STRESS MANAGEMENT IN MODERN LIFE: CONCEPT, CAUSES, EFFECTS AND STRATEGIES

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ABSTRACT
Stress management has become more significant in this dynamic society. Stress is due to changing in life style and other factors such as unemployment, over workload and lack of physical fitness etc. It is reaction of a person to an outward situation and it would lead to behavioural, mental and physical changes. Most of the time, stress kills brain cells of a person. But all type of stresses are not destructive by nature. Thus, stress is a major problem of the present time. It is spread all over the world not only commercial life but in social life also. Specially, in the working places, it effects to capability and performance of the employee. But in positive way, it is helpful to make a person more constructive and productive if it is well managed. The objective of this paper is to understand the term stress, identifying the reasons of stress in human life and to find out effective strategies and suggestions for stress management.

Key words: Stress, Management, causes, effects and strategy.

INTRODUCTION
In the present scenario, human life becomes very much stressful. The stress is seen everywhere in today’s world. The life of a common person is not untouched from it. It sprayed everyone, may be in private or public affairs in administration or management. In the generally way, it is used to describe the feeling of a person who have when it all seems too much. If any person is overloaded or don’t feel that he or she is able to meet all the demands placed upon him. It has become a new disease or lifestyle disease in this modern world. It is in the shape of heavy bag right from School in the childhood and in the shape of overload or workload for the Manager or officer of modern corporate world. It has become very serious problem or disease for human being which is become uncontrollable. Stress management has become more significant in this dynamic society. It is due to changing in life style and other factors such as unemployment, over workload and lack of physical fitness etc. It is reaction of a person to an outward situation and it would lead to behavioural, mental and physical changes. Most of the time, stress kills brain cells of a person. But all type of stress are not destructive by nature. Thus, stress is a major problem of the present time. It is spread all over the world not only commercial life but in social life also. Specially, in the working places, it effects to capability and performance of the employee. But in positive way, it is helpful to make a person more constructive and productive if it is well managed. The objective of this paper is to understand the term stress, identifying their causes and effectives and trying to find out some suitable strategies and suggestions for stress management. The present study an effort to find out some strong solution and methods to minimize the stress from human life. When the threat is perceived, body of a person releases hormones that activate his/her “fight or flight” response. This response is not limited to perceiving a threat, but in less severe cases, is triggered when we encounter unexpected events. R. S. Lazarus has described stress as “a condition or feeling that a person experiences when they perceive that the demands exceed the personal
and social resources the individual is able to mobilize.iii Before discussing other point of the study, have a light to meaning of the “Stress”. According to Hans Selye, “Stress is the body’s nonspecific response to a demand placed on it.” Richard S. Lazarus defined Stress as a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. Farmer, Monahan and Hekeler also define the stress as, “It consists of any event in which environmental demands, internal demands or both tax or exceed the adaptive resources of the individual, social system or tissue system.” And one of the famous and useful definition of stress is given by F. David, “Stress is a demand made upon the adaptive capacities of the mind and body.”

Thus, as per above mentioned definition, Stress is a response to a demand that is placed upon a person. It is a normal reaction which is occurred when our mind recognizes a threat. In capsule, stress is a dynamic condition in which an individual is confronted with an opportunity, a demand or resource related to what the individual desires and for which the outcome is perceived to be both uncertain and important. It is an adaptive response to a situation that results in psychological, physical or behavioural deviations for them who are working in the particular place or organization. Stress management is the need of the present days. The life of a human being becomes tougher and strugglefull. There are various reasons of it, but stress is a major reason of them. Whereas a common man can’t know that he/she effected by stress or he/she living. There are lot of causes of stress in human life which are as following:

Sources/Causes of Stress: a human being most of the time stressed from his social responsibilities and liabilities, financial weakness and working place workload. Thus a person faced stress from three sides:
   b. Internal: House and organization where he/she works.
   c. Interpersonal: Himself, moral values and ethics.

First source of the stress is external environment which is includes situation, conditions and position of market, government rules and regulations, social culture and norms. Next source of stress is internal source includes conditions and situations of house, family and organization where a person works. And third type is interpersonal source of stress which included thoughts, moral values and ethics. External source of stress includes market position, situation and Inflation, technological change, rule and regulations made by government, social responsibilities and rapid social changes are other extra-organizational factors causing stress. iv

Organizational source of stress known as discrimination in pay or different salary structure of same work, Ineffective communication, Unsafe and unhealthy working conditions, over and strict rules and regulations, conflicts of goals, unclear or ambiguity goals, peer pressure, more of centralized and formal organization structure, lack of employees participation in decision-making, excessive control over the employees by authorities and lass promotional opportunities. v

Family is also a type source of stress which falls in internal source. There are various expectations which the family members peer, demands of family members, over control of seniors, not having sufficient time for family and can’t able to attend family programmes and functions.

