### CHAPTER V

### DISCUSSION

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CHAPTER –V

DISCUSSION

“A new word is like a fresh seed sown on the ground of the discussion”.
Ludwig Wittgenstein.

Introduction

As times have changed, the society and culture have drastically diversified. With change in cultural norms and traditions in the society there has been a drastic change in the expectations as well which, as a result additional burden falls on individuals. In recent years, a growing body of literature has been devoted to the analysis and understanding of stress. Therefore, there is a critical impact on health and performance. Thus, stress research received attention from both medical and non-medical researchers.

Often we feel happy, or unhappy, without any reason. When we speak of this intriguing phenomenon called living, or life, we are face to face with a widespread area of investigation. The phenomenon of life varies from time to time, from age to age, and from condition to condition which is ‘apara Vida’, or ‘lower knowledge’. [1]

There is also, side by side, a sense of unknown finitude and insecurity in the mind of every person. There are means adopted in various ways to guard oneself from the feeling of this finitude and insecurity in the world, which contributes to a sense of greater security in the individual. As seen in the expression of the participants who alleged that, they want to maintain a particular standard of living hence, the constant desire to achieve. Great religious
scholars and psychologists have said there is no end to desires therefore; stress remains a part of life.

If one were to ask people to define the word - stress, or explain the causes, effects of stress one, would likely get 12 different answers to each of these requests. The reason behind is that there is no definition of stress that everyone agrees on. What is stressful for one person may be pleasurable /challenging or have little effect on others as we all react to stress differently.

This is why probably all the participants of the study used different words in their native language or the language most comfortably spoken to express what they felt when they were asked what “Stress” meant to them. The words used were related words very closely to their experience of stress though; different words communicated the same feeling from all the participants.

Stress is not a useful term for scientists because it is such a highly subjective phenomenon that it defies definition. Moreover, if you cannot define stress, then how can you possibly measure it? Hans Selye coined the term “stress”, in 1936, defined it as "the non-specific response of the body to any demand for change". [2]

Most people viewed stress as some unpleasant threat, Selye subsequently had to create a new word, stressor, to distinguish stimulus from response. [2] Stress is considered a synonymous with distress. Dictionaries defined it as “physical, mental, or emotional strain or tension” or “a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize.” Stress often is considered as negative and its positive effects are often ignored.

The majority of the participants in the study also viewed stress as an unpleasant experience except for few of the male and female participants who reported, ‘stress’ was challenging, that stress brought the best in them. They felt that some stress was good or else one would get complacent which would affect their performance. Stress provided them an opportunity to grow”. The ability to take stress positively depends on the individual’s perception of the situation which is in turn related to one’s own experiences of the outcome of the situation.
As Brian Luke Seaward said “Situations, circumstances or any stimulus that is perceived to be a threat is referred to as a “stressor”, or that which causes or promotes stress.” It is also true that how a person views the situation and what messages his/her brain receives i.e. an event or situation that are perceived by the mind as undesirable or threatening. Threat could come from an external source, such as a warning about an overdue debt /medical checkup, interview, examination or a physical danger, or it can even be a pain within the body. The threat can be real or imagined. Whether, the stressor is real or not, the body's stress response is always factual. Sometimes people have severe stress reactions to imagined stressors. According to sociologist W. I. Thomas, “If people define situations as real, they are real in their consequences” as quoted by Ronald L. Pitzer in the article ‘Perception: A key variable in family stress management’. [3]

Stress has been expressed by female and male participants in various contexts and situations, their inability to balance income and expenditure, fear of failure of being accepted, difficulty in handling work and home, illness in family, desire to achieve goals, meeting financial needs of the family etc. An individual may encounter, many situations that he/she would perceives it as a threat to his/her ability to deal with that stress and the individual views that situation as causing stress.

The female participants of the study used the words “painful experience” to express the theory of stress. This may be because the event or situation in which they experienced stress was causing them anguish. The experiences narrated by the female participants were of harassment by their mother-in-law or other members of their husband’s family. The Indian scenario, projects a girl who leaves her maiden home with dreams, instead when dreams are shattered due to in-laws, demand for dowry or any other issue this was a painful experience for the female participants, which left them feeling helpless.

Getting married had been a stressful experience for few of the participants as they had to adapt to a new environment, people and practices of a new family, fear of failure, to please or make others happy were the causes to trigger, stressful situation. The constant unchanging scenario was apparently stressful. The word ‘Pachtana pade’ had often been used to express regret for having married in the given family where her expectations felt flat. When females find satisfaction and support in the family or at the work front with positive strokes, they are more likely to perceive the situation as a challenge and as positive stress. This proves that it
depends on the individuals internal resources and of the support, they receive from the family, which is the primary institution of support, from friends or colleagues can be particularly helpful.

5.1 Factors of stress related to work

Work-related stress is the response people may have when presented with work demands and pressures that do not matched their knowledge and abilities, which might challenge their coping abilities. Pressure at the workplace is unavoidable due to the demands of the contemporary work environment. Male and Female participants employed in various types of job did experience job stress. Many of them experienced stress because of the very nature of their job, those who deal with customers, found that what the customer expected, or spoke caused stress. The expectations of the boss, maintain a deadlines, etc. caused undue stress. It may be, concluded that the stress at work, that they experience is not always related to the content of work but to the people with whom they deal. One realizes that its hard to please people and always difficult to satisfy them, as no person will function in the same precise manner every time. As the saying goes “at work your boss is always right”, or the customer is always right, holds true because if one tries to argue, with of them, they might lose their job, promotion or a customer.

The working people perceived stress not only to work but also, to run a home and look after kids efficiently. The stress would further be aggravated when a male co-worker harassed them or their spouse or in-laws pointed flaws in them. Women often felt that their families poorly understood their situation. In the Indian scenario, the woman is the one, expected to do things cheerfully irrespective of the fact whether she is tired or not. There have been studies conducted to understand the stress of working women. According to Fairhurst and Snively (1983) [4] and Steenet.al., (1994)[5] they state that many work environments that once were gender-segregated had recently seen greater participation by both men and women. They said that however, that had received little attention concerning the perception of those occupying these changing work environments.

In Mumbai because of the cost of living, many educated families allow the female to take up employment, so that they are able to have a better standard of living. There are families that still follow the traditional practice of not permitting their wives or daughtersto take up jobs and still feel that the place of a woman is in the house. A few female participants
who were not allowed to work by their in-laws and spouses had reported that if they did continue to work, they would be expected to manage the household expenses only with their earning.

