many positive events, too, such as starting a new job or adopting a baby. Stress, in one form or another, is an as capable as death.

Bengt Arnetz of Harvard University School of Public Health (Arnetz et al. 1987) conducted a study of the effects of psychological stress on the body's ability to fight disease. It is well known that people who have experienced a great deal of stress are more likely to develop a wide variety of health problems but until very recent studies like Arnetz's, the reason for that increase in illness was not understood. Arnetz studied a large group of Swedish Women who had lost their jobs months earlier and had remained unemployed for that period of time. Compared to securely employed wo-men, the women who had lost their jobs had white blood cells that were less reactive to potential infections and specifically showed less resistance to tuberculosis.

Similarly, Janice Kiecolt Glaser (1987) of Ohio State University College of Medicine compared the immune system functioning of married and divorced women. On several measures, the immune systems of recently divorced women functioned less well than married women, with gradual improvements toward normal immune functioning occurring over the first year after divorce. Within the group of married woman, furthermore, immune functioning was poorest for those women with the least happy marriages. Kiecolt Glaser (1987) interpreted these findings as explaining in part the well-established fact that diseases and death rates are higher for recently divorced and unhappily married than for happily married persons. A third study of Michael Irwin and associates (1987) has similarly found diseases in natural Killer cells and other cells of the immune system in women who had undergone stressful life events, such as learning that their husbands had advanced lung cancer. Stress can be thought of as any events that strains or exceeds an individual's ability to cope. (Lazarus & Launier, 1978). Life is not all smooth sailing: all of us must face difficult and painful times in our lives. Whether it is failing a course, losing a job, experiencing conflicts about how to care for an aged parent, getting married, having a baby, or dealing with a pressure-packed job, we must face and cope with stress.

Swarun Sebastian (2018) conducted a study on a study on the

stress management among college students with special reference to St. Alphonsa College, Mannarkkad" is carried out to promote a better understanding of stress faced by the college students. This study sought to analyse how much stress college students perceive that they are experiencing and what are the most common sources of stress within this group. The main objective of this study is to identify sources of stress and its effects on student's life. The study also suggests recommendations to minimize the student stress. The data for this primary research has been collected through questionnaire. A sample size of 100 is taken and data has been collected and tested. As per the findings of the study it is quite clear that most of the respondents feel stressed in their college life. College stressors have wide varieties, from academic work to uncertainty about the future, difficulties in interpersonal relationships, family issues etc.

Swarun Sebastian (2018). A study on the stress management among college students with special reference to St. Alphonsa College, Mannarkkad. *International Journal of Research and Analytical Reviews*, Vol. 5(3). Pp. 315-320.

Kassymova, Aigerim, Kosherbayeva, Ospan, Sangilbayev, Schachl, Hans Cox and Nigel (2018) paper deals with stress and its biology, which is a major problem for students throughout the modern world. It outlines and suggests stress management techniques, which are easy to practice for students and teachers even during lessons, e.g. Japanese finger stress relief techniques and yoga pranayama. Stress is a significant problem of our times and affects both the physical and mental health of people. The main objectives are to ascertain the extent to which stress affects students' academic success and health and to suggest some techniques and practices to cope with stress for students. Stress coping methods are the physiological, cognitive, behavioural and psychological methods to deal with stress. The main method used has been to gather and analyse the relevant data. For this purpose, questionnaires about stress were randomly distributed to different student groups mostly at three Kazakhstani universities. The results obtained show that students need to be given effective techniques to cope with stress while they are studying. After a thorough literature review in major databases stress management techniques were identified and are presented and briefly discussed here. Stress can be managed through the introduction of a stress management course and engaging in extracurricular physical and mental activities. These techniques are easy to learn and practice, with excellent results in individuals with sound health or even those with health issues. They are beneficial and very helpful for both students and teachers.

Kassymova, G. Aigerim, Kosherbayeva, Ospan, Sangilbayev & Schachl, Hans & Cox, Nigel. (2018). *Stress Management Techniques for Students*. *Advances in Social Science, Education and Humanities Research*, Vol. 198, 47-56.

