

## Stress management

TINNI DUTTA

Department of Psychology, Asutosh College, KOLKATA (W.B.) INDIA

### ABSTRACT

Modern life is full of stress. In this present paper nature, processes and consequences of stress are discussed. This present study has also highlighted on stress management.

Dutta, Tinni (2011). Stress management. *Asian Sci.*, 6(1 & 2): 125-126.

**Key Words :** Stress, Powerfull Stress management

Modern life is beset with problems and challenges. To cope with these changes human beings often undergo stresses. 'Stress is nonspecific response of the body to any demand' (Hans Selye, 1946). In simpler language it can be said that the term stress is used to describe the physical, emotional, cognitive and behavioural responses to events that are evaluated as threatening. The responses to stressful life events consist of an emotional response with somatic concomitants, coping strategy along with defense mechanisms.

Holmes and Rahe (1967) believed that any life-event that required people to change adopt or adjust their life styles would result in stress. They invented a way to measure the amount of stress in a person's life by adding up the total 'life change units' in their Social Readjustment Rating Scale (SRRS) like Scale. They have also assumed both negative events such as divorce and positive events such as marital reconciliation demand that an individual adopt in some way, and so both kinds of events are associated with stress known as distress and eustress.

Certain factors magnify the effect of stressors. It depends on personality pattern and perception of the individual. Following pattern reflect vulnerability to stress.

#### **Crises of feeling:**

I have difficulty in identifying what I am feeling. I feel puzzled and can't determine what to do .

#### **Low self esteem:**

Most of the time I feel inferior in every respect in comparison with others

Often I feel embarrassed and insecure.

#### **Defiance:**

Often I have to conform to other's decision to avoid

rejection.

I prefer to put aside my own interests and opinions in order to do what others want.

#### **Being powerful:**

I would like to convince others of what they should think and how they should act.

I become annoyed when others will not let me help them.

Emotional response to stressful life events are of two kinds:

anxiety and depressive responses. Anxiety responses are generally associated with events that pose a threat while depressive response involves separation or loss.

Coping strategies serve to reduce the impact of stressful life – events thus attenuating emotional and behavioral response.

One type of coping strategy is to work on eliminating or changing the stressor it self.

According to Folk man and Lazarus, (1980) Lazarus (1993) when people try to eliminate the source of a stress or reduce its impact through their own actions, it is called problem – focused coping . On the other emotion – focused coping is a strategy that involves changing the way a person feels or emotionally reacts to a stressor. An individual who use emotion – focused coping may view the stressor as a challenge rather than a threat. Again ignoring the problem is also found to be a good strategy when it is not possible to change or eliminate the stressor (Ginsburg *et al.*, 2003).

Emotion focused coping is highly related to several forms of defenses first proposed by Sigmund Freud .

Emotion focused strategies highlights following features .

Definition of defense mechanism	Example
Denial:- Refusal to recognize a threatening situation.	Anil is an addict who denies being an addict.
Rationalization:- Recourses to acceptable excuses behavior.	'Grapes are sour'.
Projection:- Placing one's own unacceptable impulses, ideas onto others.	Rama has an extra marital relationship with Kajol, but denies it and thinks Kajol is attracted to her.
Reaction formation:- Person forms an opposite emotional and behavioural react because of his /her threatening emotional thought.	Som unconscionably likes Ram but outwardly behaves rudely
Repression:- Pushing threatening or conflicting events to the unconscious.	Ramala has completely forgotten that she has ditched by her best friend during adolescence .
Regression:-Falling back on childlike patterns as a way of coping with stressful situations.	Anita always tries to sleep on her mother's lap whenever she is being scolded by her teacher.
Identification:- Wishes to become like someone else to deal with one anxiety.	Rama admires Saurav Ganguly and copies his behavior.
Sublimation: - Channeling socially unacceptable impulses and urges into socially acceptable one.	Tagore has received unbearable grief in his personal life but has been able to transform through creation.

**Releasing of pent up emotions:**

*Emotional catharsis:*

Positive reappraisal of the problem:- Recognizing that the problem has led to some good, for eg 'failures are the pillars of success'.

Avoidance of the problem:- By refusing to think about the stressor, to think about people who are causing it.

- Problem solving strategies gives emphasis on:
- Identification of the problem
- Seeking professional help
- Exploring the pros and cons of the problem
- Decision making.

According to Jung once man is set to pursuit of external thing, he is never satisfied ..... The externalization leads to an incurable suffering because of one's own nature.

Human beings should develop their self consciousness and acquire spiritual knowledge by practicing psychospirituality and meditation. Psychospirituality

teaches mankind that there is a higher purpose to suffering. Suffering is God's gift as it leads to self-actualization therefore we should utter Longfellow's poem in the moment of intense life-event stress.

'In the world's broad field of battle  
Be a hero in the strife!  
.....  
Let us, then, be up and doing,  
With a heart for any fate,  
Still achieving, still pursuing,  
Learn to labor and to wait'.

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*Received: June, 2011 ; Accepted : October, 2011*