The investigator felt that work related stress was not so prominently reported by the women working earlier, may be because many of them lived in joint families and responsibilities were shared by other family members. With more and more nuclear families and working in organizations, having a corporate culture may also be a reason for stress and the changes occurring in the choice of a career among women. It might be that today women are getting more vocal in expressing their stressors. In the article “Stress in a changing society” by Artazcoz l, Escriba-Aguir V, and Cortes I (2006), describes the job stress models and non-work stressors, their influence on health and magnitude in Spain. They obtained data from scientific publications, reports and official statistics, primarily of the last decade. Whereas the original data was obtained from the analysis of the 5th Spanish Working Conditions Survey. The findings indicated that in Spain 15% of men and 22% of women had an excessive workload that made them feel tired in the last three months. A quarter of workers had low autonomy and 48% of men and 32% of women worked in occupations that did not require special abilities, just experience was sufficient. The article points that Spain has the highest unemployment and temporary contracts rates in the 15-European Union.

The entrance of women into the labour market implies difficulties in reconciling job and family life. Moreover, paid work provided women with power and economic autonomy thus, making divorce possible. Hence, divorce rate had significantly increased in Spain as well as parent’s being lonely. Additionally the higher economic autonomy and power among women is considered as one of the causes of the gender violence as well. Stress-related problems also derived from globalization, the increasing importance of the tertiary sector and other social changes is insufficient either because health professionals ignore the causes of the problem and treat pharmacologically the consequences or because health consequences of these new social and economic tendencies are not taken into account in other sectors. [6]

The male participants predominately experienced stress related to work which was both content of work and the context of work. Male participants did not experience stress related to the home in the same manner that the female participants expressed. Male
participants got time to come home and relax before they participated in any household activity and that to would be mostly at weekends. For the male participants their activities with their kids added to the relaxation unlike in female participants who had to take up their children’s lessons etc… and barely had time to unwind before tackling the household chores. Male participants had more stress when they felt that they did not get the recognition that was their due or failed to get a raise in the pay scale. They viewed this as an inadequate reward for their performance.

The males experienced being sapped working in call centers. They found the pressure from dissatisfied clients and multi tasking etc very stressful. This group of males frequently referred to the work stress in the narration of their experience of stress. If one sees the call center functioning, most of them attend to the needs of foreign clients. As the investigator waited outside the call center she found both young males and females’ chain smoking, the language of communication was highly westernized. Probably this attributed to the constant effort to be what they are not. This added to the pressure of work, along with the work timing, their body language indicated exhaustion and a drained appearance.

Ghislieri C, Ricotta S. and Colombo L., (2012) studied work-family conflict in a call center, to identify the possible causes of stress and discomfort, and found higher perception of “work-family” conflict among workers having a full-time contract as compared to those having a part-time contract. They also identified the source of influence on work-family conflict, emotional dissonance, uneasiness due to customer dissatisfaction, heavy workload, and avoidance coping at working hours. [7]

Many of the youth worked at the call centre only due to a good pay scale and this helped to meet their needs as well as that of their family. The married male participants interviewed expressed their anxiety related to their inability to buy a house, inability to spend adequate time with the family, which meant that although the salaries were high the cost of housing was even much higher in Mumbai.

Frankenhaeuser et.al (1989) says that the female managers’ inability to unwind after work reflects their heavy workload. He was consistent with earlier investigations that identified ‘role conflict’ as a main source of stress among female managers. [8] A large body of literature in the area of work and family conflict has concluded, that increased
participation of females in the work force has not led to a reduction in their family responsibilities.[9,10] This was also expressed by the female participants of the study, both by the individual and the focus groups. In the mixed focus group, one of the female participants reported, “If anything happens to my child when I am at work I will be held answerable”. Which indicates that female’s inspite of working outdoors was responsible for everything in the house, which also added to their level of stress.

The stress experienced at work by both the genders was almost similar. Both expressed pressure from their superiors, deadlines, excessive workload, and inadequate time to spend with the families due to the long working hours. Phelan reported similar findings. et al (1993) males and females did not provide significantly different perception of job demands in integrated occupations.[11].

The males dominate earlier employments. Due to the rising cost of living, women are required to work. Perhaps the cultural influence that women should take care of the house and men should go out to work may still exist as an undercurrent. Even as the female joined, hands to support their family, the male counterpart haven’t changed their role, and helped in the household chores. Many of the females expressed the fact that their spouses did not share the household chores nor did their grown up kids. Some of the male participants did express that they did not like it when their wives expected them to run errands for the house. Hence, the females after getting back from work were expected to run a perfect household, which only added to her workload. The finding of this study also brought out that stress was a result of trying to balance between work and family stress especially for women. Whereas for males was in meeting the expectation of their spouses.

Kushnir T and Kasan R (1992-1993) in their paper “Major sources of stress among women managers, clerical workers and working single mothers: demands vs. resources” conducted in Israel, have reviewed outlines of common occupational and domestic stressors, many of which were unique to women, especially to mothers in paid employment. Stress was a resulting of the combination of high role demands and low coping resources (material, psychological, interpersonal, and organizational). Women employees worldwide are still expected to assume primary responsibilities for home and family. They are subject to a double burden of work, especially when the children are young. Women are also subjected to
considerable conflict between marital/parental and occupational demands they occupy different jobs from men and are usually hierarchically inferior entailing fewer benefits and opportunities for growth. [12]

Another study conducted by Krantz G, Berntsson L, and Lundberg U, (2005) reported that when they analyzed how paid work, unpaid household tasks, child care, work-child interaction and perceived that work stress were associated with reported symptoms in male and female white collar employees. The results indicated that the frequency and severity of symptoms were higher in women than in men (P<0.0001). The employed women’s health was determined by the interaction between the conditions at work and household duties. The men responded more selectively to long working hours, i.e., 50h/week. [13] Yet another study conducted by them on, “Gender differences in work-home interplay and symptom perception among Swedish white–collar employees” (2006). Found that women in higher positions in Sweden are healthier than the average population of women, but reported more symptoms than men in the same position as well as more stress from paid work, more conflict between demands and a greater ‘Total work Load’. However, women also reported more control over household duties and the total workload was not associated with more symptoms. The men mainly focused on their paid work role and perhaps even more than most men in the general population, as they were resistant to the feeling of conflicting demands. The study indicated that even among matched groups of full-time employed, well-educated men and women, traditional gender differences in division of responsibilities and time allocation. The investigators also pointed that though women were healthy during the study period their health might be at a risk and their future health due to workload, feeling of conflicting demands, which would lead to rise in stress. [14]

Similarly, the female participants who were part of the in-depth interview, the focus group and from the mixed focus group experienced struggle while trying to balance between their primary responsibilities as parents, wives, daughter-in-laws and their occupational role. There was no flexibility in the job for female participants employed. As a result, this ended in high stress rate, which could affect their health.

