

IMPACT OF STRESS ON HUMAN BEHAVIOUR AND ITS MANAGEMENT

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ABSTRACT

Today's routine has become so busy that we do not get any time for ourselves. Due to which the physical problems kept increasing and along with them the mental pressure is increasing on the person due to which the situation of tension is getting created. Due to the tension, the person also has difficulty in making normal adjustments. Stress has a major impact on our behavior and health. Especially in older or unwell individuals, the long-term effects of stress can harm health. Stress can lead to health problems like headaches, heart problems, high blood pressure and skin problems. These symptoms of stress affect your health, and sometimes we don't even realize it. Stress is not only related to excessive work, it also has our biological, psycho-social factors. Psychosocial interventions to reduce stress have been shown to be useful for the treatment of stress disorders.

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Stress is a condition of mental pressure for particular individual facing problems from environmental and social well-being which leads to so many diseases. Stress can be considered as a particular type of mental tension and worry which is caused by problems in life, work etc. It is actually something that cause strong feeling of worry or anxiety. It is quite common and natural human response to pressure it is caused when the people face with challenging and dangerous situations in life. Stress can be defined as any type of change that causes physical, emotional, or psychological strain. The word stress is derived from the Latin word "stringere" which meant literally to draw tight and was used in the 17th century to describe hardship, strain, adversity or affliction. These root words refer to the internal feelings of constriction many feel under stress. During the late 18th century, stress denoted "force, pressure, strain or strong effort, referring primarily to an individual or to an individual organs or mental powers. Cartwright, (1997) as cited in lim, (2009)

Fontana (1989) as cited in chowhiu, (2009) defines stress as those challenges which excite us and keep us on our toes, and without which life for many people would become dull and ultimately not worth living. At the other end of the scale, stress represents those conditions under which individuals have demands made upon them that they cannot physically or psychologically meet, and that lead to breakdown at one or other of these levels. Therefore, stress is a life-saver, at the other end of the spectrum a life-destroyer. The meaning of 'demands' mentioned above is equivalent to 'stressors'.

Jeffrey (2006) defined stress as a state of cognitive, emotional and physical arousal. The state of arousal that is known as "stress" is caused by exposure to some actual or perceived demand or stimulus in our environment. Once we arouse the intellect, emotions and the body, we can observe changes in a person's behaviour. Stress, at reasonable levels, is essential for a healthy life. When it gets out of control, however, stress can be a powerful destructive force.

Stress is a universal phenomenon that essentially manifests itself in human as a result of pressure emanating from several experiences of challenging situation. Young age in the critical period because at this time youth faces lots of changes in his/her life. They expected to be the elites in the society. Thus, they should enhance their stress management abilities so as to live a healthy life after entering the society. Stress can be caused not only the external factors, also by internal factor like the demands which we face on ourselves. Stress also contribute to the increase in our conscious level and will increase our alertness and energy to meet the challenging situations. Stress is helpful when it leaves us feeling fatigues, tense, anxious, burnt out or overwhelmed. Stress can be both positive as well as negative. It do possess effect on both the body and the mind.

Stress stimulates the body and mind and will release in hormones and adrenaline to cope with the increase pressure and the prevailing external conditions (Vandorkolk, 2012). Whenever the body is under the stress, there will be response in the form of release of hormones as well as in the form of increasing the heart and the breathing rates. Whenever stressed, the brain will get more oxygen and will give you an edge and higher conscious to deal with the situation. If the chronic stress persists, the person will be subjected to the irritability, anxiety as well as depression. It is also possible that the person may suffer from headaches as well as insomnia when subjected to prolonged stress. Sometimes stress in a person will result in some behaviour such as overeating in the human being, also it will result in symptoms like not eating at all. Problems such as alcohol usage, drug abuse and social withdrawal are also some of the consequences of the human beings getting subjected to stress (Iovallo, 2015).

Causes of stress

There are many different things in life that can cause stress. Some of the main sources of stress include work, finances, relationships, parenting, and day-to-day inconveniences.

Stress can trigger the body's response to a perceived threat or danger, known as the fight-or-flight response. During this reaction, certain hormones like adrenaline and cortisol are released. This speeds the heart rate, slows digestion, shunts blood flow to major muscle groups, and changes various other autonomic nervous functions, giving the body a burst of energy and strength. Originally named for its ability to enable us to physically fight or run away when faced with danger, the fight-or-flight response is now activated in situations where neither response is appropriate—like in traffic or during a stressful day at work.

When the perceived threat is gone, systems are designed to return to normal function via the relaxation response. But in cases of chronic stress, the relaxation response doesn't occur often enough, and being in a near-constant state of fight-or-flight can cause damage to the body.

Stress can also lead to some unhealthy habits that have a negative impact on your health. For example, many people cope with stress by eating too much or by smoking. These unhealthy habits damage the body and create bigger problems in the long-term.

