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OVERVIEW AND SYMPTOMS OF STRESS-A GLIMPSE

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ABSTRACT

Stress is a body response towards certain situations and it is primarily a physical response. Stress is subjective something that may be stressful for a person like speaking in public, for another person it may not be stressful. All stresses are not "bad" either, for example, can also be considered a "good" stress. Stress can have an effect on physical health, mental health and behaviour. In response to stressful stimuli, the body turns on its biological response: chemical compounds and hormones are released that are meant to help physique upward jab to the challenge. The heart rate increases, brain works quicker and turns into razor sharp and have an unexpected burst of energy. With the progression of information technology and nowadays complexity of human lifestyle has undergone drastic changes. Stress is the contribution of the modern society, to a moderate level, it is necessary for life but in excess, it taxes the people. Stress refers to the events that an individual perceives to be harmful or emotionally threatening. In this article, overview and symptoms of stress has been highlighted.

Keywords: Stress, Symptoms, Energy, Lifestyle

INTRODUCTION:

Stress in terms of strain experienced by the people and identical situations may or may not provide rise to strain in different individuals. Life stress is the characteristics of stress bursting events and the individual's reactions towards the situation. It is mainly concerned with individual's current traumatic



events and the meaning he/she might connect to such events. Thus, stress is that stimulus that enforces strain and cannot be simply accommodated by the human body and result is weakened health and behaviour. Stress is a complex phenomenon and it is a very subjective experience. Sometimes a challenge for one person, will be a stressor for another person. It depends basically on background experiences, temperament and environmental situations. It was reported that stress occurs when there are demands on the person, which exceed his adjustment resources. It also explained interactional approach in defining stress. Further, he said that stress involves the interaction of person and his environment.

Cannon observed that when subjects experienced situations of cold, lack of excitement and oxygen, physiological adaptation like emergency adrenalin secretions have been produced. Cannon illustrates about these folks as being under stress ^[1].

AN OVERVIEW- CONCEPT AND DEFINITIONS OF STRESS

Stress is a part of human life and it is generated by continuously changing circumstances that a person must face. The stress has different meanings for researchers of various disciplines. Professionals of biology said that it is used in relation to single organisms, population of organisms, and ecosystems. They refer to things such as heat, cold and inadequate food delivery as being a source of stress. Biologists add to this microbial infection and captivating toxic substances. Social scientists are more concerned about individual's interactions with their surrounding environment and the resulting emotional disturbances that can sometimes accompany it.

The concept of stress is vague because it is poorly defined; there is no single agreed definition in existence, it is a concept which familiar to both layman and professionals. It is understood by all when used in a common context but by very few when the more specific account is required and this gives the impression to be the central problem. One of the first scientific attempts to give an explanation for the system of stress-related illness used to be made through the medical professional and scholar, three degrees individual encounters in stressful situations. As stress being to get its negative impact on the human body and mind, a range of signs can immerse. Medical professionals have identified the physical and behavioral and behavioral symptoms of stress that occur earlier than the onset of serious



stress associated illness. They have also identified these illnesses that have a stress background, which means that they might also be added on or annoyed through stress ^[2].

Stimulus-Based definition of Stress

A stimulus-based definition, the first definition suggests that stress consequences from pressure. The rationale of this approach is that some external forces impinge on the organism in a disruptive way. Adding one more ounce to the weight of the beam might also make little difference to the complete load, however, might also yet be sufficient to motivate it to break. This is the important definition according to Oxford English Dictionary: to the difficulty a material thing, a bodily organ, an intellectual faculty to stress or strain; to overwork, fatigue ^[3].