Kritika Khandelwal and Bhawna Chahar (2020) College students are handled with a lot of stress these times. Between all the other issues college times have to be most stressful time period in an individual's student life. The purpose of the study was to study the indications and measure the level of stress among college students; To recognize the strategies to managing with stressor by the college students and to distinguish the cause of stress among them; To improve stress managing strategies in college students. In this study, researcher taken 100 college students. As needed to cover all college students' groups, dispersed survey between diverse age groups of students from 18 years to 25 years and became to distinguish about their general opinion about stress as well as stress management. In our research we have used a simple random sampling. From the results of this study, we can conclude that effective stress management is compulsory implementation in early stage by college students to improve the balance stability in their life

Wies awa Kowalska and Katarzyna Szwamel (2021) established the level of the quality of life (QOL) and its determinants in nursing and midwifery students, evaluate stress management strategies and find the correlation between the frequency of specific strategies and the quality of life. The study was conducted in June 2019. Two hundred thirty-four undergraduate students were examined with the use of Mini-Cope Inventory of Stress Management Measurement (Mini-Cope) and World Health Organization Quality of Life Instrument Brief Form. The average QOL of the respondents was found as good (4.06 ± 0.73). The students graded their QOL in the social relationship domain the highest (15.98 ± 2.97) and the lowest in the physical health domain (14.38 ± 2.75). The QOL was influenced by material status and the source of income. In stressful situations, the respondents most commonly used Active Coping (2.09 ± 0.57) and Seeking Emotional Support (2.09 ± 0.77) strategies. The latter correlated most positively with the QOL in social relationship ($r = .514, p < .001$) and environmental ($r = .387, p < .001$) domains.

Wies awa Kowalska and Katarzyna Szwamel (2021). Stress management strategies and quality of life in undergraduate nursing and midwifery students in Poland: A pilot study. *Nursing Open*, pp.824 – 838.

Sources of stress:

The major sources of stress are included here:

1. Frustration:

When we are not able to satisfy a motive, frustration, results. If the sincere employee is denied promotion he gets frustration and it is the cause for his stress.

2. Conflict:

Conflict occurs when two or more motives cannot be satisfied because they interfere with one another. There are four major kinds of conflicts (Lewin 1931, Miller, 1944).

a) Approach - approach conflict: Conflict in which the individual must choose between two positive goals of approximately equal value.

b) Avoidance - avoidance conflict: Conflict in which the individual must choose between two negative outcomes of approximately equal value.

c) Approach - avoidance conflict: Conflict in which achieving a positive goal will produce a negative outcome as well.

d) Double approach avoidance Conflict: Conflict that requires the individual to choose between two alternatives that each contain both positive and negative consequences.

3) Pressure:

Stress that arises from the threat of negative events. For example, some marriages are sources of pressure because one spouse always seems to displease the other, no matter how hard he or she tries to avoid it. The pressure of trying to avoid these negative events can sometimes be more stressful than the negative events themselves.

4. Life events:

In recent years, a great deal of research has focused on the stressful nature of important life events. Changes in our lives require readjustment and coping, whether they are negatives such as divorce or positive changes such as marriage. Importantly, there is also reason to believe that positive life events can be stressful under some circumstances (Sara-son, Johnson and Siegel, 1978). Marriage, birth of child, job promotion, and buying a house are examples of events that most people think of as positive, but they may also require stressful readjustments in patterns of living. Hence, positive life changes can be another source of which we are typically unaware.

5. Environmental conditions:

There is growing evidence that aspects of the environments in

which we live (temperature, air pollution, noise, humidity, etc.) can be source of stress.

Stress Reactions:

When we are under stress, we feel it - we react to it- Stress produces both psychological and physiological reactions - not one or the other, but both. The other aspect is that reactions of the "mind and body" to stress one highly similar whether the stress is a physical one or a psychological one. Although each source of stress will evoke coping reactions that are specific to it, a general reaction to stress occurs all types of stress, based largely on the interlinked responses of the hypo-thalamus, the sympathetic division of the autonomic nervous system, and the adrenal glands.

Hans Selye (1976) found that the body reacts in much the same general way to any threat, whether the threat is in the form of an infection, an injury, a tumour or a psychological stress. Regardless of the source of stress, the body mobilizes its defences to ward off the threat in a pattern referred as the general adaptation syndrome (GAS). Three stages can be distinguished in this syndrome. They are: (a) Alarm reaction (b) Resistance to stage (c) Exhaustion stage.