Signs and symptoms of stress

Sommerville and Langford (1994), mentions that there are two primary sets of stress indicator: healthy and unhealthy. Examples of healthy indicators include abundant energy, ease of adaptability, stimulation, calmness, control, clear and rational thought, and decisiveness. Examples of unhealthy stress indicators include sleeplessness, high levels of aggression, difficulty in thinking, fatigue, inflexibility, and anxiety. Healthy indicators are something that is desirable; however, unhealthy stress indicators will give rise to high stress level. As the stress indicators only defined in a very general sense, Sommerville and Langford (1994) in the research further categorized the symptoms of stress into three aspects:

The Psychological Symptoms

Include lack of concentration, tenseness and other symptoms which can be regarded as possible illnesses such as depression and paranoia.

Behavioural Symptoms

Include irritability, lack of effort, excessive consumption of food and beverages, and withdrawal from the work environment that is trying to retreat from commitments. Besides, behavioral response to stress may also take the form of escapist drinking, physical inactivity and or cigarette smoking. All these will lead directly or indirectly to health risks (Sutherland & Davidson, 1989).

Physical Symptoms

Which are often the most readily identifiable, include Cardio-bronchial pains, weight loss from under-eating, and sleeping at abnormal times. The symptoms may appear as singular factors acting in isolation, or as composites within a highly complex situation. Although the symptoms only indicate the beginning of the stress problem, the impact of symptoms is also influential to people. Copper (1986) suggests that the symptoms of stress may have a significant impact on an individual's instigation, perception of, and response to, conflict situations within the organization. On top of that, if the psychological and behavioural symptoms combine together, they may bring substantial influence to bear on potential conflict situations as the symptoms may control the value and judgment state of an individual.

Impact of Stress

The human body is designed to perceive and react to stress. Stress can be positive ("eustress")—such as getting a job promotion or being given more responsibilities—to keep us alert and ready to escape danger. Stress becomes negative ("distress") when a person continues to face challenges without relief or relaxation between challenges. As a result, the person becomes overworked and stress-related tensions arise. Distress can cause physical symptoms including headache, upset stomach, high blood pressure, chest pain and trouble sleeping. Research shows that stress can also bring on or worsen certain symptoms or diseases. Stress also becomes harmful when people consume alcohol, tobacco or drugs to relieve their stress. Unfortunately, instead of relieving stress and bringing the body back to a state of rest, these substances put the body in a state of tension and cause more problems. Consider the following: Forty-three percent of all adults suffer adverse health effects from stress. Seventy-five percent to ninety present visit the doctor for stress related ailments and complaints.

Stress causes problems like headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression and anxiety.

The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace. Stress costs American industry more than \$300 billion annually.

The lifetime prevalence of an emotional disorder is more than 50%, often due to chronic, untreated stress reactions.

The connection between your mind and body is apparent when you examine the impact stress has on your life.

Feeling stressed out over a relationship, money, or your living situation can create physical health issues. The inverse is also true. Health problems, whether you're dealing with high blood pressure or you have diabetes, will also affect your stress level and your mental health. When your brain experiences high degrees of stress, your body reacts accordingly.

Serious acute stress, like being involved in a natural disaster or getting into a verbal altercation, can trigger heart attacks, arrhythmias, and even sudden death. However, this happens mostly in individuals who already have heart disease.

Stress also takes an emotional toll. While some stress may produce feelings of mild anxiety or frustration, prolonged stress can also lead to burnout, anxiety disorders, and depression.

Chronic stress can have a serious impact on your health as well. If you experience chronic stress, your autonomic nervous system will be overactive, which is likely to damage your body. Common effects of stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can help you manage them. Stress that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.

STRESS MANAGEMENT AND COPING

Although stress is inevitable, it can be manageable. When you understand the toll it takes on you and the steps to combat stress, you can take charge of your health and reduce the impact stress has on your life.

Learn to recognize the signs of burnout. High levels of stress may place you at a high risk of burnout. Burnout can leave you feeling exhausted and apathetic about your job.⁶ When you start to feel symptoms of emotional exhaustion, it's a sign that you need to find a way to get a handle on your stress.

Try to get regular exercise. Physical activity has a big impact on your brain and your body. Whether you enjoy Tai Chi or you want to begin jogging, exercise reduces stress and improves many symptoms associated with mental illness.⁷

Take care of yourself. Incorporating regular self-care activities into your daily life is essential to stress management. Learn how to take care of your mind, body, and spirit and discover how to equip yourself to live your best life.⁸

Practice mindfulness in your life. Mindfulness isn't just something you practice for 10 minutes each day. It can also be a way of life. Discover how to live more mindfully throughout your day so you can become more awake and conscious throughout your life. Stress is any change in the environment that requires your body to react and adjust in response. The body reacts to these changes with physical, mental, and emotional responses.

Stress is a normal part of life. Many events that happen to you and around you -- and many things that you do yourself -- put stress on your body. You can experience good or bad forms of stress from your environment, your body, and your thoughts.

CONCLUSION

Stress is a central concept for understanding both life and evolution. All creatures face threats to homeostasis, which must be met with adaptive responses. Our future as individuals and as a species depends on our ability to adapt to potent stressors. Stress can have consequences far beyond temporary feelings of pressure. While you can't avoid stress, you can learn to manage it and develop skills to cope with the events or situations you find stressful.

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