



A Study On Effects Of Stress On Mental Well Being Of The People

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Abstract: This research paper aims to examine the effects of stress on the mental well-being of individuals in the general population. Stress can have psychological consequences such as anger or aggression, feeling out of control, insomnia, tiredness or fatigue, sadness or tears, memory or concentration problems, etc. Quality of life and mental health can be increased by effective stress management. A better way sometimes is to take a little tension to motivate ourselves and get things done. However, if stress persists for a long time or is particularly extreme, it can become a problem. Stress sometimes affects our physical and emotional well-being. Given the fast-paced and demanding nature of modern life and the growing awareness of the effects of stress on mental health. Good stress management helps improve overall metabolism. The aim of this study was to investigate the impact of stress on mental health and to identify factors that contribute to stress and its impact on mental health.

Keywords - Stress, Mental Health, Depression, Anxiety, Chronic

I. INTRODUCTION

Stress is a pervasive experience that affects individuals in various ways and has been identified as a risk factor for mental health problems. Research shows that stress can lead to a range of mental health issues, including anxiety, depression and mood disorders. Additionally, stress can negatively affect an individual's overall well-being, leading to lower life satisfaction and self-esteem. Therefore, understanding the relationship between stress and mental health is critical to developing effective interventions to improve mental health outcomes.

Stress can lead to mental health issues. It also exacerbates existing problems. For example, being under a lot of stress can cause you to develop mental health issues like anxiety or depression. If periods of traumatic stress lead to post-traumatic stress disorder (PTSD).

Mental health issues can lead to stress. You may find it stressful to deal with the day-to-day symptoms of mental health issues. You may also feel stressed about managing medications, medical appointments, or other treatments. You can use recreational drugs or alcohol to cope with stress. It can also affect your mental health and cause more stress. Stress is a universal experience in modern society and it can have a significant impact on our physical and mental health.

Chronic stress has been linked to a range of health problems, including cardiovascular disease, diabetes, and mental health conditions such as anxiety and depression. Although stress is known to have negative effects on mental health, research on the link between stress and mental health is still limited. Therefore, the aim of this study was to investigate the effects of stress on adult mental health. Stress is a common experience that affects people of all ages and from all walks of life. It can be caused by a variety of factors, such as job stress, financial concerns, health issues, and relationship issues. Although some level of stress is normal, excessive or chronic stress can negatively affect mental health. Mental health refers to a positive state of mental health that is characterized by emotional, social, and mental health. The impact of stress on mental health has become a matter of concern in recent years given the increasing prevalence of mental health problems around the world. This study aimed to investigate the effects of stress on the mental health of adults. Stress is a normal response to the demands or pressures of a situation, especially when those demands or pressures are

perceived as threatening or dangerous. Hormones, brain chemicals that surge throughout the body, are the cause of stress. These chemicals cause people to sweat, breathe faster, tense their muscles, and plan their action. It is normal to experience a little stress on a daily basis. People can meet deadlines, prepare presentations, be more productive, and be on time for important events with little stress. However, chronic stress can be harmful.

When stress persists for an extended period, the likelihood of medical and mental health problems increases. Chronic stress increases the risk of mental health problems such as depression and anxiety, drug use problems, sleep problems, and physical conditions such as muscle pain and stiffness. It also increases the risk of health problems such as headaches, digestive problems, weakened immune system, difficulty conceiving, high blood pressure, heart disease and stroke. The adverse effects of persistent stressors are particularly common in humans, perhaps because their ceiling on typical thinking can produce an unrelenting stress response to a wider range of adverse life and work situations. In this review, we focus on some of the psychological, behavioral, and biological effects of specific stressors, the psychophysiological pathways that mediate these effects, and the variables known to mediate these relationships. We draw conclusions by examining the effects of treatment.

II. OBJECTIVES OF THE STUDY

1. To identify the most common sources of stress in individuals and their impact on mental health.
2. This study aims to provide new insights into the development and current state of mental health research for people and students by mapping and visualizing literature on mental health and student well-being in terms of growth, productivity, and social, intellectual, and field psychological structure.
3. To study the impacts of stress in the work place area and understand the impacts.

