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## Ways of stress management

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**Abstract:** *Stress, as easy to pronounce this word is as difficult to explain it. If we say in the language of psychology, stress means increased demand from resources. Everyone is motivated to behave with a certain tension to suit their different demands. In an ideal situation, humans fulfill their demands and get rid of the propulsion. But the reality is somewhat different from this, where either personal or environmental barriers try to prevent the ideal situation. As a result, a specific mental state is created in a person which is a composite of all mental, internal or biological responses to that particular situation. Perhaps this is the reason why stress has been described as a type of psychological pain. Therefore despite the pervasive use of the word stress, it is marked as a fairly obscure concept that is very difficult to describe accurately.*

**Key Words:** Stress, psychology, motivated, tension, ideal situation, propulsion, environmental barriers.

It is generally found that stress arises only when there is some kind of obstacle in the path of one's goal. To handle such a situation, when a person does not feel very well or starts thinking negatively and exaggeratedly about the past, present and future, this kind of cognitive zone or state causes psychological stress in the person. It has also been seen often that when people feel frustrated, angry, struggling overwhelmed, they become stressed. This is a psychological state that one wants to get rid of. By means of getting rid of such a situation, one might as well, incorporate either fighting or running away.

Today's technological era is progressing on the path of rapid development, so pre-established customs, traditions and values in this fast-changing period have been rapidly scaled up relative to it. In such a situation, it has become a difficult task for humans to control their psychological stress according to these modified standards. But it is also an eternal truth that while one person may feel stressed or overwhelmed by the same situation, the other person can use the same situation as a challenge and create an opportunity in that disaster. This means that although stress is a universal phenomenon, there is some degree of individual variation in its effects. This means that even though the type of stress is constant, different patterns of reactions will be found in the responses of individuals in different situations, as individual differences in response also occur. A particular pattern of this type of stress responses is called the response stereotype (Lacey & Lacey 1958) in psychology. According to Kasprovicz et al. (1990) and Llabre et al. (1998) how stress conditions affect a person, when people perform a stress-related process of coping with stress, some individuals tend to show active coping while others exhibit significant responses related to aversive vigilance to related stress. Now that it has become clear here that there is some role of individual variation in the prevalence of stress, it cannot be avoided to say that social and cultural roles are also inevitably included in stress and its adjustment.

In the present scenario, stress is widely covered over almost all walks of life. Stress can be caused by anything like competition, intense craving to achieve excellence in high technology, hidden compulsion to do work in a short time, craving for superiority, comparison etc.. Stress also generates a psychological contraction in a person due to this type of situation arising. The effects of stress are manifested on both physical and mental levels of all individuals. Perhaps this is the reason why today the word stress is used as interchangeably with fear and anxiety. And somewhere, when this word comes, at the mental or emotional level, the idea arises that we are not able to deal with the challenges of the situations we are facing. The reason for the effect of stress is always the primary evaluation of the situation that is responsible for causing that stress. It is always evaluated at the primary level that whether such



a situation is a threat or a problem causing discomfort to a person. After this, the person thinks in terms of whether he has enough resources available to meet such a demand. When a person is not able to meet the demands of the situation, then a state of tension arises within him. That is why Cannon (1929) called this "homeostasis." Selye (1956) used the term "stress" to represent the effects of anything that seriously threatens homeostasis. Another reason for stress is attentional overload or information overload too. These two factors are such that together they generate a mental work load on the person. Hence, the person either becomes under-arousal or becomes extremely agitated due to which a state of tension arises.

If we understand that it is always easier to deal with difficult emotions, and then it will be necessary to know that stress - fear and anxiety can provoke worry and emotional uneasiness, but each represents a different emotional response. By appreciating the difference and relationships between these feelings, we can put our problems into a perspective. According to American psychologist Kelly McGonigle, our perceptions about stress have the same effect on our health. It is good for both body and mind if we understand how a moderate level of stress can actually be a beneficial experience.

