Need of stress management

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ABSTRACT

Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. In small doses, it can help you perform under pressure and motivate you to do your best. But when you’re constantly running in emergency mode, your mind and body pay the price. Stress accounts for 80 percent of all illnesses either directly or indirectly. Stress weakens the immune system and has other serious effects on the brain and body such as cardiovascular problems, and mental illness such as depression.

The present research work is an attempt to study the need and techniques of stress management. The present study is based upon the primary as well as secondary data. The population selected for this particular study is individuals of all age groups.

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**Need of stress management**

**Introduction:**

Stress is an unavoidable consequence of modern living. Modern life is full of hassles, deadlines, frustrations, and demands. For many people, stress is so commonplace that it has become a way of life. Stress isn’t always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you’re constantly running in emergency mode, your mind and body pay the price.

Stress management is the need of the hour. Today stress management is important in everyone's lives. It's necessary for long happy lives with less trouble that will come about. Stress management involves understanding the psychology behind or that is causing the stress and finding strategies to deal with, reduce, or eliminate the stress. Stress can result from viewing yourself or your situations negatively or with insecurity. Stress reduction results from managing or viewing situations in a positive way, taking action, organizing, planning, and finding solutions. By doing this you will also feel a sense of control over the situation and your life.

**What is Stress**

Stress is a normal physical response to events that make you feel threatened or upset your balance in some way. When you sense danger – whether it’s real or imagined – the body's defenses kick into high gear in a rapid, automatic process known as the “fight-or-flight” reaction, or the stress response.

The stress response is the body’s way of protecting you. When working properly, it helps you stay focused, energetic, and alert. In emergency situations, stress can save your life – giving you extra strength to defend yourself, for example, or spurring you to slam on the brakes to avoid an accident.

**The Body’s Stress Response:**

When you perceive a threat, your nervous system responds by releasing a flood of stress hormones, including adrenaline and cortical. These hormones rouse the body for emergency action. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus – preparing you to either fight or flee from the danger at hand.
**Signs and symptoms of stress overload**

The following table lists some of the common warning signs and symptoms of stress. The more signs and symptoms you notice in yourself, the closer you may be to stress overload.

<table>
<thead>
<tr>
<th>Stress Warning Signs and Symptoms</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cognitive Symptoms</strong></td>
<td><strong>Emotional Symptoms</strong></td>
</tr>
<tr>
<td>Memory problems</td>
<td>Moodiness</td>
</tr>
<tr>
<td>Inability to concentrate</td>
<td>Irritability or short temper</td>
</tr>
<tr>
<td>Poor judgment</td>
<td>Agitation, inability to relax</td>
</tr>
<tr>
<td>Seeing only the negative</td>
<td>Feeling overwhelmed</td>
</tr>
<tr>
<td>Anxious or racing thoughts</td>
<td>Sense of loneliness and isolation</td>
</tr>
<tr>
<td>Constant worrying</td>
<td>Depression or general unhappiness</td>
</tr>
<tr>
<td><strong>Physical Symptoms</strong></td>
<td><strong>Behavioral Symptoms</strong></td>
</tr>
<tr>
<td>Aches and pains</td>
<td>Eating more or less</td>
</tr>
<tr>
<td>Diarrhea or constipation</td>
<td>Sleeping too much or too little</td>
</tr>
<tr>
<td>Nausea, dizziness</td>
<td>Isolating yourself from others</td>
</tr>
<tr>
<td>Chest pain, rapid heartbeat</td>
<td>Procrastinating or neglecting responsibilities</td>
</tr>
<tr>
<td>Loss of sex drive</td>
<td>Using alcohol, cigarettes, or drugs to relax</td>
</tr>
<tr>
<td>Frequent colds</td>
<td>Nervous habits (e.g. nail biting, pacing)</td>
</tr>
</tbody>
</table>
Objectives and Research Methodology:

A lot of research has been conducted into stress over the last hundred years. The main objective of the present research work is as follows-
1). The effect of stress on individuals life.
2). Importance of stress management.
3). In which extent stress management techniques is successful in managing stress.
4). To identify the different methods & techniques of reducing stress.

The present study is based upon the primary as well as secondary data. The population selected for this particular study is individuals of all age groups. It covers male and females both. The sample size is 100. The primary data was collected by direct interview through questionnaires. The secondary data was collected from research publications, books, standard journal and periodicals. The primary and secondary data collected is analyzed with the help of required statistical tools.

Stress level:

This paper includes an analysis of data collected by representing it in tabular form.