Response-Based Definition of Stress:

This definition focuses on stress as a response to noxious or aversive stimuli. This is the factor of stress, who measured stress in terms of physiological responses, such as those represented with the aid of sympathetic adrenal-medullary exercise or through pituitary-adrenal- cortical activity. Selye observed the general adaptation syndrome all through which the physiological response to stress progresses through three stages. First, the body is alerted and responds with an alarm reaction. Next, autonomic activity is brought about as the body prepares to deal with the stress. This is the stage of resistance. The work of Hans Selye did most to popularize response- based definitions of stress because of his view the stress was a non-specific response of the body to any demand made upon it [4]. As with stimulus-based definition, very only some people rely exclusively on a response-based definition.

Causes of Stress

According to Lazarus (1966), the reasons of stress don't exist objectively, and individuals vary in what they see as a stressor in the first place.

- i) Disruption of circadian rhythms
- ii) Individual differences and the effects of shift work



Types Of Stress

- i) Acute Stress
- ii) Chronic Stress
- iii) Personal Stress

Types of Reactions to Frustration

- 1) Withdrawal: Behaviors such as asking for a transfer or quit a job.
- 2) Fixation: Generally, people blame others for their problems, without knowing complete confirmation.
- 3) Aggression: Acting in a threatening manner.
- 4) Regression: Showing behaviour such as immature and childish manner.
- 5) Physical Disorders: Physical ailments such as fever, upset, butterfly in the stomach, vomiting, etc.
- 6) Apathy: Showing irresponsible and disinterested work behaviour.

Symptoms of Stress

The following symptoms are most common to the people experiencing this situation:

- Many of them may experience pain in the body when they perceived stress. This pain may be localized to the head or back area.
- Lack of sleep, such as insomnia may become present.
- Many people may experience rise and fall in their body weight.
- Many of them may find that the muscles throughout their body are stiff and sore when they perceived stress.
- If an individual experiences stress constantly, it is assumed that the immune system will become jeopardized easily. This means that these people may suffer from illness more frequently.
- Gastrointestinal complications are quite common in stressed personality. It is not uncommon for someone to experience bouts of diarrhea, nausea, and even vomiting.



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- Difficulty in remembering things and concentrating is common when high levels of stress are experienced.
- People may experience severe mood swings. This includes experiencing depression and anxiety.
- People who experience stress have a difficult time making choices and think rationally.
- When an individual stressed, one will find it hard and troublesome to relax.
- Getting angry quickly is a common result of stress.
- Many who perceived stress may suffer from the emotional effects of feeling lonely and isolated from other people.
- Sleep disturbance.
- Back, Shoulder or neck pain.
- Tension or migraine headaches.
- Upset or acid stomach, cramps, heartburn, gas, irritable bowel syndrome.
- Constipation, diarrhea.
- Weight gain or loss, eating disorder.
- Hair loss.
- Muscle tension.
- Fatigue.
- High Blood pressures.
- Irregular heartbeat, palpitation.
- Asthma or shortness of breath.
- Chest pain.
- Sweaty palms or hands.
- Cold hands or feet.
- Skin problems (hives, eczema, psoriasis. tics, itching).
- Periodontal disease, jaw pain.
- Reproductive problems.
- Immune system suppression: more colds, flu, infections.



CONCLUSION

The attempt should develop an alternative way of defining stress based on the idea that the human organism is part of and in equilibrium with its environment, that is psychological process assist in continue an internal equilibrium and that the psychological functioning of the human being is sensitive to both internal and external conditions. Inexorably the difficulties related with the GAS prompted studies where the focus swing to exploring the external situations that lead to stress. [4] Consequently, the formulation of a stimulus-based approach to defining stress emphasizes on identifying to those aspects of events that might be causing stress.

Finally, if the stress continues past the capability of the physique to respond, the device is damaged and may collapse. This is the phase of exhaustion. This definition has contributed evidently to the questioning about stress, and it is in various instances assumed that psychological responses follow a similar course through the procedures can also have an insidious as nicely as an alarm-based onset. [5] The stage of resistance, when the character is adapting to or coping with the stress relies upon on specific characteristics of the person struggling the stress; however, the postulation is that at some stage if the stress persists, exhaustion or fall down becomes predictable.

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