Thus, it is clear that after the evaluation of the situation, the availability of resources and psychological implementation of these resources in front of the person relative to the recorded demand is actually the defining element of stress. Many psychologists present different views differently in terms of justifying the meaning of stress. Some psychologists defined stress as stimulating, while some defined it as a response. Apart from all this, an elective approach also came which followed the interactive model. Hence, it is now said that stress is a multidimensional process that occurs before a person in response to events that disrupt or disrupt their somatic and psychological functions. But this does not mean that stress is always a negative process.

**Psychology of Stress-** Stress usually refers to the main two things where the first is the psychological concept of pressure and on the other side is the recognition of the biological response of physiology. Psychology has accepted such grounds as the fundamental pillar that the presence of stress keeps the person alive, which is an essential part of his motivation. So, it is necessary for a person to behave, perhaps this is why the presence of stress has also been considered to be indispensable for a person's behavior.

**Approaches of stress-** Probably the same thing forced by Hand Style and Levi who classify stress mainly into two different perspectives. These were both positive and negative.

1. **Positive Stress:** Positive stress is the type of stress that is necessary to make a person's actions positive. It also plays a key factor in motivation, adaptation and response to the environment, although its excess quantity also damages a person's body and brain, but still its presence in a reasonable amount increases a person's performance. Stress also provides the sense of urgency and alertness needed for survival when confronting threatening situations. The Hans Selye (1956) gave this type of positive tension the name eustress, which was a concept of exaltation based on the ideology of euphoria. Eustress, was occurs when a person positively expressed a stressor which is necessary for motivation in the person.

2. **Negative Stress:** The second major type of tension was Hans Sally named distress. The word distress is derived from basic incompatibility or disagreement, which implies the risk of crisis arising for the quality of life. It occurs in a person at a time when the demands of the environment exceed the capacities that result in negatively affecting the mental and physical health of the person and causes symptoms such as headaches, digestive problems, skin complaints, insomnia, ulcers as well as poor productivity along with harmful effect on mental, physical and spiritual health.

Excessiveness of stress reduces the mental health in an individual and leads to absence of happiness, which results in significant psychological disturbances such as quality of life, satisfaction, and happiness. Somewhere it also causes a lack of mental pleasure of a person, which opens the way for him to go into depression and sometimes



this path is closed by suicide. Thus it is clear that it can also prove to be very risky for a person's life.

**Cause of stress-** Many research works have been done by psychologists in terms of what causes stress. Based on these researches, it has been known that stress is caused not by a certain reason but because of different types of causes. Major causes of stress are stressful life events that might be- a loss of pregnancy, all-or-nothing attitude, busyness, not happy with your job, emotional problems, bereavement, being insecure about job or risk of termination, chronic medical problem, conflict and divorce, driving in heavy traffic or fear of an accident, excessive noise, overcrowding, harassment at work, family problems, financial problems, getting married, having excess workload or over responsibility, poor management, unclear expectations of your work, poor decision-making process, increase in financial obligations, job issues or retirement, lack of time or money, loss of a job, major life changes, moving home, moving to a new home, negative self-talk, overwork, pessimism, pregnancy and becoming a parent, relationship difficulties, relationships at work, relationships, marriage and divorce, rigid thinking, lack of flexibility etc. Thus, it is clear that the effect of stress is isotropic, whereas its productive factors may be many. This is why the prevalence of these factors is listed, ordered and validated by Holmes and Rahe with the help of the Holmes and Rahe Stress Scale, in which the scale is constructed by ten life events that are able to cause the most stress in a person of which can say that stress is a psychological phenomenon that exists in an effective form all over the world.

**Impact and Remedy of stress-** In the same sequence, it is also clear that when examining the effects of stress on life, we find that the direct effect of stress is not only on our very body but also on the mental level, which are discussed on a wide scale. If we take a hierarchical look, find that the effects of stress are emotional, behavioral, biological and ultimately mental as well. If the stress is prolonged it has many effects on the health of the person, then its consequences are very severe such that the person's autonomic nervous system becomes over-active while experiencing chronic stress continuously which can cause damage to the body resulting in diabetes, hair loss, heart symptoms of disease, obesity, etc. start appearing. Thus it is clear that there is a need to create a clear resistant system against such stress. This resistant system is known as stress management. Scientific interest in stress and its management dates back at least to World War I, when soldiers were found to exhibit shell shock, an extreme reaction to the trauma of battle that was subsequently acknowledged to be a manifestation of post-traumatic stress disorder (Lazarus 1999). From that day till today, psychology has taken the initiative to eradicate this tension from the society and the stress management is the implemented form of that pledge.

