



A SYSTEMATIC REVIEW ON STRESS AND STRESS MANAGEMENT

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ABSTRACT

Stress is a fact of life, wherever you are and whatever you are doing. Sometimes it acts as a positive force and sometimes as a negative force. Stress is a condition of mental pressure for particular individual facing problems from environmental and social well-being which leads to so many diseases. If you experience stress over a prolonged period of time, it could become chronic, till you take some action. Young age is the critical period because at this time youth faces lots of changes in his/her life. About 500 million people worldwide are believed to be suffering from neurotic, stress related and psychological problems. You cannot avoid stress, but you can learn to manage it so it doesn't manage you. Thus, they should enhance their stress management abilities so as to live a healthy life after entering the society.

KEYWORDS: Stress, Stressors, Eustress, Distress, ABC strategy, Yoga.

INTRODUCTION

Selye (1956) defines stress as "any external event or any internal drive which threaten to upset the organism equilibrium is stress". Stress is a dynamic condition in which an individual is confronted with an opportunity, constraint, or demand related to what he or she desires and for which the outcome is perceived to be both uncertain and important for our productivity, our relationships, & our quality of life. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive, such as when it helps you avoid danger or meet a deadline for most people, stress is viewed as a negative concept. However, stress can spur us on to achieve our best. For example, athletes often break world records under the stress and pressure of the Olympics.

Stress is the excitement, feeling of anxiety, and/or physical tension that occurs when the demands placed on an individual are thought to exceed his ability to cope. This most common view of stress is often called distress or negative stress.

Stress is a normal reaction the body has when changes occur, resulting in physical, emotional and intellectual responses. Stress management training can help you deal with changes in a healthier way. Stress can affect all

aspects of your life, including your emotions, behaviors, thinking ability, and physical health.

The physical or psychological demands from the environment that cause this condition are called stressors. When an individual experiences a stressor, the stressor will lead to a physiological response, one that can be measured by several indicators, such as elevated heart rate. In related literature, the term-stress is used to refer to this physiological response. Stressors vary in form and can include extreme temperature or lighting, time pressure, lack of sleep, and exposure to threat or danger, among others. All stressors, however, tend to produce similar physiological responses within the body.

TYPES OF STRESS

Stress is four types

1. Eustress
2. Distress
3. Acute stress
4. Chronic stress

Eustress

Eustress, a positive or good stress, that motivates and focuses energy. This is a short-term stress which is perceived within our coping abilities. You may feel exciting. It also improves the performance.

Distress

Distress, a bad or negative stress that may cause anxiety or concern. It can be short- or long-term which is perceived as outside of our coping abilities. It may feel unpleasant. It also decreases the performance that leads to mental and physical problems.

Acute stress

This is short-term stress that goes away quickly. You feel it when you slam on the brakes, have a fight with your partner, or ski down a steep slope. It helps you manage dangerous situations. It also occurs when you do something new or exciting. All people have acute stress at one time or another.

Chronic stress

This is stress that lasts for a longer period of time. You may have chronic stress if you have money problems, an unhappy marriage, or trouble at work. Any type of stress that goes on for weeks or months is chronic stress. You can become so used to chronic stress that you don't realize it is a problem. If you don't find ways to manage stress, it may lead to health problems.

CAUSES OF STRESS

The situations and pressures that cause stress are known as stressors. We usually think of stressors as being negative. The most frequent reasons for "stressing out" fall into three main categories.

1. The unsettling effects of change
2. The feeling that an outside force is challenging or threatening you
3. The feeling that you have lost personal control.

The Environment - The environment can present you with a barrage of competing demands for you to adjust. Weather, noise, crowding, pollution, traffic, dangerous and poor housing, and crime are all examples of environmental stressors.

Social Stressors - The pressures of the various social positions we fill, such as parent, spouse, caregiver, and employee, might cause us to feel several stressors. Deadlines, financial troubles, job interviews, presentations, conflicts, demands for your time and attention, loss of a loved one, divorce, and co-parenting are all instances of social stressors.

Physiological - Physiological stresses are situations and conditions that have an impact on our bodies. Adolescent rapid development, menopause, disease, ageing, giving birth, accidents, lack of exercise, poor nutrition, and sleep disorders are all examples of physiological stressors.

Thoughts – Our brain interprets and sees situations as stressful, challenging, painful, or enjoyable. Some life situations are stressful, but it is our perception of them that determines whether or not they are a problem for us.

The many sorts of stressors are often classified into four groups by psychologists.

Crises/catastrophes, major life events, daily hassles/micro stressors, and ambient stressors are the four types of stressors.