6. Psychological reactions to stress:

The physiological reactions to stress are accompanied by psychological reactions, as well. These changes primarily involve emotions, motivations and cognitions. Under stress, we feel anxious, depressed, and irritable. We experience changes in our appetite for food and gain or lose large amounts of weight. Our interest in sex often decreases, or may increase. Cognitive changes occur as well: we have difficulty in concentrating, lack of ability to think clearly, and find that our thoughts keep returning to the source of the stress.

Coping with Stress:

Most of us feel the effects of stress for at least brief periods of time in our lives. In fact, stress is so prevalent and stress reactions are so understandable, it is a wonder that we are as healthy and well-adjusted as most of us are. The reason that stress does not lead us all to early graves is that we do not just passively react to stress, we also actively cope with it. The term coping refers to attempts to deal with the source of the stress or control our reactions to it, or both. Coping is our defence against the stress inherent in living.

Effective Coping: Effective methods of coping either remove the source of stress or control our reactions to it.

1. Removing stress:

One effective way of dealing with stress is to remove the source of stress from our life. If an employee holds a job that is stressful, discussions could be held with the employer that might lead to a reduction in the pressure of job, or the employee could simply resign. In a variety of ways, coping with stress can take the form of locating its source and eliminating it. Unfortunately, this is not possible always. It is not always feasible or appropriate to quit a job or leave a marriage, and some source of stress, such as the death of a spouse, just cannot be removed.

2. Managing stress reactions:

When the source stress cannot realistically be removed or changed, an effective option is to manage the reaction to the stress. For example, an individual may decide to start a new business knowing full well that the first year or two will be hectic. He or she would be unwilling, then, to remove the source of the stress (the new business), but could learn to control the reactions to the stress. One strategy might be to schedule as much time as possible for relaxing activities, such as aerobic exercise, hobbies or time with friends. The relaxation training is also another method of managing the stressful events.

Social Support:

The magnitude of reactions to stress is considerably less for individuals with good social support from close friends and family members than for individuals with inadequate social support. Individuals with good social support are less likely to react to stress with depression, anxiety and health problems. Indeed, individuals who live alone - and are, therefore, less likely to have adequate social support are more likely to have both psychological and medic, problems than individuals who live with others (Webs and Collette, 1975). The magnitude of the emotional cognitive and bodily toll that stress takes on us varies from individual to individual and from time to time for the same individual. The factors that seemed to be related to the magnitude of stress reactions are prior experience with the stress, predictability and control over the stress, social support and several personal characteristics (Person variables). The two person variables that influence reactions to stress that are currently best understood are genetically influenced differences in stress reactivity and differences in cognitive styles.

Effective treatment methods based on cognitive therapy, relaxation training, biofeedback, and other techniques are useful in the treatment of headaches backaches, and other kinds of chronic pain, nocturnal teeth grinding (brukism), seizures, and a variety of other health problems (Davidson and Davidson, 1980).

Ineffective coping: Unfortunately, many of our efforts to cope with stress are ineffective. They may provide temporary relief from the discomfort produced by stress, but do little to provide a long-term solution and may even make matters worse. The common, but ineffective, coping strategies are called defence mechanisms (1) Withdrawal (2) Aggression (3) Displacement (4) Sublimation (5) Projection (6) Reaction formation (7) Regression (8) Rationalization (9) Regression (10) Suppression. The defence mechanisms can be effective in the short run in helping us feel better, but inhibit long-term solutions to stress because they distort reality.

Proper human relationship is essential in any Congenial home atmosphere, work individual level certain basic measures safeguard him com harmful stress. Since emotions generated by stress affect body organs, one way to protect oneself from stress is to reduce the vulnerability of body organs to stress. This can be done by regular exercise, sufficient rest and nourishment. Al-round physical fitness has proven to be an alleviator of stress.

Transcendental Meditation has recently gaining ground as stress alleviators. T.M. as it is known in short form has emerged as a simple, easy to learn and powerful stress reducer. Almost every city now has an organization that offers courses on T.M.

Another means of reducing stress is to re-examine one's values and aspirations and engage in a realistic assessment of the means - end paths that one is following with appropriate changes in the values and or aspirations, a stressful situation can be diffused.

Individual approaches to stress management by no means reduce management responsibility for alleviating the stress of work-life. Constructive management of stress strengthens one's character and makes for a satisfied, productive and vigorous work life. It may therefore, be said that one of the important steps that an individual (Teacher, employee, supervisor, doctor, etc) can take is to approach the question of stress management.

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