Female Participants who worked as teachers also expressed stress related to their job. Few of them took counselors help to deal with their stress. Similarly, in a survey after assessing the stress levels of various jobs by the Health and Safety Executive, those in the
teaching profession were identified to experienced high stress. Using the Scale of Occupational stress, the analysis indicated the impact of demographic factors and the type of job, found that 41.5% of teachers reported themselves ‘highly stressed’, while 58.5% came into a ‘low stress’ category, while 36% of teachers felt the effects of stress all or most of the time. The study also indicated a high percentage of teachers seeking help to fight low back stress. According to the research the major causes of teacher stress was due to: excessive working hours, excessive workload, rising class sizes, pressures due to inspection, changes in the curriculum & courses, changes to the assessment & testing requirements, pupils misbehavior, risk of violence from pupils, parents and intruders, and lack of control over the job.\[15\]

In yet another study conducted by Park H S, Jeong S H, and Park KY, (2007) who identified the ‘relationship among job stress, family stress and perceived health status of middle school teachers’. The findings indicated the degree of job stress of middle school teachers was 54.47 out of a score of 88; family stress a score of 46.57 out of a score of 96; and that of perceived health status was 78.59 out of 100. There was a significant negative relationship between job stress and perceived health status and between perceived family stress and perceived health status. However, there was a positive relationship between job stress and family stress. From this study, we see that ‘family stress’ has the greatest impact on perceived health condition. The study indicated that it was important to deal with both job and family stress to maintain health condition\[16\]

Some of these findings are similar to the causes of stress expressed by the female participant working in the primary section as teachers in this study. This may be due to the change of hours at school by the teachers as prescribed by the Government/Education Board, change in the assessment pattern of students, corrections of student’s daily work, and pressure from parents of poor performing students. The number of students per class was large which in turn increased the pressure to maintain discipline among students in the primary section; the stress was further aggravated when the teacher had been held responsible for indiscipline in her class by the principal.

5.2 Factors of stress related to oneself

Many times, we create our own stress by feeling inferior because of faulty self – perceptions. Eleanor Roosevelt noted, “Nobody can make you feel inferior without your
consent”. While not everyone can agree on a definition of stress, all of our experimental and clinical research confirms that the sense of having little or no control over situation causing stress is always distressful – and that is what stress is all about.

The male and female participants from the mixed focus group attributed stress to their lack of skill, ability and their inadequate education, because of which they were unable to get jobs of their choice, which in turn caused high stress.

Once having made the decision to be the sole breadwinner, many males found themselves under pressure to meet the needs of their family. The constant demands of the children, parents or their spouses and the balancing of budget often distressed them. This was more so in the families where they believed that the women should not work out doors. The female participants coming from the families where their spouses were the only earning members stated that with the rising cost they found it difficult to manage the household expenses and their spouses adamantly refused to allow them to work. May be it was their ego that caused them to hold on to the traditional policy of work concerning their wives. One of the female participants was the only earning member as her spouse had lost his job due to which there were constant fights as her spouse felt he had lost control/power over the family. These findings highlight that even today women do not have their due status in society and are their ability is often undermined.

Both the male and female participants of the study attributed that their own attitude of doing things ‘perfectly’ and in their ‘own set way’ caused stress. As a result, many individual found themselves with an increased workload, as they failed to share and delegate responsibility both at home and at the work place. This added to their work stress and the overall stress load increased. Many of the males found that it was difficult to share stress related issues with their wives as a result they did not get support since their family did not know what they were going through. The female participants on the other hand were unable to vocalize their stress and did not always, have someone with whom they could share their stress or trust. That might have been the reason why some of the female participants said that they had no one to share their problems to and they had to bear it all.’

The internal stress adds to the stress as many of the participants both male and female attributed the reason for their stress to God and destiny. A belief system of theirs added to
their existing stress. Indians believe that what is in their destiny they have to go through it; as a result, they do not make any effort to change anything consciously. At times, most of the participants were unable to state what was actually troubling them, as a majority of them spoke of the stress related to work, people and relationship. This attitude was reflected also in the participants as many stated, they did not know what they could do, to reduce their stress. These findings also emphasize to their upbringing that ‘everything is according to one’s destiny’.

Literature review has indicated that internal stress causes the system /human body to become exhausted leaving the individual more susceptible to illness. When identifying stress, most people only consider the demands placed upon them by work, individuals, their relationship or adverse circumstances. These external influences are leading causes of stress; however, individuals usually forget that similar struggles also occur within. These internal causes of stress are a result of one’s inability to think deeply and lovingly and with understanding about others, their circumstances and themselves. Throughout one’s life, their perception tends to reflect the thoughts and beliefs of those around them. Such beliefs or motives may have a conflict with their own, but they follow them in an attempt to obtain comfort in what seems familiar. As a result, one begins to dishonor oneself causing inner stress. This was not only true of housewives but also of working women who prefer to sacrifice, a great deal and put their own needs last, so much so that they forget issues distressing them.

5.3 Family stress

It has always puzzled the observer that some families ride out floods, disasters, or financial difficulties without serious ill effects, whereas other families facing the same circumstances are either disoriented or even shattered. One of the most common factors of stress, besides financial worry and work problems are family difficulties. Everyone at some time or the other experiences family crisis, be it bereavement, illness or breakups. Stress can bring the family to a standstill, breakup or bring about unity, strengthen or a strong bond. In the Indian scenario, during stress family unity plays a large role irrespective of the problems, the strength of the family is often seen at moments of crisis when the members of the family put their differences aside and get together /unite to deal with the stress. Family as a cohesive unit plays a major influencing role to deal with stressors in the life of the individual. Traditional beliefs, values and culture in the family play a major part in stress is perceived or
dealt. Change in the social structure of the joint to nuclear families, have had an impact on their lives.