<table>
<thead>
<tr>
<th>Category</th>
<th>% of Respondents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stressed</td>
<td>97</td>
</tr>
<tr>
<td>Not Stressed</td>
<td>03</td>
</tr>
</tbody>
</table>

From the table 1, it is indicated that majority of the respondents were stressed, whereas only few respondents felt that they were not stressed.
Table 2:-

<table>
<thead>
<tr>
<th>Stress Level In Different Categories</th>
</tr>
</thead>
<tbody>
<tr>
<td>(1) Adult</td>
</tr>
<tr>
<td>%</td>
</tr>
<tr>
<td>-----------------------------------</td>
</tr>
<tr>
<td>Average %</td>
</tr>
<tr>
<td>i. Men</td>
</tr>
<tr>
<td>Businessman</td>
</tr>
<tr>
<td>Government employees</td>
</tr>
<tr>
<td>Private employees</td>
</tr>
<tr>
<td>Others</td>
</tr>
<tr>
<td>94.50%</td>
</tr>
<tr>
<td>ii. Women</td>
</tr>
<tr>
<td>Housewife’s</td>
</tr>
<tr>
<td>Working</td>
</tr>
<tr>
<td>95.50%</td>
</tr>
<tr>
<td>(2) Children</td>
</tr>
<tr>
<td>Under 10 years</td>
</tr>
<tr>
<td>Above 10 years</td>
</tr>
<tr>
<td>35.00%</td>
</tr>
</tbody>
</table>

From the table 2, it is indicates the % of different categories which feels stress in there life’s.

**Common examples of stressors are:**

Environmental factors such as sound levels, physical exertion, extreme temperatures, and a cluttered environment.

Life events and conditions such as births, deaths, personal relationships, marriage, marital or family conflicts, divorce, new employment, unemployment, and poverty. Work related events such as responsibilities, disorganization, work deadlines, excessive competition, and over work.

School related events such as exams, term papers or project deadlines. According to scientists, women really are ruled by their hormones. Women have higher rates of depression, post-traumatic stress disorder and other anxiety problems than men.

Women suffer from anxiety and stress almost twice as much as men. Women, in these days, have a lot of balancing to do between home and workplace, including balancing between social and personal requirements. The issues of maternity, menopause,
parenthood, gender roles, conditions at home and workplace, familial and social support et al, often blight women’s lives in the long run.

Different things cause stress in different people. Some of the things students commonly cite as causes of stress include: examinations, deadlines, returning to study, pressure of combining paid work and study, difficulty in organizing work, poor time management, leaving assignments to the last minute, out of control debts, poor housing, overcrowding, noise, adjusting to life in a new environment or country, difficulties with personal relationships (e.g. splitting up), balancing the demands of a family with studying, parents or problems at home. Very often stress results from an accumulation of many different pressures which build up gradually without us noticing.

**Effects of stress:**

It can set you up for general poor health as well as specific physical or psychological illnesses like infection, heart disease, or depression. In fact, stress is more dangerous than we thought. You've probably heard that it can raise your blood pressure, increasing the likelihood of a stroke in the distant future, but recently a health insurance brochure claimed that 90 percent of visits to a primary care physician were stress-related disorders.

Health Psychology magazine reports that chronic stress can interfere with the normal function of the body's immune system. And studies have proven that stressed individuals have an increased vulnerability to catching an illness and are more susceptible to allergic, autoimmune, or cardiovascular diseases.

Doctors agree that during chronic stress, the functions of the body that are nonessential to survival, such as the digestive and immune systems, shut down. "This is why people get sick," he says. "There are also many occurrences of psychosomatic illness, an illness with an emotional or psychological side to it."

Furthermore, stress often prompts people to respond in unhealthy ways such as smoking, drinking alcohol, eating poorly, or becoming physically inactive. This damages the body in addition to the wear and tear of the stress itself.

Stress isn’t always bad. In fact, this gets some people to perform better at work. However, when it gets too much, it can also have a negative impact in our body, and more importantly, in our minds. We won’t be able to focus and see the finer details. We will end up overlooking a lot of the things. Thus, we will commit mistakes more. When we feel anxiety, our body releases adrenaline which is meant for fight or
flight situations only. If we constantly release such hormone, our body ends up paying the price.

**Stress Management:**

Managing stress is all about taking charge: taking charge of your thoughts, your emotions, your schedule, your environment, and the way you deal with problems. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun – plus the resilience to hold up under pressure and meet challenges head on.

**Identify the sources of stress in your life**

Stress management starts with identifying the sources of stress in your life. This isn’t as easy as it sounds. Your true sources of stress aren’t always obvious, and it’s all too easy to overlook your own stress-inducing thoughts, feelings, and behaviors. Sure, you may know that you’re constantly worried about work deadlines. But maybe it’s your procrastination, rather than the actual job demands, that leads to deadline stress. To identify your true sources of stress, look closely at your habits, attitude, and excuses.

