

# How Stress Hurts and How to Overcome it

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## **Abstract :**

*The era in which we live today, offers enormous opportunities for advancement and growth in every aspect of life. The socio-economic and technological developments have raised the quality of life but also made the life tense, self-confined and money-oriented. This changing life style, nuclear family pattern, cut-throat-competition, time-bound projects and performance-appraisal etc are the gifts of modern life, which directly or indirectly contribute to stress.*

**Key Words :** Stress, action-plan, management, counselling, parenting..

Stress is often termed as a twentieth century syndrome, born out of man's race towards modern progress and its ensuing complexities. Stress has become the bone of modern life, with life running at such a fast pace, the ultimate victim becomes the body and the mind.

This enhanced stress, at every level of human being and its management has forced the psychologists, psychiatrists and medical-professionals to think over it. Though stress is necessary and useful, for personality growth, but when in optimum quantity, at optimum level, varying from person to person, it is harmful for the health.

Symptoms like headache, stomach disorder, muscle tension, anxiety, depression and premature death are common now-a-days. The situations, we have to face, are also difficult. As the population is at risk we should have an Action-Plan to promote a better quality of life.

As stress has serious health implication, Indian social scientists are paying greater attention to the problem of stress and its management to find the ways, to enable the human-being, to manage the stress and make life easy.

Stress is a state of the total organism under exhausting circumstances produced by a great variety of environmental condition. It may refer to external forces or to the reaction of the organism to these conditions-anything may be considered as stress if it threatens the bio-integrity of the organism directly or indirectly.



Stress in its required quality is known as Eustress and is very useful to adolescents because it is it which induce motivation in them to work, to achieve. Efforts without tiredness, concentration without flickering and execution without excuse are the results of a genuine level of stress persisting in the achievers.

But beyond a certain level, stress transforms into distress and creates many problems in the life of the sufferer. A person in distress might enter into depression or might get habitual to some drugs or substances. He might suffer with sleeplessness, might turn violent also. Such cases of stress are harmful not only for themselves but for their family and for the whole society even. So it is mandatory to know the reasons of stress.

To control with such a devil faced disturbance called stress, one should take help of one or more of the following techniques of stress management. These are-

- ❖ Yoga
- ❖ Meditation
- ❖ Psychological guidance and counseling
- ❖ Proper parenting
- ❖ Healthy life style

#### **Yoga as a technique of stress management:**

Through a number of studies, it has been revealed that the practice and journey of yoga has produced relief to physiological, Psychological and other mental disorder. Furthermore it has enhanced concentration along with minimizing anxiety and depression.

The yogic practices will doubtless pave long way in regenerating the race and producing a mentally sound race that could bear all the stresses and come out successfully from institutions to create a healthy human society.

#### **Meditation as a technique of stress management:**

Meditation is the central focus of yoga practices. Meditation is a vedic or spiritual exercise which requires the control of the power of concentration and practices. In the context of Buddhism, it is a practice of stilling and purifying the mind in order to gain insight. According to Traver (1989) Meditation plays a positive role in reducing stress level in academic, social and personal field. According to Smith (1975), the essence of meditation is to learn how to (a) avoid physical tension and be physically calm (b) overcome distraction and be able to focus attention on a task for a period of time and (c) give up over-control and let one self be fully and restfully involved in what you are doing." There are a number of studies that suggest that meditation has the effect of reducing stress and hypertension.



## **Psychological Guidance and Counseling:**

Counseling is a dynamic concept. It is an interactive process between the counselee who needs assistance and the counselor who gives the assistance. It is both preventive and restorative in its functions. The main goal of any form of counseling is to release the client from any emotional distress and mental confusion. Congruence, Positive regards, empathy, throughout the one to one counseling relationship with a client, will provide the client with understanding, clarity and support.

## **Proper parenting:**

Child's behavior is the mirror for the parenting style. Same is true with adolescents. When parents put their own need first at times when an adolescent needs assistance, affirmation and reinforcement for positive behavior; these parent absent themselves emotionally from their children.

White (1996) found that when adolescents perceive communication with their parents less than satisfactory, they may be forced into the company of those who are more accepting of their views and opinion; and thus they may get a strayed.

Thus parenting is one of the key factors to shape a child into an adolescent as it is a well said quote- "What a mother sings in the cradle goes till the grave." The above studies and their results reaffirm the preventive value of good parenting in stress management in adolescents.

## **Healthy Life Style:**

Life style has undergone radical changes in the 21st century. Since the last two decades of the 20th century there has been a deep inclination of common man towards fashion, so called modernism in form of increasing liking for parties, clubs, late night outing, opposite sex friendship as status symbol, alcohol intake, riding latest and impressive two wheelers (bikes), revealing and matching dresses, owing deferent electronic gazettes etc. All such urges are somehow great causes of stress in adolescents. If a child is reared up and taught in such a way that he doesn't get obsessive to the above instead of good user only, he may avoid lots of stressed in life. In short the old saying 'simple living and high thinking' might guide one to avoid stresses at large. This doesn't mean that every adolescent should say goodbye to the above mentioned parameters but he should use his wits properly in such cases.

In this materialistic world everything is so short lived the fashion, the friends, relations, views, fames and defames, stress is the only thig that has been blessed with a long life. It has secured its place in every body's life but still man is one who has been God's best creations so he has the power to fight against this wide-spread evil. As mentioned

earlier vividly the proper parenting techniques and healthy life style might develop the offspring in such a way that should have an inbuilt shield against stress and anxiety. The other curative measures like yoga, meditation and counseling can re-energize man's fighting spirit and resistance power against stress.

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