

# An Overview on Stress: Its Causes, Effects and Control

Dr.Tinku De (Gope)<sup>1</sup> & Jantu Das<sup>2</sup>

<sup>1</sup>Assistant Professor, Department of Education, Tripura University, (A Central University), Agartala, Tripura, India.

<sup>2</sup>Guest Faculty, Department of Education, Tripura University, (A Central University) Agartala, Tripura, India.

Received: August 23, 2018

Accepted: October 18, 2018

## ABSTRACT

*So far we embark with the new era where different technologies and innovations are emerging, the world's people are experiencing lots of new ailments in their lives and these are in an increase. Among the different ailments one is stress which contributing a good number of physical disease like high blood pressure, high heart beat and so on. Now the people of the world are in the way of seeking new approach to deal with these lives threatening sickness. This is why it is needed to know about stress, its causes and the procedures of dealing or controlling them. Thus we made an attempt to elucidate the concept of stress in the view point of the positive psychology which is one of the most recent trends of the psychology of wellbeing. Therefore, present paper laid emphasis on the various aspects of stress. This paper will contribute people to deal with the stress greatly and will way-out to relief from this silent killer called stress and thus the current paper seems to have a significant value for the present day society.*

**Keywords:** Stress, Stressors, Stress Management

## Introduction

Needless to say that Health is fundamental to be developed, strengthen, growth and for the abundant productivity of a nation as well as of a society. Health is crucial for a happy, healthy and peaceful life in every corner of the world. Here health signifies the both physical and mental health. A physically and mentally healthy society has the potentiality to produce good citizen with ample productivity. Notwithstanding, in today health especially mental health is being divert and going far from the hand of our country people and as well as also from worlds people. The world's people are suffering lots of mental illness like frustration, dispersion, stress and so on. Nowadays, unfortunately stress is becoming a very common component of life even among the youth of our country as well as over the world. Since we embark on the new millennium, the youngsters are embracing mostly with the depression and distrust that is termed as stress. To a certain extent for this reason and somewhat because of it seems to exert negative effects on both psychological wellbeing and physical health. Today, stress has turned into an imperative topic to be undertaken for research in psychology and other related disciplines. As the talk about the terminology "Stress" in our everyday life has been an increase. As per NMHS 2015-16 in India, 5.25% people over age of 18 years have increasingly suffered from dejection and stress amounting to a total of over 45 million persons with depression in 2015. Despite the fact that we all talk a lot about stress, nevertheless often it is not clear to all of us about the concept of stress. It is now documented as a crucial requirement and is appealing the consideration of policy-makers, professionals and educationists in India and also from corner to corner of the globe.

## The concept of stress

Stress denotes a feeling of being inundated by dealings that one cannot seem to control (Larsen & Buss, 2011). Robert A. Baron opines that Stress is our response to an event that disrupts, or threatens to disrupt, our physical and psychological functioning. Stress can be explained also as the physical and mental reactions of our body to circumstances that scared, puzzle, jeopardize or irritate us (Baron, 2010). Stress can also be defined as a psychological and physiological condition of being imbalance resulting from the discrepancy between situational demand and the individual's ability and motivation to meet those needs (Gaurav Akrani, 2011). Dr. Hans Selye described stress as "the rate of all wear and tear caused by life."

## Basic nature

Stress naturally is a multilateral and many-sided process. It takes place in response to events or situations in our environment which is otherwise named as stressors. An out of the ordinary feature of stress is its wide range of substantial and psychosomatic reactions. If different people have the same event, some may construe an event as traumatic and stressful, whereas others may simply take it in stride. Furthermore, someone may respond quite in a different way to the same stressor at different points in a same time. Stress is

also interpreted as a response to alter. It may be both positive and negative in nature and it can affect to both our body and mind. More often than not, it causes release of hormones such as rushing the heart rate, hastening metabolism and so on. Stress even may have an effect on endurance and it has a tremendous effect not only on the joy of learning but also on the way of learning which can wipe out a capable academic year. Nevertheless, if one is able to control stress, then it seems to be a friend to him/her that likely to strengthen him/her for the subsequently encounter. But when stress is controlled poorly, then it becomes an enemy which results in causing various diseases like anxiety, high blood pressure, and overactive thyroid.