Interpersonal source of stress is known as indivisible factors of stress. The factors of interpersonal stress is problems regarding thinking, ethics, moral values, Lack of confidentiality, personal financial, aggressive, impatient, rigid, feeling time pressure always, etc.vi

Most of the time stress has negative experience in various types such as physiological, behavioral or even psychological negative effects on human being. Yes, this is true that generally we can take stress negatively. But there are some positive effects of stress also available on human life. There are main four types of effects on human life, which are following show in chart no. 2.
Psychological effects: The very first effect of stress on human body is Psychological. This effect of stress may decrease the ability to work of a person. It is also decreased the decision making power of a human and communication skills. A person may be going under depression or become more anxiety. 

Behavioural effects: The behavioural effect is next type of effects on human body. It may cause a person to be angry, irritable or excitable. It may cause some people to smoke heavily or drink, neglect exercise or proper nutrition, or overuse the mobile, computer or television.

Physiological effects: The third type of effect of stress on human body is physiological. It is hormone release triggers of a person fight or flight response. It is help a human being to either run faster or fight harder. In it blood pressure, sweating and heart rate, increase very speedy. It has been tied to heart disease. Because of the increase in prolonged stress blood pressure and heart rate, increases the tension. It also affects to immune system of a person which is why cold and flu illness usually show up during exams.

Financial effects: The stress also affects human beings financially. The stress affected a person in three types as above mentioned. But an effect of stress on human life is financial also. Through physical, psychological and behavioural effects a person become ill or weak. Of curse, a person can’t able to doing their work or fail to collect money for his survival. And he/she purse-strings lot of money on his treatment regarding stress. He/she also wasted lot of time for managing stress and time is money. All stressors are very harmful for a human being. Thus it is very essential to manage the stress for successful life.

There are different models of stress explained by various scholars. The famous models of stress are presented as below:

1) Stimulus-based model of stress.
2) Response-based model of stress.
3) Systems model of stress.

There are major three types of stress models. All these models are very useful to get knowledge about stress and its management. Now, before discussion about stress management, it is required that put some lights of process of stress management/planning.
The process of the stress management is shown in the chart no. 1. As per the chart, the first step of the stress management is to find out the source of the stress. It means that to search the source of stress and its type. It may be occurred from external source, internal source or interpersonal source. The next step of the stress management is to prepare a list and prioritize the sources of stress and analysis the stress and its source.

In the third step of this process is to identify appropriate stress management techniques. This step of the process is includes to search stress management techniques and analyze them, to look after about strengths and weaknesses of the techniques. After identification of the techniques, create a stress management plan for manage or destroy stress. And in the last, it is the time to implement the plan which is made in the last step.

Stress management is demand of the life in this present scenario. Because every person has affected from stress minimum or maximum and tries to go beyond a stress situation, life seems to find new ways of stressing us out and plaguing us with anxiety attacks. Moreover, there is very important need to handle or manage stress in human life. The techniques of the stress management are as following:

a. Individual oriented actions or activities.

b. Group oriented actions or activities.

c. both oriented actions or activities.

There are three types of activities which can manage stress in human life. These three types of actions are also known as stress management techniques.

Individual oriented action: in this types of strategies a person take action individually such as long driving, writing, reading, photography, playing a musical instrument, drawing, art, running, collection of different things, vacations, physical exercises, mental exercise and hobbies.

Meditation and yoga are also very helpful in overcoming the stress from human life. Every person should do meditation or yoga minimum thirty minutes in a day. This is very useful practices for physical and mental fitness and also to manage stress.

Group oriented strategies: This is also another type of strategies for stress management. Under these strategies, the activities or actions includes more than a person such as team vacations, double or more
players games and sports, eating out, group discussion and going to a picnic, visiting different places with other family members etc.

Both individual as well as group strategies: The third type of strategies for stress management is individual and group. It is includes to see shows and theatre, television, listening to music, sporting events, movies, concepts, opera and vacations. Thus, above mentioned strategies or actions should helpful in overcoming the stress. Stress is very harmful for every human being. It makes mental as well as physical weak a person. Mostly, the people things that stress is very negative for human life. But it is not true. Some time it impact on human life is positive. In instance, a person jealous form someone and he wants to do something more than that person. He works under stress and of course trying to do better than that person. He does more efforts and focus on his work due to stress. Know his work is more effective and successful. The stress increased his efficiency and effectiveness. But it doesn’t mean that stress is good for anyone.

There is need that everyone lives a stress free life. The group may be social, commercial or political should be made stress free life of everyone. This is our moral responsibility to provide guidance, counseling and psychological support to stressed persons. There is special need to arrange quality consciousness awareness programs, Yoga camp, meditation camp and entertaining programs for stress persons in the society.

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