



Volume: 2, Issue: 10, 159-160
Oct 2015
www.allsubjectjournal.com
e-ISSN: 2349-4182
p-ISSN: 2349-5979
Impact Factor: 5.742

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Learn to manage stress a Conceptual Framework

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Abstract

Stress has become significant due to dynamic social factor and changing needs of life styles. Stress is man's adaptive reaction to an outward situation which would lead to physical, mental and behavioural changes. Now a day the corporate sector is booming in a high speed that the people have to work for prolonged hours to maintain the standard of living and achieve their basic needs. So is the condition in the hospitals, colleges, BPO's and lots of other places. In spite of having the modern technologies and facilities, people are feeling themselves to be work loaded and stressed. Stress arises because of many reasons which are discussed in the following project. The article also contain techniques how to reduce the stress and overcome such problems. To identify the level of stress among the people who work I have tried to survey the people working in hospitals, BPO's and other industries as well as institutes. Stress arises because of unfulfilled wants, lack of job satisfaction etc.

Keywords: Stress, Stress at work place, Stress management, Causes and Prevention

1. Introduction

➤ Definition

Hans Selye was one of the founding fathers of stress research. His view in 1956 was that "stress is not necessarily something bad – it all depends on how you take it. The stress of exhilarating, creative successful work is beneficial, while that of failure, humiliation or infection is detrimental." Selye believed that the biochemical effects of stress would be experienced irrespective of whether the situation was positive or negative.

The most commonly accepted definition of stress (mainly attributed to Richard S Lazarus) is that stress is a condition or feeling experienced when a person perceives that "demands exceed the personal and social resources the individual is able to mobilize."

➤ Stress

A state of mental tension and worry caused by problems in your life, work, etc. something that causes strong feelings of worry or anxiety physical force or pressure there are 4 main categories of stress, namely eustress, distress, hyper stress and hypo stress. Negative stress can cause many physical and psychological problems, whilst positive stress can be very helpful for us. Here's how we differentiate between them.

➤ Eustress

Eustress is good stress. Stress is simply an external stimulus, eustress is the feeling you get when overcome with the excitement and anticipation of a desired outcome. Eustress was first introduced by Hans Selye MD, an endocrinologist. Eustress is defined as "stress that is healthy, or gives one a feeling of fulfilment or other positive feelings. Eustress is a process of exploring potential gains"

➤ Distress

Psychological distress is a general term used to describe unpleasant feelings or emotions that impact your level of functioning. In other words, it is psychological discomfort that interferes with your activities of daily living. Psychological distress can result in negative views of the environment, others, and the self. Sadness, anxiety, distraction, and symptoms of mental illness are manifestations of psychological distress.

➤ Hyper stress

Hyper stress has a tendency to go and go until they literally cannot go anymore. This category of people has an overproduction of cortisol which carries them through all the stressful events. But after a stressful event, the parasympathetic goes into overdrive and causes the individual to collapse.

➤ Hypo stress

Hypo stress stands in direct opposite to hyper stress. Hypo stress is basically insufficient amount of stress. That is because hypo stress is the type of stress experienced by a person who is

constantly bored. Someone in an unchallenging job, such as a factory worker performing the same task over and over, will often experience hypo stress. The effect of hypo stress is feelings of restlessness and a lack of inspiration.

2. Stress at Work Place

Stress at work is one of the leading causes of people being off sick. The majority of people experience stress at some point during their working life. There is no such thing as 'good' stress, but some people find it more tolerable than others. When stress becomes enough of a problem to affect your ability to carry out your work or other day-to-day tasks, or to enjoy things you have previously liked, it can become a disability like any other mental health condition.

3. Stress Management

Stress management refers to the wide spectrum of techniques and psychotherapies aimed at controlling a person's levels of stress, especially chronic stress, usually for the purpose of improving everyday functioning. Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response. Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. For example, it can help you win a race or finish an important job on time. But if stress happens too often or lasts too long, it can have bad effects.

4. Causes of Stress

The causes of stress are known as *stressors* and there are literally hundreds of different types of stressors. Any event in life that a person finds threatening, difficult to cope with or causes excess pressure can be a potential cause of stress. It is important to bear in mind that stress is an individualistic, subjective experience and therefore what one person finds stressful another may not. Stressors can be broken down roughly into either external or internal (or a mixture of both.) Stress is more likely in some situations than others and in some individuals than others. Stress can undermine the achievement of goals, both for individuals and for organisations

5. Prevention of Stress

Limit on-duty work hours to no more than 12 hours per day. Rotate work from high stress to lower stress functions. Rotate work from the scene to routine assignments, as practicable. Use counselling assistance programs available through your agency. Drink plenty of water, and eat healthy snacks like fresh fruit, whole grain breads, and other energy foods. Take frequent, brief breaks from the scene as practicable. Talk about your emotions to process what you have seen and done. Stay in touch with your family and friends. Participate in memorials, rituals, and use of symbols as a way to express feelings. Pair up with another responder so that you may monitor one another's stress.

6. Conclusion

Stress in the work place has become the black plague of the present century. Much of the stress at work is caused not only by work overload and time pressure but also by lack of rewards and praise. Start by paying attention to your physical and emotional health. When your own needs are taken care of, you're stronger and more resilient to stress. The better you

feel, the better equipped you'll be to manage work stress without becoming overwhelmed.

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