Stress in the family not only affects the sufferer but it also affects the mood and attitude of those around them. If the wife and the children are witness to their husbands and fathers extreme stress levels, be it because of finance or work, it can have an overwhelming effect on their behavior as well i.e. it will have a knock on effect and on all their environment. Children in particular are very susceptible to the mood swings of their families especially if they are undergoing stress.

The female participants attributed their reason of family stress to the health of their children, their education, and their safety. The parents’ i.e. male and female participants were worried about the effect of the media on their growing children. Constant demand for new gadgets, which they saw in the market, spending hours on their mobiles, chatting etc… also caused them stress. Some of the parents were anxious as to what would happen in the future and others were not sure they could depend on their children in their old age.

These are natural feeling for individuals who themselves were brought up by parents in either joint families or where their parents were available to spend time with them. They gave their young children expensive gifts, and failed to incorporate values. Now when they see their children’s behavior, it causes them great stress.

Some of the participants also mentioned that when they are upset their children turn out to be silent. One of the female participants was ill-treated by her in-laws was told by the child, that when she grows up, the in-laws i.e. grandparents would have to answer her for treating her mother badly. This indicates that children do observe and watch their family members. Hence, one needs to be vigilant of the impact that stress in family relationship could have on the young minds when parents react due to the stressful events.

Female participants also worry about their spouse’s health, alcoholic habits, employment which, only results in constant arguments. Sickness in the family, parent’s infirmity was also a cause of concern to the male/female participants that caused them stress. Male participants experienced stress also because of the expectation of their wife’s or the finance. In the mixed focus group, meeting the needs of the family because of inadequate
finance was the cause of their stress. For the male participants supporting parents was not a cause of stress. This could be due to the Indian culture where the male children are responsible for the parent’s maintenance. In the family, there are many dynamics at play and many issues are interrelated. If a member of the family is not working the financial planning of the family also altered hence, finance also governs the expectations that include the needs of the family. Stress in the family perceived by the male and the female participants differ so also their priorities in life. Female participants worried about the members of the family as they saw themselves as ‘care providers’ and males vexed about having inadequate finances as they viewed themselves as ‘providers’ for the family. It is important that the members in the family understand each other and take decisions consulting one another so that when decisions taken do not become the cause of stress or result in strained relationships. As this would affect the relationship, behaviour of the family and cause negative feelings among the members that would further add to the family stress.

According to family stress researcher Pauline Boss of the University of Minnesota, ‘The clue to understanding this difference resides in the fact that stress does not result simply from some negative circumstance. It is rather the interplay of several variables which largely determines what happens to a person or family when stressors or problems are encountered.’[17] Daisy I. Dimkpa, Lydia A. Wilcox(2010) studied “Married couple’s Perceptions of Family stress” They investigated the perceptions of married couples in Ilorin Municipality, Kwara, State of Nigeria towards family stress. Couples from institutions namely churches, public and private secondary schools and the Ministry of education. The findings indicated that male and female married couples as well as unemployed and those in public and private employment were differed significantly in their perceptions of family stress. [18]

Similarly in this study the male and female differed in their perception of family stress, whereas unmarried participants experience of stress at work was similar to the married participants. The cause of males stress was having an appropriate job, supporting their families especially those who were the head of the family and the sole breadwinners, and in unmarried male participants the stress of finding a girl of their choice to marry. On the other hand the female participants had expressed more concern regarding the health of their parents and repeated questioning of society regarding their marriage caused them undue stress. This may be because in the study group none of the unmarried females were the heads
of the family nor were they the sole bread winner neither was the family depended on them financially. In the Indian scenario even in Mumbai though females do take decisions in relation to when they would like to marry, questions are still raised on marriage as every Indian family wishes their daughters settle at an appropriate age.

5.4 Financial stress

In today’s ever changing world of inflation and increasing rates of loan, financial stress is something that many most suffer without exception. Financial stress is something that even if an individual has never suffered any other types of stress, every one will find themselves at some time or the other struggling with it.

The participants of this study male/ female had experienced stress related to finance. The male participants in the study experienced stress for various reasons like borrowing money, and investing money in share market and then facing a massive loss, and later had to struggle to clear the loss and manage the needs of the family, or taking house loans for relatives and having to clear it, or having to pay for the family treatment. All this increased the financial strain. Their desire to maintain a lifestyle of their choice and standard, for which they needed a salary to match their desires, added to the other stressors that they were experiencing. Financial stress was attributed by almost all males as a cause of their stress as they were solely responsible to meet the financial requirements of the family. Men reported financial stress more than women, as Indian men are traditionally expected to be the breadwinners. When males find they are unable to support their family, their ego is hurt. Often males feel that a wife’s earnings are not to support the family but a contribution in the family kitty and for herself.

Among the female participants of the study those from the individual interview did not express having financial stress. The reason could be most of their spouses were financially well off. Their spouses had to support the households of their parents, the females did not express any stress as many felt it was their duty being the eldest daughters-in-law to support their husband's decision. Except one female who was interviewed in-depth interview reported that despite financially doing well she experienced financial stress as she supported her husband and his family and the burden was worst when her brother too demanded finance for his expenses. The females, from both the female focus group and the mixed focus group experienced financial stress because of inadequate income. With the rising
cost of living the individuals poor income or too many mouths to feed found it difficult to gratify every family members need. Every individual wished to give the best to their family members and tried hard to live up to the expectations of others which casued undue stress. Many of the middle class families in Mumbai found it hard to survive and experience a comfortable life, they often suppressed their desires one females reported having purchased a saree three years ago and were not able to fulfill their childrens desires. Sickneess would in turn incur huge expenses as they preferred to take their family to the best private hospital rather than to a government hospital which brought about stress. The middle class families in Mumbai constantly try to strike a balance between their income and expenditure and in the process may be sacrificing their own needs for the sake of their family.

5.5 Daily hassle

"Any idiot can face a crisis it’s this day-to-day living that wears you out."
-Anton Chekov

The majority of causes of stress that we face on a day-to-day basis are not as extreme as life events are. The day-to-day cause of stress are called daily hassles; they are those daily, minor every day experiences that occur at work, home and personal life that are irritating and frustrating, such as misplacing ones keys, traffic jams, minor arguments with family/colleagues etc. that bother a person more, that the once in a while issues that are big. Its important to recognise hassles, so that individuals realize what is happening, and also how they appraise and experience it. As one may observe individual differences in how people experience these hassles and the degree to which they find them stressful will reflect the significance of these hassles for their wellbeing.