III. REVIEW OF LITERATURE

A feeling of physical or emotional stress is called stress. A person's negative feelings of anger, resentment, and anxiety can be stoked by a variety of life events, which in turn can cause stress. Stress is the body's response to stress or challenge. Despite the fact that prolonged stress can lead to serious health issues, it can also be beneficial on occasion. (Cohen et al), conducted a study (2016) found that mental health is negatively impacted by chronic stress. The study came to the conclusion that depression, anxiety, and cardiovascular disease are just a few of the mental and physical issues that are linked to chronic stress.

(World Health Organization, 2004) An investigation of 128 eleventh grade understudies going to a cutthroat non-public school in the US encountered elevated degrees of persistent pressure, particularly connected with scholarly execution and the school confirmations process. Students who reported using drugs and alcohol at higher rates also reported higher levels. Leonard et al., (2015). According to Leonard et al., substance use is linked to higher demands placed on academic performance, higher levels of perceived stress, more effective coping strategies, and a decrease in parental attachment. (2015). The same is true for students in seventh and eighth grades.

According to (Subramani and Kadiravan (2017)), college students' mental health was linked to academic stress. With students being constrained by their academic structure, he discovered a correlation between academic stress and mental health. Students are discouraged not only because parents and schools place an excessive amount of pressure on them to achieve higher grades, but also because parents and schools fail to provide sufficient instructional support.

(Kudielka et al.'s review 2009) emphasizes the role that stress plays in the development of mental health issues like anxiety and depression. According to the review, stress may contribute to the onset of these conditions by altering the immune system and inflammatory processes.

Another study by (McEwen and Gianaros (2010)) suggests that stress can alter the structure and function of the brain, particularly in areas related to memory and emotion regulation. This may help you understand how stress can affect your mental health.

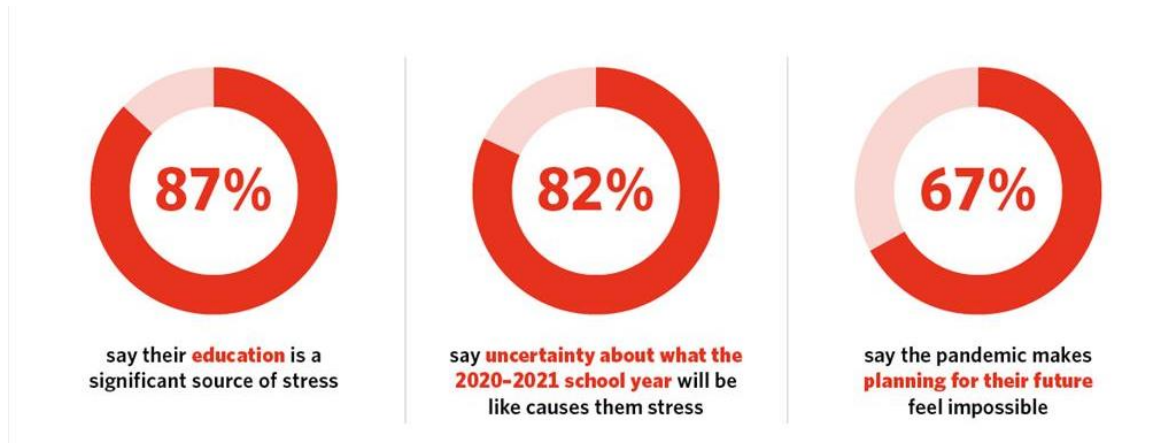
(World Health Organization, 2004) A study of 128 11th-grade students at a competitive private school in the United States found that they experienced high levels of chronic stress, particularly in relation to their academic performance and the process of applying to colleges. Students who reported using drugs and alcohol at higher rates also reported higher levels. Leonard and other, (2015). According to Leonard et al., substance use is linked to higher demands placed on academic performance, higher levels of perceived stress, more effective coping strategies, and a decrease in parental attachment. (2015). The same is true for students in seventh and eighth grades.

Sharma et al. (2016) stated in their study that a variety of approaches are utilized to reduce stress. Stress can be reduced by engaging in one form of physical activity each day. Additionally, one can participate in leisure activities that can be beneficial to students and use a variety of time management tools. In addition, it was suggested that colleges should have an atmosphere that reduces stress. Mentoring and a shift in teaching style from the teacher's perspective can change the teaching style.