**Start a stress journal**:- A stress journal can help you identify the regular stressors in your life and the way you deal with them. Each time you feel stressed; keep track of it in your journal. As you keep a daily log, you will begin to see patterns and common themes. Write down:

- What caused your stress (make a guess if you’re unsure).
- How you felt, both physically and emotionally.
- How you acted in response.
- What you did to make yourself feel better.

**Look at how you currently cope with stress**

Think about the ways you currently manage and cope with stress in your life. Your stress journal can help you identify them. Are your coping strategies healthy or unhealthy, helpful or unproductive? Unfortunately, many people cope with stress in ways that compound the problem.
Unhealthy ways of coping with stress

These coping strategies may temporarily reduce stress, but they cause more damage in the long run:

- Smoking
- Drinking too much
- Overeating or under eating
- Zoning out for hours in front of the TV or computer
- Withdrawing from friends, family, and activities
- Using pills or drugs to relax
- Sleeping too much
- Procrastinating
- Filling up every minute of the day to avoid facing problems
- Taking out your stress on others (lashing out, angry outbursts, physical violence)

Learning healthier ways to manage stress

If your methods of coping with stress aren’t contributing to your greater emotional and physical health, it’s time to find healthier ones. There are many healthy ways to manage and cope with stress, but they all require change. You can either change the situation or change your reaction. When deciding which option to choose, it’s helpful to think of the four as: avoid, alter, adapt, or accept.

Since everyone has a unique response to stress, there is no “one size fits all” solution to managing it. No single method works for everyone or in every situation, so experiment with different techniques and strategies. Focus on what makes you feel calm and in control.

Dealing with Stressful Situations: The Four A’s

**Change the situation:**

- Avoid the stressor.
- Alter the stressor.

**Change your reaction:**

- Adapt to the stressor.
- Accept the stressor.

**Stress management strategy #1: Avoid unnecessary stress**

Not all stress can be avoided, and it’s not healthy to avoid a situation that needs to be addressed. You may be surprised, however, by the number of stressors in your life that you can eliminate.
- **Learn how to say “no”** – Know your limits and stick to them. Whether in your personal or professional life, refuse to accept added responsibilities when you’re close to reaching them. Taking on more than you can handle is a surefire recipe for stress.

- **Avoid people who stress you out** – If someone consistently causes stress in your life and you can’t turn the relationship around, limit the amount of time you spend with that person or end the relationship entirely.

- **Take control of your environment** – If the evening news makes you anxious, turn the TV off. If traffic’s got you tense, take a longer but less-traveled route. If going to the market is an unpleasant chore, do your grocery shopping online.

- **Avoid hot-button topics** – If you get upset over religion or politics, cross them off your conversation list. If you repeatedly argue about the same subject with the same people, stop bringing it up or excuse yourself when it’s the topic of discussion.

- **Pare down your to-do list** – Analyze your schedule, responsibilities, and daily tasks. If you’ve got too much on your plate, distinguish between the “should” and the “musts.” Drop tasks that aren’t truly necessary to the bottom of the list or eliminate them entirely.

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**Stress management strategy #2: Alter the situation**

If you can’t avoid a stressful situation, try to alter it. Figure out what you can do to change things so the problem doesn’t present itself in the future. Often, this involves changing the way you communicate and operate in your daily life.

- **Express your feelings instead of bottling them up.** If something or someone is bothering you, communicate your concerns in an open and respectful way. If you don’t voice your feelings, resentment will build and the situation will likely remain the same.

- **Be willing to compromise.** When you ask someone to change their behavior, be willing to do the same. If you both are willing to bend at least a little, you’ll have a good chance of finding a happy middle ground.

- **Be more assertive.** Don’t take a backseat in your own life. Deal with problems head on, doing your best to anticipate and prevent them. If you’ve got an exam to study for and your chatty roommate just got home, say up front that you only have five minutes to talk.
Manage your time better. Poor time management can cause a lot of stress. When you’re stretched too thin and running behind, it’s hard to stay calm and focused. But if you plan ahead and make sure you don’t overextend yourself, you can alter the amount of stress you’re under.

Stress management strategy #3: Adapt to the stressor

If you can’t change the stressor, change yourself. You can adapt to stressful situations and regain your sense of control by changing your expectations and attitude.

- **Reframe problems.** Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at it as an opportunity to pause and regroup, listen to your favorite radio station, or enjoy some alone time.

- **Look at the big picture.** Take perspective of the stressful situation. Ask yourself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no, focus your time and energy elsewhere.