The daily hassle of life affected both the genders who refered to it as “rojka kitkit.” Those employed found travelling very stressful and the housewives found their nagging mother-in-law’s stressful too. One housewife said that when she was emotionally disturbed she compensated with food, in the process did not have a control over her eating and did so till she was relaxed. Similar finding were seen in a study conducted by O’Connor D B, et al (2008) “Effects of daily hassles and eating style on eating behavior”. Their findings indicated that daily hassles were associated with increased consumption of high fat/sugar snacks and with a reduction in consumption of main meals and vegetables. Ego-threatening, interpersonal
and work related hassles were associated with increased snacking, whereas, physical stressors were associated with decreased snacking. The overall hassles-snacking relationship was significantly stronger and more positive at high compared to low the levels of restrain, emotional eating, disinhibition, external eating. In females and obese participants, the investigator concluded that daily hassles were associated with increase in unhealthy eating behavior.\[19\]

Few of the male participants who were interviewed individually found the traffic noise hassling them whereas others found pollution or the cities dirt stressful. A couple of the male participants were hassled by the riots, terrorist attacks and bomb blast in Mumbai, the violence they saw and experienced gravely stressed them. Though they moved on in life the painful memories still haunt them occasionally.

Today more and more people migrate to Mumbai to earn livelihood thus, add to the increase in population of the city. The city of Mumbai finds its cramp infrastructure inadequate to meet the increasing demands of the rising population. Which in turn affects the roadway, transport, i.e. put pressure on the transport system resulting in crowded trains and a lot of noise pollution. Traffic jams as each one and everyone is in a hurry to reach workplace on time. These travellers/commuters as well as pedestrians find the pollution and the noise very stressful, which are some of the hazards of modernization.

The females who are housewives find cooking, shopping, kids messing the house, fear of getting robbed, difficult and unco-operative neighbours, inconsiderate people, and nagging of their in-laws very stressful. With the result even the smallest irritating events disturbs the individual and saps their energy making them short tempered and difficult to live within the house.

Joyce Serido, David M Almeida and Elaine W, studies “Chronic Stressors and Daily Hassles: Unique and interactive relationships with Psychology distress”. They reported that chronic stressors and daily hassle are distinct types of stressors with unique contributions to psychological distress. They also said that chronic home stressors function as a moderating factor on the relationship between daily hassles and psychological distress within and across domains.\[20\]
Whereas, Mike Cardwell examined the impact of daily hassles as significant sources of stress. He states that the relatively minor annoyances that affect us more regularly and which accumulate over time are, relatively small, yet it is these everyday stressors that can have a significant impact on mental health. The investigator states that not all hassles have the same kind of effect. The investigator identified three types, i.e., ‘interpersonal stressors’ arising from interactions with people, such as a fight, ‘noninterpersonal’ hassles which include work, health and money and ‘intra personal’ hassles such as starting college or public speaking, all of which cause significant sources of stress.

The investigator states further that the hassles that different people find stressful will be somewhat idiosyncratic. Which means what is a hassle to one individual, may help another to relax like cooking or mopping the house. The hassles vary in the degree of importance they assume for each individual as a result will predict the amount of stress experienced. The findings of the present study brought out similar areas causing stress on a daily basis to the participants of the study.

In another study conducted by Boudewijn Van Houdenhove et al. (2002) on “Daily hassles reported by chronic fatigue syndrome (CFS) and fibromyalgia (FM) patients in tertiary care: a controlled Quantitative and Qualitative study” The study was conducted to provide insight into the frequency, of the emotional impact and nature of the daily hassles experienced by these patients. The findings indicated that CFS/FM patients showed higher frequency of hassles, higher emotional impact and higher fatigue, pain, depression and anxiety levels as compared to patients having multiple sclerosis and rheumatoid arthritis. Three hassle themes dominated in the CFS/FM group, i.e., dissatisfaction with oneself, insecurity and a lack of social recognition; whereas those reported by patients with multiple sclerosis and rheumatoid arthritis showed much larger diversity and were not focused on person-dependent problems. It was concluded that CFS and FM patients were preoccupied and distressed by daily hassles that have a severe impact on their self-image, as well as their personal, social and professional functioning.

5.6 Gender Discrimination

Gender discrimination related issues causing stress was brought out by the female participants mainly from the female focus group. Only few females from the individual
interview brought up issues related to gender discrimination which were also entwined with stress in the relationship. The present study identified suppression in the narration of the female participant some of the participants who expressed that they were badly treated by their in-laws like servants. Most of them reported being discriminated by their in-laws except two of the females attributed their discrimination to their parents, where they reported that they were deprived of education and forced into child labour at the age of 13yrs whereas her brothers was sent to school. She also felt that her parents probably would not have treated her badly if they were educated themselves perhaps they would have better understood her desire for education. Another female said that she had to fight and bargain to be educated. Female participants also brought out the issue that their in-laws treated them badly at the birth of a female offsprings, harrassed them for dowry, or ill-treated by sister-in-law for living with their maternal family, they were often disrespected as females. In fact one of the muslim female participants reported that her parents made a deal with her in-laws that her would-be-husband, would be send abroad for employment when they got married. She felt that she was treated as a commodity. In Indian families for years together, women have been under the control of the father, brother and later after marriage under the control of their husbands or father-in-laws. Thus, their free will had always been suppressed. Female participants reported getting physically abused by employers, spouse and in-laws. The only question that one could read in their eyes was ‘Do we have to go through all this just because we are females?’. ‘Why are we not treated as equals?’

Literature and scripture in the Indian context gives women high position yet in reality consider them inferior to men, this theoretical high and practically low position for women in India has never been clearly understood. The condition of the women did change a bit because of the national leaders like Mahatma Gandhi and Rajram Mohan Roy, Jotiba Phule and Karve. Because of them women started excelling in all fields but what one sees is nearly a tip of the iceberg. Inspite of this many women are still suffering mental and physical tortures in their in-laws’ house, even the educated women are not in the truest sense fully liberated or acquired their rightful status in society; the harrassment for more dowry and dowry deaths continues. Most of these occurrences discrimination is suppressed by the women themselves, who if they gets assertive may be able to reduce the atrocities against themselves and other women. Another issue is that many women are not economically independent. They are dependent on their spouse for meeting their financial needs.
Mumbai is considered to be a land of opportunities therefore any one who has the will to make a mark, could grab the chance with both hands to survive in this competitive city. Though Mumbai is considered economically beneficial to earn a living there are certain sectors in Mumbai where women still depend on their spouses economically and are not part of the decision-making process for their family. Although Mumbai has often been referred as the city of dreams yet, they have pockets where the status of women at home and society haven’t changed.