In his study, Bataineh (2013) measured the academic stressors university students experience. The analyses revealed that some of the causes of stress are excessive academic overload, insufficient study time due to the extensive course material covered, high family

expectations, and low motivation. Additionally, the primary cause of stress is a fear of failure. Students from various specializations did not significantly differ from one another.

IV. DATA ANALYSIS AND INTERPRETATION



According to a survey, the participation of male and female members is as follows, about 58.3% of male respondents and 41.7% of female respondents. The frequency with which they feel stressed shows the percentage of respondents who say they sometimes feel stressed, 62.5%, followed by 27.1% who answer that they often feel stressed and 8.3% who answer that they rarely feel stressed. Now coming to the daily activities and responsibilities of their daily working life, 5% said they sometimes feel stressed in their workspace, suggesting that stress is a limiting factor and can lead to various mental health issues which in turn affect their activities and responsibilities. Stress has also been shown to affect family and friends.

According to the survey, 62.5% of people answered that stress had a slight influence on their interactions with family and friends. 2% said stress had a moderate impact on family and friends, while 8.3% said stress had no impact on family and friends. 35.4% of people answered that they coped with stress by doing activities and 31.3% answered that they coped with stress by listening to music. Both options give good results because there is not much difference. 22.9% responded that they coped with stress through meditation and 10.4% through exercise. Four percent responded that their family and social life had been stressed by an incident at work. 18.8% answered that they almost felt stressed at work. 14.6% of people answered that they never felt pressure and 6% answered that they often felt pressure. The survey explained that 54.2% of people sometimes feel stressed when participating in an activity that has a moderately stressful impact on their daily life. 33.3% of respondents said they rarely feel pressure and 12.5% said they never feel pressure. The theme of the question emerges here, with 81.3% responding that they do not speak to a professional counselor to manage their day-to-day stress, which we suspect can be effectively managed by working with family and communicating with friends. 10.4% responded that interacting with any counselor would have had an impact on reducing stress. 3% of respondents found it helpful to relieve stress when talking to a professional counselor. 6.3% of people who answered that their favorite daily method of coping with stress was listening to music, followed by 4.2% who answered that their favorite way of coping to stress was reading books and novels. . Listening to music is a tendency to cope with stress because they believe it is worth cheering up and then getting down to work.

41.7% of the respondents answered that they sometimes feel overwhelmed at work, that is, the workload at work. 27.1% of people responded that they often felt overwhelmed by work, 25% rarely felt followed by others, and 6% always felt overwhelmed by work. 50% said they didn't have enough time to meet deadlines due to stress. 33.3% of people often feel that they don't have enough time to complete tasks. 14.6% rarely feel unable to perform daily tasks. Due to lack of time, people feel stressed and develop health problems such as headache and fever. People like music, positive thinking, etc. Used to relieve stress, the survey answered that 37.5% of people sometimes choose to switch to options such as music, humor, positive thinking, etc. To manage stress. 31.3% of people often listen to music and think positively to cope with stress. 27.1% answered that they often listen to music and think positively to cope with stress. 7% spend 30 minutes a day doing a physical activity that could improve. 33.3% of people spend 1 hour a day on decompression activities, 20.8% spend 1-2 hours a day on relieving stress, which can be people who go to the gym and exercise regularly .

Many fitness centers like Cult Fit offer meditation, yoga, and other spiritual exercises. This pie chart explains that 37.5% of people try breathing exercises and meditation to cope with stress and get rid of it. 43.8% said no because they haven't tried anti-stress activities. 8% probably noted it because they weren't sure it worked. It is always important to make time for physical activity to stay healthy. This pie chart shows that the following stress relief and professional diet plans are for the 85.4% of people who do not follow any effective diet plan to reduce and manage stress because they feel it is not a satisfactory choice. 6% follow a meal plan to deal with stress. Depending on an individual's state of mind, a meal plan may or may not work. But sometimes it is best to consult

any nutritionist for effective stress management. This pie chart shows which stress management techniques, such as meditation, yoga, or physical activity, people are using or not using. 47.9% say no to meditation, yoga and physical exercise, while 35.4% say yes to mental health activities. 16.7% did not know if it was a success. Respondents said meal plans may or may not relieve stress, but regular exercise and a balanced diet are important.

