



Stress And Its Management Strategies For A Healthy Life

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Abstract: Nowadays, stress is commonly pronounced word. Stress is the natural response to challenges of human body. It shows impacts on everybody without any age limits, gender, and caste-creed discrimination. Stress is not classified as a mental illness but it can develop mental illness and creates severe health issues. In the present context of globalization, the people needs are rapidly increased compared to the needs of the ancient people. Younger generations do not have any clear ideas about the basic needs and luxury facilities. Young age is the critical period because at this time they face lots of changes and challenges in their life. There are various paths in which stress can be classified as it varies from person to person. Thus, understanding the sources of stress among them and how they can cope with the stress is very important. Hence, people should enhance their stress management capabilities to live a healthy life. Several researches have shown a great progress based on how to cope with challenges of stress and mental health. Descriptive – documentary study has been followed in this study and the article focuses on the causes of stress and stress-related health problems among present generations and the management strategies to overcome it for a healthy life.

Keywords - Stress, Management strategies, Mental health.

I. INTRODUCTION

Globalization has composed a new trend for lifestyle. A huge demand is raised for essential services and needs. People are at the competitive edge to fulfill their basic needs. People are trying to improve their lifestyle with all facilities of services. Thus, sometimes they forget about the basic needs and begin to fulfill the desires of them. People try their best to become successful in order to fulfill their dreams. Maximum efforts are put in developing the lifestyle. Hence, in order to maintain the lifestyle, people are forced to work overtime and they begin to run for the life without considering mental health and healthy life. This is how the stress traps the people. The causes of stress in the current world scenario and those in the past are very different. Needs of the present generations are rapidly increased compared to the needs of the ancient people. Ancestors had self-satisfactory mind that they had clear idea about the basic needs and desires but younger generations do not have any clear ideas about the basic needs and luxury facilities. Stress is formed and developed rapidly in present generation. Primary reason for the stress is desires beyond their levels and dis-satisfaction with what they are having at present.

Stress affects us all in different ways. However, stress can become overwhelming if we consider the situation to be un-manageable, creating various emotional and physical challenges that can vary in strength from person to person. Stress is a natural human response to situations that feel difficult to handle or beyond of our control. It could also be the thoughts that keep us awake at night when worrying about money.

Stress is the “psychological, physiological and behavioural response by an individual when they perceive a lack of equilibrium between the demands placed upon them and their ability to meet those demands which, over a period of time, leads to ill-health” (Palmer, 1989). There are mainly two types of stress:

- **Acute stress:** A short-term stress is acute stress that goes away quickly, e.g. arguments with loved ones, work related deadlines, noise in traffic jams etc.
- **Chronic stress:** Chronic stress is that type of stress which lasts for a longer period of time or any type of stress that goes on for weeks or months is chronic stress. Few examples of chronic stress are money related problems, unhappy marriage life, trouble at work place etc.

If we don't find the techniques to manage stress, it may lead to physical and mental health related problems. Therefore, mental health experts have found new ways in which they can help the young people to cope with these conditions, such as quality of sleep, exercise regularly, healthy food habits, social interaction, time management etc. Research has proved that these methods play a huge role in helping the young people find lasting solutions to the issues that causing them stress.

II. OBJECTIVES OF THE STUDY

- To know about stress and causes of stress.
- To study some common symptoms of stress.
- To analyse the strategies used for managing stress.
- To discuss the importance of Stress Management.

III. CAUSES OF STRESS

Several situations can cause stress. Some of the most common causes of stress are as following:

- **Work-life imbalance:** For example, worries about unemployment, feeling a lack of control over the job, and not feeling rewarded for hard work can all contribute to stress at work place and personal life.
- **Money:** Money and debit concerns are placing huge stress on many people, especially with the high cost of living. Many people are struggling to pay various bills and grocery prices, feels to stress and mental health difficulties.
- **Relationships:** For example, arguments with family members, mental & physical illness, family difficulties etc. can all convert to stress and effects on mental health and daily life.
- **Tend to live like others:** Nowadays, People tend to live like others, who are successful in the world. So, they choose the hardest paths and strictly follow them, which are totally inappropriate for themselves.
- **Competitive pressure:** In the present context, digital world changed the traditional lifestyle of the people. Advanced technology has stimulated competition among the younger generations. Although technology has facilitated the routine lifestyle, but it also deviates the youngsters from healthiest lifestyle.
- **Busy schedule in daily life:** People are too busy with machineries, they spend their valuable time in works and busiest life schedule, and they don't have time for leisure activities.
- **Virtual and modern lifestyle:** Virtual and modern lifestyle is the major key for the stressfulness. As technological development has reached its peak, people have drastically reduced the face-to-face communication between other humans. Moreover, globalization makes people refrain from friends & families, relatives & colleagues, and fond of making thousands of virtual friends in the social network. People get isolated themselves from the society and engage in living in the virtual world, where there are huge numbers of anonymous people.
- **Contrast between the ideal societies:** Due to the contrast between the ideal society and the real society, people prefer loneliness. Thus, mental imbalance happens in their mind.
- **Obsession with goal achievement:** People's obsession with goal achievement puts undue pressure on them. Every employee should achieve the target in particular period. Thus, People are forced to work overtime without considering day & night and personal & social life.
- **Smoking, drinking, and drug use:** These bad habits can lead to dependence and worsen stress.