5.7 Impact of Stress on Health

Stress has an impact on the individuals both physically and psychologically. Majority of the participants experienced headaches. Tension type headaches are highly associated with stress and stressful events. They may have some biological predisposition for translating stress into muscle contractions according to some researchers. Migraine triggers are said to be emotional stressors unfortunately many complain of headaches after stress has eased.[23]

Few of the participants reported feeling low, depressed, etc. A number of studies suggest that psychological effect of stress is associated with the onset of depression or anxiety, both these manifestations were expressed by the female participants of the study. It has been suggested that repeated release of stress hormones produce hyperactivity in the hypothalamic-pituitary-adrenal system, and disrupts normal levels of serotonin, the brain chemical that is critical for feelings of well-being. Individuals who already have a personality trait which causes perfectionism are more susceptible to stress. Stress reduces the quality of life by reducing the feeling of pleasure and accomplishment.[23, 24]

When stress becomes persistent and low-level, all parts of the body’s stress apparatus ie. brain, lungs, blood vessels and muscles become chronically over-activated or under activated. If an individual has any indication of a pre-existing health condition then it may get aggravated.

Studies have shown that sudden stress increases the pumping of the heart as well as causes the arteries to constrict and thus affects the flow of blood. Whereas emotional stress alters the heart rhythms increasing the risk for arrhythmias which gets worse if an individual already has a disturbed heart rhythm. Stress also causes blood to thicken which impairs the clearance of fat molecules in the body. Stress is also found to release inflammatory markers
into the blood stream which further increases the risk of a heart attack and stroke. As a result many individuals on hearing sudden bad news complain of chest pain which is frequently reported by the males, particularly at work situations where they lack control.

Many of the present study participants who kept saying that their high/low pressure may be referring to it in a figurative way or manner and may not have assessed their blood pressure in reality. Literature has indicated that those who experience sudden spikes in blood pressure because of mental stress may over a period of time, develop injuries in the inner lining of their blood vessels.

Many of the participants expressed that they felt that their immunity was reduced and they feared falling sick or acquiring infection easily. Literature indicated that chronic stress affects the immune system in complicated ways and makes the individuals susceptibility to infection greater by affecting the immune system’s response to infections. Several studies claim that people under chronic stress have low white blood cell counts and are vulnerable to colds. If an individual has cold or flu, stress can make the symptoms worse. Therefore, when individuals experience severe stress they end up in poor health. Two of the female participants who were interviewed individually reported ailing, which ended in their hospitalization. Both of them had reported work stress, end of which one participant of the study resigned (VRS) from the job in the bank and took up a job of an assistant primary school teacher.

Similarly one of the male participants who was interviewed reported that he had become asthmatic after taking over as head of the ‘Infrastructure Head’ of the company. It is observed from literature that due to chronic stress over-production of immune factors called cytokines is triggered, which may partly explain the association between chronic stress and numerous diseases like heart disease and asthma.

Few of the female participants reported disturbances in the G.I system, like hardening of the stomach i.e. probably they were experiencing the bloating of the abdomen and the increase in the frequency of their bowel movements. Literature has indicated strong relationship between the brain and intestine they are controlled by the same hormones and part of the nervous system. Research suggests that the gut itself has features of a primitive brain. Hence prolonged stress can disrupt the digestive system, irritating the large intestine.
causing diarrhea, constipation, cramping and bloating. Excessive production of digestive acids in the stomach may cause a painful burning. In addition if the individual is also experiencing sleep disturbance it further worsens the bowel condition.

Many of the participants both genders experienced loss of sleep or sleeplessness making them feel, inadequately rested resulting in lethargy and fatigue. This was when an individual is in stress and has an unresolved issue that causes stress which results in insomnia as the person keeps thinking of the issue resulting in remaining awake or waking up in the middle of the night or early morning. This is caused due to physiological arousal during non-rapid movement sleep due to stress.

Eating disorder results due to stress where by cortisol, a major hormone is released; cortisol is a glucocorticoid. This hormone along with insulin appears to be responsible for stress-related food cravings i.e. comfort foods which may have biological benefit for managing stress. Which in turn reduces negative hormonal and behavioural changes associated with stress and results in reducing the impact of stress on the individual as reported by the female participants of the present study who had a desire to keep eating when under stress. Carbohydrates in particular increase the levels of tryptophan and large neutral amino acids. This leads to more serotonin, which in turn might improve the mood and performance under stress. The high calorie foods cause the brain to make chemicals called endogenous opioids. These neurotransmitters help protect against the harmful effect of stress by slowing the activity of the brain process called the hypothalamic-pituitary-adrenal axis, thus weakening the stress response. Repeated stimulation of this pathway through stress induced HPA stimulation results in changes in the brain that causes compulsive overeating. Individuals with compulsive overeating requires medical and psychiatric help. [26,28]

Three of the male participants reported that due to their stress levels being constantly high they had experienced high blood sugar levels, and are told by their consulting physician, that if they did not manage their stress level, they would probably have diabetic. Stress hormones like epinephrine and cortisol trigger a major function that is to raise blood sugar so as to help boost the energy to meet the challenge. Both physical and emotional stress can prompt an increase in these hormones, resulting in an increase in blood sugars.[26,27] Hence if an individual is diabetic and experiences a stressful situation he/she is at a higher risk for health complications. Since stress has virtually become a way of life, an individual may not
even notice they are frazzled or dazed, also because there could be an increase in stress induced diabetes.

One of the individuals reported a backache. Some studies have associated job dissatisfaction and depression to back problems, psychological distress is believed to play a significant role in severity of back pain though it is unclear if stress causes back pain. A study suggested that chronic pain may impair the action of neutrophils thereby weakening the immune response.\[26\]

Both the gender of participants reported that due to stress at work they suffered of hair loss. Losing hair by both genders was very disturbing to them as it also affected their self confidence and self esteem. The cause of alopecia or hair loss is unknown, but stress is suspected to play an important role in case of hair fall.