V. FINDINGS AND SUGGESTIONS

Anxiety, depression, and post-traumatic stress disorder (PTSD) are mental health conditions that can be made more likely by chronic stress. Lower levels of well-being and life satisfaction are linked to high levels of stress. Stressful life events like losing a loved one or losing a job can lead to mental health issues. In addition to affecting mental health, chronic stress can also have an effect on physical health by raising the risk of heart disease, diabetes, and obesity. Discrimination and inequality may cause individuals from marginalized communities. The questionnaire explains the stress in the everyday life and how it is affecting the mental health.

Stress is a critical gamble factor for the improvement of psychological wellness issues, including nervousness and misery.

Long-term changes in brain structure and function can result from chronic stress, which can exacerbate mental health issues.

Different people react differently to stress, and some people are better able to handle it than others.

Stress can have a negative impact on mental health if people don't use coping mechanisms like exercise, mindfulness, and social support. Stress reduction and mental well-being can also be improved by mental health interventions like mindfulness-based stress reduction and cognitive behavioral therapy. Perceiving the job of social and social variables in molding the experience of pressure and psychological well-being outcomes is significant.

Suggestions

- i. A mental health framework should be developed for use in the development of new or revised policies and procedures. Look into ways to regularly share existing best practices between instructors, especially in an online format. Interactions with friends, family and relatives would help to manage the stress. Spend more time on physical activities like meditation and yoga every week to reduce the stress.
- ii. Work-life balance Schedule time to work on your goals and tasks. Be that as it may, make certain to set aside a few minutes for things you appreciate, as well (like playing music, working out, playing with a pet, or investing energy with companions). Even if it's just for a few minutes a day, taking time to unwind and refuel reduces stress.
- iii. Make it a daily practice to check out at your organizer consistently. Mark what you've accomplished. Prepare for the upcoming events. Establish a regular time to study. Keep up with your work.
- iv. Many people experience significant stress as a result of schoolwork, grades, and tests. It's hard to stay on top of everything at times. On the off chance that you want assistance getting ready for tests, arranging projects, or finishing things, ask an instructor, parent, guide, or tutor to mentor you.
- v. Maintain a predetermined bedtime and wakeup time to avoid a stressful morning rush. Before going to bed, turn off your screens. Relax with some quiet activities.
- vi. When you feel stressed or overwhelmed, take some deep, slow breaths would help to gain more focus and work with more efficiency in the work areas.

VI. SUMMARY

The purpose of this study is to learn more about how stress affects people's mental health and their day-to-day lives. Both physical and mental health can be negatively impacted by stress. Depression, anxiety, and other mental health conditions are linked to chronic stress. The study also found that effective meditation, a well-balanced diet, consistent exercise, and other methods that aid in stress reduction can mitigate the negative effects. Physical health issues like high blood pressure, heart disease, and immune system dysfunction can result from prolonged stress exposure. It can also have a negative impact on emotional well-being, which can lead to mental health conditions like anxiety, depression, and others. Stress can affect conduct, prompting changes in rest examples, hunger, and substance use. Relationships, work performance, and overall quality of life can all be impacted. Accordingly, it is critical to oversee pressure really to limit its adverse consequence on life. In terms of one's physical health, chronic stress has been linked to an increased risk of heart disease, high blood pressure, and other conditions. A person's susceptibility to infections and diseases can be increased by stress's ability to affect the immune system. Anxiety disorders, depression, and other mental health issues have been linked to a higher risk of chronic stress. Also, stress can make already-existing mental health problems worse, making symptoms worse and taking longer to get better.

VII. CONCLUSION

Here comes the overall conclusion of the research paper Stress is a major concern for individuals and organizations. Burnout is the result of chronic stress. There are many ways individuals and organizations can take to reduce the negative health and work effects associated with excessive stress. Emotions play a role in the organization of life. Understanding these emotions helps the deal with them more effectively. However, the study also showed that online learning can negatively impact student mental health in several ways. For example, students may feel isolated, disconnected, and alone, which can lead to depression, anxiety, and other mental health issues. Online learning can also lead to increased screen time, which can negatively impact sleep quality, eyesight, and overall physical health. Finally, while online learning has many benefits, the potential negative impact on student mental health must be recognized and addressed. It is essential to implement measures to support the mental health of students, such as providing counseling services, promoting social interaction through online forums and encouraging physical activity and care personal care.

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