### Some major causes of stress

Now let us examine what factors are contributing to stress. Unluckily the list that can be exemplified as the stressors (the events that contribute to stress are termed as stressor) is a long one. A large assortment of circumstances and events can be articulated that are capable to produce such feelings. Some of the notable of these stressors are mentioned hereunder:

**Stressful life events:** major stressful life events, such as death of a loved one or a painful divorce, injury to one's child, war, failure in school or at work, an unplanned pregnancy—unless we lead truly charmed lives, most of us experience traumatic events and changes at some time or other which lead to have stress (Holmes & Rahe). Frequent examples of foremost life events are: death of spouse, birth of an abnormal child, moving houses, etc. which can generate a sense of insecurity and panic, leading ultimately towards stress. Even different research suggested that the altitude of stress throughout the move from school and college to university likely to be stressed (Yuin et al, 2018). Most interestingly, different study revealed that events occurred contained by the immediate past month normally are not related to stress or illness, whereas persistent events that occurred more than quite a lot of months past are highly correlated with stress and poor health (Cohen, 1998). Nonetheless it is also seen that life events which are positive in nature are usually not associated with stress.

**The hassles of daily life:** annoying trivial events of daily life that cumulatively can have an effect on psychological wellbeing which is termed as hassles. Daily hassles are an important cause of stress and is suggested by the results of numerous studies (Lazarus et al, 1985). This hassles includes conflicts in making decisions, conflicts with other people, traffic jams, meet with frustrating personalities, unusual talkative man etc. Daily hassles are largely often occurring stressor for the most part of adults and youth as well.

**Worry about Career:** Today career concern is becoming a burning issue related to stress of the job seeker and youth. They feel that they are very much behind in the corporate hierarchy, which led them to experience stress. Most of times they seem no opportunities for self-growth and thus doubted career hope are arisen as the noteworthy causes of stress.

**Conflict:** Conflicts are one of the most irritating stressors in life which surely led to create stress in life. Basically, there are three foremost types of psychological conflicts which cause stress. These are as under:

- **The approach-approach conflict:** it occurs when a person intend to choose one between two similarly attractive alternatives, i.e. whether to buy a Royal Enfield Motorcycle or to buy an Apache motorcycle.
- **The avoidance-avoidance conflict:** it occurs while a person intend to choose between two similarly unattractive alternatives, for example, to remove a second loan with unpleasant terms to pay off the advance or to face foreclosure on one's house.
- **The approach-avoidance conflict:** it occurs when a person is required to choose whether or not to involve oneself in somewhat that has equally attractive and unattractive character.

**Crises/misfortunes:** These stressors are astonishing and unpredictable and are absolutely out of the human control. This type of stressor includes shocking natural disasters like floods or earthquakes. Despite the fact that these are atypical in occurrence, yet it causes an enormous amount of stress in our life.

**Over work load:** nowadays it becomes a common phenomenon to all of the employees –both government and private organization. If one unable to match with the circumstances provided in the organization, person unwillingly feel stress by thinking about their load of work. They feel burden to only on how to finish the work in a day and how to be a so called efficient worker which let them to be over worker and thus they invite stress to overwhelm them and to their surroundings as well. They don't try to chill rather they get to be tensed and consequently stress takes place.

### Some major effects of stress

Now it may conceive that stress trunk from different sources and it exerts important effects on persons who experience it. It is already been listed that stress can influence our physical and psychological well being, our

performance on many tasks, and even the ultimate course of our careers. Stress likely to affect on different sides of our lives as under:

**On health:** It exerts robust impact on our health negatively and this is why it is sometimes called silent killer. Many medical experts opine that the link between stress and health is very strong (Glaser et al, 1992). Even some studies imply that more than 60 percent of all physical illness occurs due to stress (Frese, M., 1985). It also link with the serious life-threatening ailment. It can have effect on the emerging different injures like heart disease, ulcers, high blood pressure, blood vessel and even diabetes.

**On task performance:** Stress can disrupt unto the different task performance. Even relatively low levels of stress may hinder the performance of today's multifaceted work world. These effects are often most evident among people who are under tremendous pressure to perform well (Baron, R. A., 2011). The individual who experience stress are hardly able to do work well and to finish performance well and effectively.

**On wellbeing:** a person overwhelmed by stress can never be reached unto the state of peaceful and balanced personification. To be psychologically sound an individual should have to chill and charm temperament and to be so one should be able to either cope with stress or free from stress without which one can never be able to enjoy peaceful life.

**On relationship:** stressful life is completely misleading a person to deal with the surroundings associated and accompanied with him/her. Even stress sometimes generates such situation that is probably link with the destruction of relationship in the family.