It has been often observed that when any individual experiences stress the men especially resort to substance abuse to find relief. The most common abuse being alcohol and nicotine. These self-destructive habits are compounded by physiological effects of stress itself. Few of the males participants consumed alcohol when they were stressed. They believed that was the best way to beat stress although they knew it would not solve their problems. When alcohol is consumed it affects receptors in the brain that reduces stress. It was also observed that many of the youth who were employed were chain smokers. It has been noticed that the lack of nicotine increases stress in smokers, this in turn creates a cycle of dependency on smoking. When the youth were asked the reason for smoking they claimed it to be a cool style. Little did they realize that their dependency was on the rise. Smoking, alcohol abuse, unhealthy diet, junk food, lack of sleep, a sedentary routine, excessive consumption of coffee/tea habits do not reduce stress but instead affect the blood pressure, stress hormone level and increases the risk of a heart attack or any heart disease.\[23,26\]

5.8 Impact of stress on relationship

Psychological stress somewhere along the lines, in times of stress threaten to affect relationships. The constant arguing, unheard, rejected feelings, disagreements over chores, infidelity by a partner all leads to further stressed relationship. There are incidents when an individual fears returning home at the end of the day, or dreads facing one’s spouse.
Many of the participants reported that when they are stressed they end up in an argument or get into a fight with the family members or spouse. Many of them i.e. both gender participants said that often work stress gets vent on their spouse or children. One of them reported that they did so as their spouse or children are the only ones who would take it. One of the male participants who had a major financial loss had not shared the cause of his stress with his wife, and did not know how she would react when she would get to know about it, as the decision to invest in the share market was taken only by him. It was fortunate that none of the participants had a destructive experience of stress especially in their marriage. Stress sometimes can have devasting effect on the relationship with one’s spouse, which can even lead to a divorce.

One needs to remember that relationships are built on the foundation of love, understanding and trust between two individuals. Stress could disturb the bond of trust or insincerity of a partner. Sometimes spouse find confiding a problem/daunting prospect. This was observed in most of the male participants who felt that they could not share their wives their problems at work, financial problems or the nature of the problem they are experiencing, as they would not be able to understand them and some said telling their spouse would only increase stress. Some of the participants attributed stress in the relationship to money matters, as each one wants to provide a lifestyle according to what they think is affordable. Lashing out or being rude often is a means of avoiding the issue of stress and the failure to express and share problems. It was found that very few of the male participants shared their problems with their spouses.

5.9 Impact of stress on work

Many of the employed participants both genders attributed their stress at work either to the content of work or to the person. Few of the participants from the mixed focus group expressed that when the stress was too much to deal they avoided going to work. Bert H. Jacobson, Steven G. Aldana, et al. investigated the association between perceived stress and illness-related work absenteeism. They found that, there was significant relationship between high stress and absenteeism of both genders.[29]

In a study “Perception of organizational stress among female executives in the U.S. Government: an exploratory study" by Li, Eldon Y. (1994) pointed that copious information regarding stressors, stress and stress responses in order to apply it to specific performance
related issues such as decreased efficiency, decreased effectiveness and increase in absenteeism. Which relates to job satisfaction and difference in occupational sources of stress such as job change and promotion and leadership aspects of managerial work and their rate of pay. The present study also brought out similar findings like; two of the participants has changed jobs because of excessive stress and its effect on their health. One of the participants working in the managerial position indicated that he experienced stress, due to the expectation of his subordinated who expected him to recommend them for promotion, which was not in his control.

5.10 Impact of stress on behaviour:

The stress of one reflects on the other and often individuals are not even aware of it until, stress starts showing in one’s behavior. The individuals get irritated, impatient and unfortunately, most of the times, tended to vent anger out on the nearest available person, partner/spouse. Virtually anyone can fall a prey to this kind of a situation although not everyone reacts in the same way some people tend to get rude or snap, others prefer to be alone. Either ways are harmful to any relationship. An individual needs to guard oneself against impulsive and harsh behavior that might cause unnecessary pain to their partner/spouse/friend or any family member.

Both gender participants reported change in their behavior. Females reported they got angry, felt like crying, were depressed and withdrew, while males mostly said that they were angry, aggressive, irritated, rude ...i.e. a largely forceful behavior was exhibited. This may be because in times of stress, both genders release epinephrine and cortisol. Men also release testosterone, which tends to increase hostility and aggression in males, whereas females release oxytocin which dampens anxiety and induces relaxation. Sex hormones and the pituitary hormone oxytocin are partly believed to be responsible for gender differences in the response to stress.

5.11 Coping strategies:

One of the most important tenets of stress management is the role that perception plays in stress. Most people believe that the cause of their stress is external (stressful situations) but this is not 100% accurate/true for, if it were, everybody who was exposed to a particular stressor would have been affected by stress. Stress is not a black and white issue of
"Cause and Effect". It is the consequence of a number of complex and interacting factors such as the interaction between the stressors and our perception of the stressors. How we perceive/appraise an event (stressor) plays a large role in whether the stressor triggers our fight/flight response. For example if our perception is influenced by a negative, pessimistic thinking style the potential event will be perceived as more of a threat than say another person exposed to the same potential stressful event but who has a flexible, non-rigid, optimistic thinking style.

Therefore, changing the way one perceives the situation will decide the course of action the individual will adopt to deal with the stressor. It depends on the individual and the coping strategy they use whether its appraisal, emotional, problem solving strategy or spiritual coping.

When an individual encounters a stressful situation, he/she does not plan the course of action, but may instinctively act or spontaneously react to the given situation. Some stressors are universally painful and stressful for e.g. Death of a loved one that, only time heals. The participants of the study used coping strategies based on the situation, which were appraisal, emotional, problem solving or spiritual to deal with the stress experienced by them.

5.11.1 Appraisal coping strategy
Most of the female participants used appraisal coping strategy. They distracted themselves by listening to music, reading a book/article or watched a movie. None of the females denied that when they encountered stress, they distanced themselves from the situation, but those who were ill-treated by their mother-in-laws a few of them chose to live separately thus, reducing their stress. Few of the females viewed stressful situations positively as an opportunity to grow and a challenge that would help them to become stronger. Male participants would take a quick walk to the washroom or garden. They would close their eyes and sit quietly for few minutes at their desk to focus better. The mixed focus groups were optimistic to try to change their moods by recalling good old positive memories thus reduce stress and relaxed.

5.11.2 Emotional coping strategy
The female participants were the only ones who used emotional coping strategy; they blamed themselves or accepted the responsibility for their situation. They ended up crying,
feeling helpless or sorry for themselves. Emotional coping is a short-term strategy to deal with a situation at a given moment but ultimately individuals need to work out a strategy to surmount stress.