EFFECTS OF STRESS ON BODY SYSTEM**Nervous System**

When stressed physically or psychologically the body suddenly shifts its energy resource to fighting off the perceived threat. It is known as Flight or fight response. The sympathetic nervous system signals the Adrenal gland to release adrenaline and cortisol. These hormones make heart beat faster, rise blood pressure, change digestion process and boost glucose level in bloodstream. Once the crisis cause body system return to normal.

Musculoskeletal System

Under stress, muscle tense up. The contraction of muscle for extended periods can trigger tension, headaches, migraines and various musculoskeletal conditions.

Respiratory System

Stress can make you breathe harder and cause rapid breathing or hyperventilation which can bring panic attacks in some people.

Cardiovascular System

Acute stress: Stress that is momentary, such as being stuck in traffic-cause an increasing in heart rate and stronger contraction of heart muscle. Blood vessels that direct blood to large muscle and to the heart dilate, increase amount of blood pumped to these parts of body. Repeated episodes of acute stress can cause inflammation in coronary artery, thought to leads-heart attack.

Endocrine System**Adrenal glands**

When the body is stressed, the brain sends signals from the hypothalamus, causing adrenal cortex to produce cortisol and the adrenal medulla to produce epinephrine, sometimes called the stress hormones.

Liver

When cortisol and epinephrine are released, the liver produces more glucose, a blood sugar that could give you the energy for "fight or flight" in an emergency.

Gastrointestinal System**Oesophagus**

Stress may prompt you to eat much more or much less than you usually do. If you eat more or different foods or increases your use of tobacco or alcohol, you may experience heartburn or acid reflux.

Stomach

Your stomach can react with “Butterflies” or even nausea or apin. You may vomit if the stress is severe enough.

Bowel

Stress can affect digestion and nutrients which your intestine absorb. It can also affect how quickly food moves through the body. You may find that you gave either Diarrhoea/constipation.

Reproductive System

In Men: excess amount of cortisol produced – stress can affect – normal functioning of Reproductive system. Chronic stress – impairs testosterone and sperm production and cause impotence.

In Women: Stress causes absent / irregular menstrual cycle or more painful period, reduce sexual desire.

SIGNS AND SYMPTOMS

The levels of symptoms are toward high. Youngsters may be unable to concentrate on academics and sports. They isolate from family activities or peer relationships. Adolescents may be experimenting with drugs and alcohol.

Stress can affect all aspects of your life, including your emotions, behaviors, thinking ability, and physical health. No part of the body is immune. But, because people handle stress differently, symptoms of stress can vary.

Spiritual symptoms

Emptiness, Loss of Meaning, Doubt, Unforgiving, Loss of Direction.

Emotional symptoms

Frustration, Depression, Mood Swings, Quick to Anger, Nightmares, Irritability, Easily Discouraged, Little Joy, Worrying, Imagining the Worst, Feeling Overwhelmed, Forgetfulness, Nervousness, Defensiveness, Fear, Grief Anger, Anxiety.

Mental symptoms

Difficulty solving problems, Difficulty making decisions, Difficulty concentrating, Difficulty calculating, Negative self-talk, Negative attitude, Denial: Believe nothing is wrong, Regularly criticize and complain, Withdrawal: Avoid situations, Catastrophize, Overly suspicious.

Physical symptoms

Appetite Change, Tightness in Neck Upset Stomach, Pounding Heart Accident Proneness, Cold Feet and Hands Sweating, Unexplained Choking Feeling Fatigue, Teeth Grinding Constipation, Chills Restlessness, Back Pain Memory Loss, Muscle Tension Difficulty Sleeping, Blurred Vision, Diarrhea, Chest Pain, Rashes, Twitching Word Loss, Breathing Difficulties, Headaches, Premature Aging ,Nausea, Overeating Colds, Violent Behaviour, Staring into space for extended period of

time, Drinking alcohol or using drugs to change your mood.

STRESS MANAGEMENT

Stress management is a “set of techniques and programs intended to help people deal more effectively with stress in their lives by analysing the specific stressors and taking positive actions to minimize their effects.”

Stress management is key to academic success, with a trusted friend or fellow student. If the pressure of taking tests causes you to freeze up, buy some practice tests at the school bookstore or online and work with them when there are no time pressures.

Examine your expectations - Try to set realistic goals. It's good to push yourself to achieve, but make sure your expectations are realistic. Watch out for perfectionism. Be satisfied with doing the best you can.

Nobody's perfect—not you, not your fellow Cadet, nobody. Allow people the liberty to make mistakes, and remember that mistakes can be a good teacher.

Live a healthy lifestyle-Get plenty of exercise. Eat healthy foods. Allow time for rest and relaxation. Find a relaxation technique that works for you—prayer, yoga, meditation, or breathing exercises. Look for the humor in life, and enjoy yourself.