- **Adjust your standards.** Perfectionism is a major source of avoidable stress. Stop setting yourself up for failure by demanding perfection. Set reasonable standards for yourself and others, and learn to be okay with “good enough.”

- **Focus on the positive.** When stress is getting you down, take a moment to reflect on all the things you appreciate in your life, including your own positive qualities and gifts. This simple strategy can help you keep things in perspective.

Adjusting Your Attitude: How you think can have a profound effect on your emotional and physical well-being. Each time you think a negative thought about yourself, your body reacts as if it were in the throes of a tension-filled situation. If you see good things about yourself, you are more likely to feel good; the reverse is also true. Eliminate words such as "always," "never," "should," and "must." These are telltale marks of self-defeating thoughts.

Stress management strategy 4: Accept the things you can’t change

Some sources of stress are unavoidable. You can’t prevent or change stressors such as the death of a loved one, a serious illness, or a national recession. In such cases, the
best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it’s easier than railing against a situation you can’t change.

- **Don’t try to control the uncontrollable.** Many things in life are beyond our control—particularly the behavior of other people. Rather than stressing out over them, focus on the things you can control such as the way you choose to react to problems.

- **Look for the upside.** As the saying goes, “What doesn’t kill us makes us stronger.” When facing major challenges, try to look at them as opportunities for personal growth. If your own poor choices contributed to a stressful situation, reflect on them and learn from your mistakes.

- **Share your feelings.** Talk to a trusted friend or make an appointment with a therapist. Expressing what you’re going through can be very cathartic, even if there’s nothing you can do to alter the stressful situation.

- **Learn to forgive.** Accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free yourself from negative energy by forgiving and moving on.

**Stress management strategy #5: Make time for fun and relaxation**

Beyond a take-charge approach and a positive attitude, you can reduce stress in your life by nurturing yourself. If you regularly make time for fun and relaxation, you’ll be in a better place to handle life’s stressors when they inevitably come.

**Healthy ways to relax and recharge:**

- Go for a walk.
- Spend time in nature.
- Call a good friend.
- Sweat out tension with a good workout.
- Write in your journal.
- Take a long bath.
- Light scented candles.
- Savor a warm cup of coffee or tea.
- Play with a pet.
- Work in your garden.
- Get a massage.
- Curl up with a good book.
- Listen to music.
- Watch a comedy.
Don’t get so caught up in the hustle and bustle of life that you forget to take care of your own needs. Nurturing yourself is a necessity, not a luxury.

- **Set aside relaxation time.** Include rest and relaxation in your daily schedule. Don’t allow other obligations to encroach. This is your time to take a break from all responsibilities and recharge your batteries.
- **Connect with others.** Spend time with positive people who enhance your life. A strong support system will buffer you from the negative effects of stress.
- **Do something you enjoy every day.** Make time for leisure activities that bring you joy, whether it be stargazing, playing the piano, or working on your bike.
- **Keep your sense of humor.** This includes the ability to laugh at yourself. The act of laughing helps your body fight stress in a number of ways.

**Stress management strategy #6: Adopt a healthy lifestyle**

You can increase your resistance to stress by strengthening your physical health.

- **Exercise regularly.** Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week. Nothing beats aerobic exercise for releasing pent-up stress and tension.
- **Eat a healthy diet.** Well-nourished bodies are better prepared to cope with stress, so be mindful of what you eat. Start your day right with breakfast, and keep your energy up and your mind clear with balanced, nutritious meals throughout the day.
- **Reduce caffeine and sugar.** The temporary "highs" caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate, and sugar snacks in your diet, you’ll feel more relaxed and you’ll sleep better.
- **Avoid alcohol, cigarettes, and drugs.** Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Don’t avoid or mask the issue at hand; deal with problems head on and with a clear mind.
- **Get enough sleep.** Adequate sleep fuels your mind, as well as your body. Feeling tired will increase your stress because it may cause you to think irrationally.
Conclusion:

Reducing stress in your everyday life is vital for maintaining your overall health, as it can improve your mood, boost immune function, promote longevity and allow you to be more productive.

There are plenty of good reasons to learn some stress management techniques. It'll save you more than it will cost you. Stress management is important because it can save your life and your relationships. Due to stress people attention on there goals in life is diverted to another directions.

The consequences of stress can cause specific disorders in both mind and body. Recent event of farmer’s suicide is also a result of stress. Many peoples suicide because of stress. Stress effect there health, family, Relationships, work. Stress leads to marriage breakups, family fights, road rage, suicides and violence. Stress accounts for 80 percent of all illnesses either directly or indirectly. So Stress management is the need of the hour. It's necessary for long happy lives with less trouble that will come about.

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