5.11.3 Problem solving coping strategy

The females as well as males use problem solving coping strategy to deal with occupation/ work related stress. None of them reported using this strategy to deal with family issues. The male participants discussed the issue with their friends whereas the female participants shared their problems with colleagues/friends or spouses. Males rarely discussed their worry with their wives. Women discussing their issues with spouse could be culturally acceptable as an Indian spouse holds prime position in the family, and views the wife, weak counterpart needing support or protection.

Thus, men often talk stressful issues to someone they trust because ultimately they feel it was worthwhile, when they recall sleepless nights, meals with loss of appetite and stressful days at work wondering what will be awaiting them on their arrival at home. This stress can be reduced or can be avoided if one takes time to sit and discuss with someone about how they intend to approach the issue of their financial hardship or work related stress. While communicating with one’s spouse, parents or friends when one is feeling stressed about something, one needs to make sure that they understand their situation. They may not be able to help, but their support would greatly ease the stress for the individual undergoing the stressful experience. One must guard oneself against impulsive and harsh behavior when stressed, for that might cause unnecessary pain to dear ones.

5.11.4 Spiritual coping strategy

Most of the participants of both the genders used Spiritual coping. Many of them attributed their ability to stay balanced due to their spiritual life. Whenever they faced difficulties, stressed or disturbed, they often sort help through pray. Few of the female participants reported that when they felt low because of stress they started praying, going to the temple/church and just being, there for it made them feel calm and it strengthened them to deal with their situation. One must realize that the Indian community depends on spiritual strength to deal with their problems in times of crisis. Many are of the belief that fasting helps obtain graces from God and helps solve problems. They believed that when there seemed to be no solutions; God would help them, as he was omnipotent and the one who knew
everything. They also believed that if there were trials, then God had a reason to permit, and it could be the reason why some of them said, that they were able to deal with stress as they had left their problems in the hands of God. Some believed that it was their destiny to suffer, rather than feeling sad, they often had only a strained smile on their faces. They had the faith that everything would one day be all right. In times of communal problems, disasters, riots etc. the Mumbaikars are often noticed praying together irrespective of religion joining hands for a common cause believing in One God.

Polzer- Casarez. RL, Miles MS, (2008), described how spirituality affected the lives of African American mothers with HIV in the context of coping. The investigators found that the women dealt with stresses of HIV through a relationship with God. Two domains explain this relationship i.e. God in control and God requires participation. The benefits of their relationship with God led to a decrease in stress and worry about their own health and that of their infants.[31] Wilks.SE, Vonk.ME. (2008), examined whether the coping method of private prayer served as a protective factor of resiliency among Alzheimer’s caregivers. It was discovered that care-giving burden had positively affected the extent of prayer usage and negatively influenced perceived resiliency. The analysis indicated that the care-giving burden and private prayer significantly influenced a variation in perceived resiliency scores. The study supported prayer as a mediator between burden and perceived resiliency. [32] In the lives of the Mumbaikars and Indians at large, religion and spirituality played a major role. As even before thinking of any coping strategy, they pray to God to show them the way. This may also be the reason why in the face of adversity they come out stronger and calmer to deal with difficulties.

A way to permanently beat stress out of one’s life is to set goals that are achievable and realistic. Generally people experience stress because they set high standards or try to maintain a desired standard. This was also observed in the narration of most of the participants as the cause of stress induced by themselves. The envisioned goals that are beyond their reach and are unreasonable, create nothing but frustration and make them feel unwell.

5.12 Life style modification

None of the participants had made any specific change in their life style. Except few of the female participants had separated from their in-laws home to live separately, which had
reduced the stress that they had experienced. One of the female participant had bought a house to shift in the near future. Only two participants had changed their jobs because of stress at work. Some of the participants on their doctors instruction had changed the type of food they consumed as they faced risk of diabetic or hypertensive. Some of the participants had started going for long walks. Most of the participants when they found stress affecting either their health or their relationship, made the necessary changes.

Many people have the perception that stress is an “all or nothing” phenomenon and they think that no matter what they do, they will always feel stressed. Well this is not true, the journey of stress relief begins with changing one’s perception of the world specifically ones perception of their environment and their interactions.

If each individual actively picks out the best of every stressful situation that happens in one’s life on a daily basis, on time, each of us could train our brain automatically to think of events in such a manner. If one remembers the old saying: “Everything happens for a reason?” If we believe that it does then the stressful event that happened in the past may have brought about a positive result and perhaps helped to relish later the fruit of the experience that made one feel it was worth.

Modification in life style is essential while dealing with stress so that the negative effects of stress on the body can be reduced. Hence the individual will not end up with stress induced diseases and ailments. It has been seen that if the individual is happy, relaxed, breathe deeply and peacefully, the individual will remain healthy. An individual needs to learn what makes them tick, what makes them sad, and what makes them happy. Then they can avoid all situations where they feel uncomfortable and surround themselves with people who love them. Life is too short to be taken for granted & always it is important to “live, love and laugh” which are the strongest tools to fight stress.

5.13 Conclusion

Stress can come in many forms and so individual have to remember that its part and parcel of life that needs to be handled. In other words, what causes one person to be “stressed-out” may be something that another person can easily handle? There’s no special treatment for the stress, but we do have a choice about how we react to it. Each individual can
make an effort to control his / her thoughts and behaviors. All we need to do is change our lifestyle, the way we relate and learn to accept situations as they come our way and handle them positively.

An individual can choose to lessen the effects of stress by communicating with one another. Communication helps individuals to express themselves rather than feeling lonely, helps build trust, shows commitment and helps release the heavy burdens that one is feeling. By being kind, caring and showing affection. Communication can go a long way to sort differences and avoid undue stressors in life. It can help build better relationship between spouses, colleagues, family members and friends.

It’s important to recognize a stressor, become aware of its manifestation so that one can consciously take the corrective action to alleviate stress so that stress does not cause a destructive affect on one’s health. Awareness of one’s stress can also help to control the negative impact of one’s behavior on themselves and those around. A one deals with stress positively by changing onset perspective of stress, when converted to a positive and challenging experience helps growth. One needs to change the way one looks at the situations causing stress, because it is extremely important to be happy for a healthy life and in turn help maintain a healthy and happy relationship thus sustain the quality of life. There is nothing in the world that is more important and worthwhile than one’s happiness.
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