### **Management or Overcoming and controlling stress**

Stress management is the process where a person deliberately endeavours to master, minimize, or endure stressors and problems in life. Managing Stress implies the procedure of coping effectively with stress. It aims at tackling and controlling one's levels of stress. It is the way of controlling and reducing the pressure that arise in traumatic circumstances by altering the emotional and physical state of being. The ways to cope with stress are interpreted as given below:

#### **Suppressing through Anticipation**

Lessening the anxiety level from mind and reducing stressful behaviours is one kind of anticipation. This includes self-contracting, tailoring, object strengthening, social reinforcement, social support, contracting with momentous, determining, reminders, self-monitoring etc. By using cognitive behavioural therapy and theory and some aspects of positive psychology one can cope with the stress. Another way of managing stress is Biofeedback which may also has the potentiality to take part in reducing stress.

**Taking care own-self:** Eating healthy food, well-balanced meals, exercising on a regular basis, getting hold of ample sleep, Taking rest, breaking the work hour are some techniques of being able to cope with stress by taking care.

**Talking with reliance person:** By dint of Sharing one's problems and feelings with other trustworthy and psychologically stable person, about how to feel and cope with stress, is one of the notable strategies in controlling stress. One can take advice from one's parent, friend, counsellor, doctor, or pastor also.

**Positive Thinking:** Positive psychologists assert that positive attitude towards anything is beneficial for the positive thinking producer. For each negative thought everyone should try to answer it with somewhat positive. Always should look for what is positive.

**Breathing exercises.** Practicing deep breathing exercise leads man getting relaxed. It has really the healthy side to cope with stress which is otherwise known as pranayam.

**Meditation:** There is a talk that silence is the power and it has many faceted meaning yet mediation creates positive vibration to an individual which works as a good medicine for managing stress. Meditation is process of healing the stress and it has the potentiality for fast acquiring energy and is been practiced by countless people to help to relax mind.

**Cheer and laughter:** Laughter is sometimes acknowledged as the greater medicine for a good numbers of mental illnesses. For this one should watch some comedies or short films strips etc. Mayo Clinic suggests, laughter has both short term (stimulates organs, releases endorphins, eases tension) and long term (improve mood and immune system) benefits.

**Muscle exercise:** Muscle exercise not only improves physical functioning but it also helps brain work better and process information better (Tartakovsky, M., 2016). Thus it is needed to do exercise to have a relaxed mind.

### **Conclusion**

The on going discussion leads us to utter something in summing up that Stress is relatively atypical ingredient of daily life and there is no absconding on it. But when its level is high then it is recognized

as enemy of lives. Stress has different causes that contribute to stress. It seems to be different to different people. It has an effect on the both psychological and physical wellbeing either negatively and positively. Nevertheless, lots of ways are there to deal with it which is discussed in this paper. Our attempt is planned to lend a hand to people to figure out the ways by understanding various aspects of stress and to find out what mechanism can be instilled to cope with the stress in one's life. Eradicating the sources of stress and learning to learn how to manage stress will help individuals for having a positive outlook towards life. This paper will contribute to have a positive trickling upshot on one's family and friends. With the help of gained knowledge about stress management techniques one would seem to be able to get eliminated the stress.

## References

- Baron, R. A. (2011). Psychology. Pearson: Prentice Hall
- Cohen, et al (1998). Types of stressors that increase susceptibility to the common cold in healthy adults. *Health Psychology*, 17 (3), 214-23.
- Frese, M., 1985. Stress at work and psychosomatic complaints. *Journal of Applied Psychology*, 70, 314-328.
- Gaurav A. (2011). Home page. What is Stress? Meaning, Definition and Causes of Stress. Retrieved on 1<sup>st</sup> December, 2018 from <http://kalyan-city.blogspot.com/2011/03/what-is-stress-meaning-definition-and.html>.
- Glaser et al, 1992. Marital discord and immunity in males. *Psychosomatic Medicine*, 50, 213-229.
- Holmes, T. H. & Rahe, R. H. (1995). The social Maladjustment Rating Scale. *Journal of Psychosomatic Research*, 11, 213-218.
- Lazarus et al, 1985. *Stress, Appraisal and Coping*. New York: Springer.
- Selye, H. (1974). *Stress without distress*. Philadelphia: J.B. Lippincott Company.
- Tartakovsky, M. (2016). Five Ways to Stress Less. Psych Central. Retrieved on December 4, 2018, from <https://psychcentral.com/lib/5-ways-to-stress-less>.
- Yuin et al, (2018). Prevalence and determinants of perceived stress among under graduate students in a Malaysian University. *Journal of Health and Translational Medicine*. 21 (1), 1-5.