**Stress management-** Stress management word is formed by combining the two words i.e. Stress and Management. In general, such an experience of emotional and physical reactions when a person encounters a situation in which the demand is far greater than their coping resources is known as management of stress. Now the question arises as to what is management. Management is the process of adjusting and coordinating the targeted tasks by efficiently and effectively utilizing the available resources by planning, directing and controlling efforts (human coping strategies) in which the achievement of the goals is ensured so that the set goals can be completed. Thus, Stress management refers to a broad gamut of procedures and psychotherapeutic techniques to control stress level of an individual specifically enduring stress, usually aimed at improving everyday functioning.

Many styles of stress management are found in humans. Sometimes an individual accepts changing their situation as the best way to manage stress, while at other times, changing the way one reacts to the situation is considered the superlative strategy. The beginning of stress management always initiates with identifying the basic sources of stress. It has emerged as the most significant skill and psychological ability in this era. There is no single solution to stress; rather it is a step-wise or hierarchical process that seeks to achieve cohesion by incorporating several interrelated activities.

**Indian ways to manage stress-** In this phase of development, stress has emerged as a main problem in developing countries like India. The reason for this stress can be anything, whether personal relationships, excess



workload and responsibilities, increased demands, financial stress, loss of a loved one, health problems, exposure to one or more traumatic events etc. Therefore, recovering from such tension was the primary goal of Indian mystics. In this sequence, several measures have been taken to manage stress. In the Indian tradition, many measures have been taken which used to influence the person on the level of ethics, morality and behavior. These were measures that directly affected the mind and cognition. Therefore, various measures have been taken under stress management which has direct impact on individual's psyche.

In the Indian tradition, habitually imbibing mantras, reciting sacred books, worship is the primary management of stress because such efforts can provide mental gratification or relief to the individual. Rituals performed openly or latently in celebrations and ceremonies under the Indian tradition provide spiritual bliss that is an inspirational dose to an individual's mind. However, yoga seems to be the earliest and effective way to provide peace of mind. Moreover, relaxation techniques such as meditation, physical exercises, listening to soothing music, deep breathing, and various natural and alternative methods are the most effective stress buster. In the same sequence, some stress management techniques are mentioned below, which reflect the ideals of the Indian tradition, as well as effective stress management tips.

1. **Yogic techniques:** The purpose of the yoga is to mend your daily activity to create a positive free flow of positive energy in and out of the body and mind. Even several type of yoga asanas like savasana, sarvangasana, makarasana, bhujangasana, matsyasana, ardhmatsyendrasana, siddhasana, ardhmatsyendrasana, halasana and padmasana etc. improve and heal the states of stress, tension, frustration, migraine, fear, insomnia reactions along with strengthening muscle tone, flexibility, strength and stamina of an individual and thereby reduce tension and stress.

2. **Music Therapy:** The music is a series of different organized sound vibrations. When the body receives such sound vibrations, the person's state of mind has a positive feeling. The music therapist tries to relate all aspects of mental, social, emotional, and spiritual in the health of the person to specific rhythmic musical sensations, which gives the person a positive spiritual or emotional feeling. Music therapy attempts to establish a person's mental and emotional adjusted satisfaction through high, medium and slow rhythmic, nostalgic vocal vibrations of music. However, examples of this have also been found that the favorite music relieves the person from stress, anxiety, nervousness, and frees him from anxiety or depression. Moreover, it has also been seen in researches that when a person listens to music, he experiences it and conceives an experience as wellness. Further, if a person listens to happy music, he increases his inner happiness, performs self-expression, self-improvement, and can change his thinking in rational and positive way. This technique has also proved effective on cognitive impairments like Parkinson's, and Alzheimer's. Researches on music therapy has also made it clear that people who listen to music have better mental and physical coordination than those who do not listen to music and are able to perform their tasks in a balanced and accommodating manner. Thus any type of music that is not noisy, positively affects health. Some researchers have found that listening to music intensifies the antibody immunoglobulin in the body by increasing the production of cells possessing the individual's immunity, which provides a strong base for the immune system. This is why music is also related to relaxation. One of the main reasons for stress management through music is that music also provides emotional support to the person. In this way music enhances the quality of life of a person and also helps in emerging from other mental disorders like mental illness and stress.