Learn to accept change as a part of life- Nothing stays the same. Develop a support system of friends and relatives you can talk to when needed. Believe in yourself and your potential. Remember that many people from disadvantaged backgrounds have gone on to enjoy great success in life.

Relaxation techniques - Relaxation techniques can help us gain more control over the stress we encounter. This is because it is a technique that helps brings about the opposite bodily changes of the stress response or can reduce muscle tension. Refer to a book or see a counsellor at Counselling Services for specific guidance on relaxation techniques.

Eat regular well-balanced meals and get plenty of rest-When your body is run down, things can look worse than they really are and your ability to cope with them is also reduced. Limit your coffee to 3 cups per day and remember that chocolate and cola drinks also contain caffeine.

Set priorities-Use the time-management tips you learned in Section 1. Make a To-Do list. Decide what is really important to get done today, and what can wait. This helps you to know that you are working on your most immediate priorities, and you don't have the stress of trying to remember what you should be doing.

Practice facing stressful moments-Think about the event or situation you expect face and rehearse your reactions. Find ways to practice dealing with the challenge. If you know that speaking in front of a group frightens you, practice doing it, perhaps.

Exercise-A physical workout is a great tension releaser. Find something that you enjoy and will do on a regular basis. It can be as simple as walking or demanding as racquetball. Exercise can reduce anxiety and depression, reduce muscle tension and temporarily distract us from our stressors.

ABC STRATEGY OF STRESS

A = AWARENESS - what causes you stress? How do you react?

B = BALANCE - How much can you cope with before it becomes negative?

C = CONTROL-What can you do to help yourself combat the negative effects of stress?

DURATION

Stress can be a short-term issue or a long-term problem, depending on what changes in your life. Regularly using stress management techniques can help you avoid most physical, emotional and behavioral symptoms of stress.

DIAGNOSIS

- Hormonal test,
- Exercise stress test,
- ECG.

TREATMENT

- Talking treatment,
- Medication,
- Eco therapy,
- Complimentary and alternating therapies.

TALKING TREATMENT

Talking with trained professional can help you learn to deal with stress, which include Cognitive Behavioural Therapy (CBT) which helps you understand your thought patterns, recognize your trigger points and identify positive actions.

HERBAL MEDICINES

Passion Flower

It is a folk remedy for anxiety and insomnia which are comparable to benzodiazepines class which is used to treat stress. Increasing levels of the GABA in the brain. This lowers the activity of the brain cells, making the person feeling relaxed.

Lavender Essential Oil

Lavender oil helps alleviate anxiety and stress by inducing a calming effect on the central nervous system.

Cinnamon Essential Oil

It has anti-inflammatory properties and works wonders for soothing and aching muscles and produces calming effects.

Ashwagandha

It is a traditional medicinal herb with multiple health benefits. It can reduce anxiety and stress, helps fight depression, boost fertility. The medicinal part is the root. It acts by balancing the hormones and also depresses the brain.

Tulsi or Basil Leaves

It is a powerful anti-oxidant and its most significant might be for stress-relief and relaxation which acts by depressing the CNS activity.

ECOTHERAPY

It is a way of improving your wellbeing and self-esteem by spending time in nature. This can include physical exercise in green spaces or taking part in a gardening or conservation project.

COMPLIMENTARY THERAPIES

Yoga, Meditation, Exercise, Sleep, Acupuncture, Aromatherapy Massage.

CONCLUSION

Stress is the body's natural response to challenges. When a student experiences high level of stress or chronic stress, regardless of her age or grade, it can interfere with her ability to learn, memorize, and earn good grades as well as lead to poor physical, emotional and mental health. Learning to do this takes time, and although you cannot avoid stress, the good news is that you can minimize the harmful effects of stress, such as depression or hypertension. When we sense danger, the body's defences kick into high gear in a rapid, automatic process known as "the stress response." When working properly, the stress response helps us stay focused, energetic, & alert. By learning about common stressors, a parent can help to mitigate negative or chronic stress in a child's life. In today's date stress has been an integral part of life because there are many things which act as a catalyst in increasing stress. It is not limited to adults only, but stress is increasingly affecting children of all age group. Proper management of stress is really very difficult as parents don't have enough time to properly look after their children. Generally, people have common mindset that stress is only caused by a sad happening. But the truth is that stress can occur through a good experience as well. As far as stress for students are concerned, there are plenty of reasons which can cause stress in a student's life. Stress management among students in universities and colleges is a hit-or-miss matter. An attempt is done through this paper to know the impact of stress among students and the necessity of managing it in order to make the learning effective.

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