There is fierce competition in every part of human life, such as education, industrial, technology, family and other all essential sectors so that people try to carry more burdens to maintain their position in the competition. With the increase of competitive pressure, the mental health is affected, which can lead to a series of psychological and psychiatric illness, such as lack of sleep, restlessness, losing uniqueness of the individual, no time for relaxation activities, that leads to hamper mental health.

IV. SYMPTOMS OF STRESS & SOME HEALTH PROBLEMS RELATED TO STRESS

Although we all are experiencing on stress differently, some common symptoms and psychological & physical illness of stress are:

- Aggressiveness and extreme anger
- Demotivated mind-set, frustration, Depression
- Nervousness, Restlessness, Anxiety, short temper
- Fatigue or lethargy
- Migraines, appetite changes
- Moody, mood swings, Irritability
- High blood pressure
- Accelerated speech, Lack of confidence
- Nail biting, Getting confused easily
- Worrying and Health issues
- Headaches, Muscle tension
- Racing heartbeat, stomach upset
- Difficulty concentrating, Forgetfulness
- Sleep difficulties
- Using unhealthy habits (like smoking or drinking)
- Suicidal

These are the some common symptoms of stress.

Some health problems related to stress are:

- Heart disease
- Obesity
- Diabetes
- Gastrointestinal problems
- Accelerated aging
- Premature death etc.

V. STRATEGIES FOR MANAGING STRESS

Stress management is a set of techniques intended to help people deal more effectively with stress in their lives by analyzing the specific stressors and taking positive actions to minimize their effects. Proper management strategies of stress are really very difficult. Here are some techniques used for managing stress:

- Yoga and meditation
- Physical exercise
- Entertainment
- Tour with friends and family
- Keep away from stressful environment
- Restful quality sleep
- Speaking with closed persons
- Playing with pet animals
- Participate in outdoor group games
- Move your body regularly
- Keep a healthy diet
- Positive thinking
- Proper time management and maintain a routine
- Consider your lifestyle habits
- Understand when stress is causing you a problem
- Identify the causes of your stress
- Be kind to yourself and practice regular self-care

- Be mindful and be aware of your smoking and drinking habits

VI. THE IMPORTANCE OF STRESS MANAGEMENT

International Stress Awareness Week (first week of November) is one of the popular awareness programs, which mainly focus on the stress management activities. Stress management strategies have consists of techniques to control the stress level of the people by planning the routine works properly according to the effective life schedule. Hence, preventive measures against mental illness and mental stress are being taken globally in order save lives from various kinds of stress and depression. Medical worker, doctors, government organizations, volunteers, and international organizations conduct various type awareness programs to protect people from extreme stress. Proper blood circulation through regular physical exercises, some relaxation activities such as yoga, meditation are very much useful to relief from stress. In addition, people can create strong bonds between families and friends and involve in social activities. People should realize the purpose of the life. Priorities must be given to peace of our mind for a healthy life. People should live their own life instead of following the modern lifestyle of others.

VII. CONCLUSION

Nowadays, stress has been an integral part of life because there are many things which act as a catalyst in increasing stress and hamper of mental health. Stress is not limited to adults only, but stress is increasingly affecting children of all age group. The recent trend of the world has become so fast that the needs of the people have spread beyond their basic needs. Due to the increased population, there is a tough competition among those who meet their own essential needs. Therefore, people rush towards their goal without considering day and night and forgetting the real purpose of life. Hence, the mind is subjected to excessive pressure and stress. When people faced with stress and negativity, tend to escape from the reality deviate from the healthiest life. The ancient people have the ability to keep mind balance. Unfortunately, youngsters feel imbalance in the peace of mind. Proper management of stress is really very difficult though parents are also responsible of guiding the healthy growth of their children and should stimulate a healthy life. Proper education system can also help to reduce stress form the students. Proper Stress management techniques should be introduced in educational institutions for awareness and managing stress among students. Life is mixture of the experiences and habits, people have to overcome the hard times and enjoy the happiest times.

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