3. **Aura Therapy:** It is one of the most innovative methods currently being used to manage stress. It is basically a method based on the person's aura. Every individual has its own energy field which determines his/her sensory and emotional belongings that are produced in it. In this method, an attempt has been made to describe it as a comforting and psychics talk about stress healing based on the magnitude and nature of this aura. However, there is no concrete evidence or means available to see a person's aura. Moreover, it is spiritual alternative medicine in which the important



areas of the person are emphasized, somewhere it is also based on science and yoga. Consequently this new method has proved to be effective in managing stress because it has been proven to be able to minimize the most negative qualities of a person's anxiety or stress.

4. Sound therapy: Sound therapy is found to be extremely beneficial in almost all stress related problems. This therapy is easier than others and it is more useful for stress, such therapy can be used well on sleep, motivation etc. It provides stress-relief to the person suffering from stress, respite from anxiety and removal of disorders resulting from stress by eliminating the possibility of exhaustion and increased mental focus and concentration.

5. Naturopathy: Today, this therapy has its own great importance as an alternative medicine method to free the person from stress. This is a complete natural medicine, which has its initial characteristics as its main characteristics. Naturopathy comes under many methods like self-healing, harmless treatment, holistic treatment, self-creation etc. The greatest feature of NT is that it does not cause any harm or pain to the person's body nor does it make any kind of penetration but it makes the person mentally strong. Under this, 5 basic elements of nature are used to increase the capacity of a person. This type of therapy includes techniques like mud therapy, magnet therapy, color therapy, acupuncture, acupressure massage therapy, hydrotherapy, fasting, diet therapy, air therapy, etc. Natural therapy using such methods makes a person healthy on a physical as well as mental, emotional and behavioral level. So, it is increasingly used under stress management methods as well.

**Conclusion-** Thus, it is clear that the good health status of any individual is the presence of sound homeostasis in it, which can be established by freeing the negative disease like stress. That is why stress management techniques are used to relieve stress. These techniques have been proven to be able to overcome negative diseases like stress. In order to get rid of stress, if a person cannot change the situation, he should change the way he responds to it. It should be an individual effort of a person to eliminate stress, along with seeking professional medical help if needed as no one can know a person better than himself. This type of ideology gives rise to optimistic positivity in a person and helps in minimizing his or her stress. In order to generate such thinking style, many methods have also been mentioned in this chapter. Apart from this, there are a lot of methods such that it is not possible to be described it in a few words. Apart from these, there are some methods which are mentioned below:-

1. Apply positive psychology in life: redefine the self
2. Aroma therapy
3. Ayurveda therapy: Use of Brahmi, Ashwagandha etc.
4. Control on stress-states
5. Catharsis from self
6. Color therapy
7. Control on stress states
8. Diet management
9. Flower therapy
10. Homa therapy
11. Kite Flying
12. Meditation
13. Painting
14. Pray to god: spiritual healing
15. Promote positivity in environment
16. Seeing natural beauty
17. Singing song in alone
18. Spirituality

**19. Writing poem, dairies or stories**

Ultimately, it can be said that simple yoga, meditation, yagya or home, naturopathy, color therapy, etc. can be used to fulfill required mental needs by using methods devised from the Indian traditions, which can also play an effective role in minimizing mental discomfort. Many institutes and centers are also open in India to provide the basis for such Ayurveda, spiritual, yogic and philosophical practices, by which people can become proficient in this type of skill even after getting training or initiation and also prove beneficial in the accomplishment of proper stress management.

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