

# Stress - A Silent Killer of Human Body and Mind

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Everyone encounter stress in some area of life. Stress affected everyone; children suffer in different ways and adult face it in different ways. So, stress is something that we have to worry about, but we don't want to eliminate it. A certain amount of stress is not only invigorating but also necessary because it stimulated the body and improves performance. We do better under some stress but when the amount of stress is to much its not only problem but danger for body and mind. There are enamors causes of stress like *death of spouses, divorce, marital seperation, death of close family member, person injoury or illiness, marriage, marital reconciliation, sex difficulties, pregnancy, miscarriage, death of close friend, responsibility of children like schooling, parenting, gain a new family member, argument with spouse, trouble with in laws, being a wife and stop working, being or end school, revisions of personal habits, taking out a mortgage or loan for major purchase, forclosure of mortgage or loan, fired from work, retirement, bussiness readjustments, trouble with boss, adjustment with collegeues, change in work hour or condition, vacation, change to different line of work, change in financial state, cut throught competitions, work fetigue, balance between house work and job.*

Alcohol abuse is a sign of too much stress and not the only sign overstressed people become in attentive, distant, irregular in their eating and sleeping habits and disorganized at their workplace. Success becomes measured by how quickly something is done rather than by how well. Acquiring something becomes more important than enjoying it, ignoring other people's opinion becomes common. People under stress try to do several things at once. They walk and eat rapidly, impatiently completes sentence for others, feel guilty about relaxing and when on vacation, only think about work. Work environment is also a great stressor. Stress at work usually occurs either because of work load is too light and under stimulating. A person's perception of a job as either very important or trivial affects the person's behavior. Fear of retirement of being passed over for promotion and of organizational change can also create pressure and anxiety. The physical setting itself can be over stimulating with too many people around or under estimating stress at work expressed as illness and absenteeism.

Stress contributes many health issues even six (6) major cause of death. Coronary heart disease, cancer, lungs ailments, accidental injuries, cirrhosis of lever even suicide. There are some various stress related disease and conditions when stress hit a person's body and mind following systems of body is affected by stress.

**Cardio Vascular system:** Coronary Artery disease, Hyper Tension, Strokes, Rhythm Disturbance of the Heart.

**Muscular System:** Tension, Headache, Muscles Contractions, Backache

**Locomotor System:** Rheumatoid Arthritis, Inflammatory Disease of connective tissues.

**Respiratory and Allergic Disorder:** Asthma, High Fever.

**Immunological Disorder:** Low resistance, Auto immune disease

**Gastrointestinal Disturbance:** Ulcer, Irritable bowl syndromes, Diarrhea, Nausea and vomiting, ulcerative colitis

**Genito Urinary Disturbances:** Diuresis, Impotence, Frigidity.

**Dermatological Disease:** Eczema, Neurodermatitis, Acne

**Other Problem:** Fatigue and Lethargy

Life Cycle Events, each stage of life offer people opportunities for learning more about themselves but life cycle events can entail stress. Marriage is exciting but also stressful, Parenting is rewarding but the subsequent rearrangements of schedules it requires and the added responsibilities can cause stress. An adolescent's problem in adjusting to adulthood can be stress full for both parents and teen agers, certainly divorce is a stressful experience. The death of a friend or loved one can be stressful, both at the time of loss and months following. Stress accompanies many of life important events, even the enjoyable ones because stress is often unavoidable.

Proper management of stress is important i.e common way of treating stress recognize the behavior that causes it and then modify the behavior. Drugs can also be used but the ideal treatment is usually self control. The people who conduct stress counseling usually the psychologist. In the corporate world stress management seminar has become numerous as psychologist help executive deals with their stress. Since, stress is individual, individuals learn about their behavior and help to tailor a way to control it.

Coping with stress: many people need both medical and psychological therapy to relieve the physical ailments and feeling of anxiety resulting from stress. Both physicians and psychologist have tried to develop method to help people to cop with stress. Coping strategy should begin at the biological level, peoples body respond to stress with specific reactions including changes in hormonal level, autonomic nervous system activity and the amount of neuro transmitter in the brain. If responses stabilize at sustain high level, physical illness may result because high level of physiological response cannot be maintained over long periods. Constant stress tends to become either defense or task oriented. Defense oriented coping strategies do not reduce stress but instead help people protect themselves from its effects. Many defense oriented patterns described by personality theorist are unconscious processes over which people have little or no control often they produce positive effects. Defense oriented coping strategies can ease distress and permit people to tolerate disturbances and deal with

them. Some researchers claim that defensive coping methods be even more helpful than task oriented one.

Most psychologist, specially behavioral psychologist recommend task – oriented coping strategies. These strategies usually involves four (4) steps : (1) Identifying the source of stress (2) Choosing an appropriate courses of action for stress reduction (3) Implementing the plan, and (4) Evaluating its success.

Identifying the sources of distress is often difficult. A woman experiencing work problem, financial problem and problem with her teen age son must decide which problem she wants to work on first, even with their increased work experience. Older people seem to have as much difficulties as younger people in identifying the source of stress and controlling it.

Once the problem is defined, people can choose among several strategies. They can withdraw from a competitive stress inducing situation by quitting work, leaving a spouse or declaring bankruptcy. More often people turn to other people or other method of coping because stress is usually accompanied by arousal an excitement, relaxation training is useful in reducing these stress. People can be taught to refocus their energies by using biofeedback.

“Staying cool and keeping a lid on it” are ways to describing how people use their cognitive self-help abilities to manage their emotional responses. Stress management is increasingly becoming a focus of highly stressed individual as well as psychologist.