



### IMPACT OF STRESS IN INDIAN SOCIETY

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#### **INTRODUCTION :-**

A man is a socialist person in his life there are many works to be done and many responsibilities to be accomplished. All these works in man's life result's in direct & indirect pressure on his mind which actually results in stress. All these events can be turn into Negative or positive stress. At the sometime, it is a certainly wrong to conclude that stress is always bad. Positive stress results in motivation and it may force people to focus more sharply on the problems. Negative stress severs and persists for long period of time it can be harmful. It can lead to poor performance which will be demonization.

Married Man or Unmarried Man will have different levels of stress. Same as unemployed person and employed person will also have different levels of stress. But it is fairly easy to conclude that everyone lives under a certain amount of stress. In fact the only people or person without stress is dead. Stress can be disruptive to an individual as any accident. Growing of stress results to health diseases and are also may on causes of death.

#### **WHAT IS STRESS:-**

Stress may be under stood as a state of tension experienced by individuals facing extra ordinary demands, constraints on opportunities. The pressure of modern life, coupled with the demand of a job can lead to emotional imbalances that are collectively labeled stress. However stress is not always unpleasant. To be alive means to respond to the stress of achievement and the excitement of a challenge stress is the spice of life & the absence of stress makes lie dull, monotonous & spiritless.



### TWO FACES OF STRESS:-

Stress can be defined in two ways.

A-Constructive stress

B-Destructive stress.

#### (A) CONSTRUCTIVE STRESS :-

It acts in a positive manner for the individual and the group of people or for any organizations for society etc. Low to moderate amount of stress can act in a constructive or energizing way moderate stress can increase effect, stimulate creating & encourage diligence in ones work. It forces you to work hard, pay attention to words work and complete prefects. Help as to create now ideas, new works, new innovation of technology. It's a self motivating stress means work hard in limited time. The none you work hard the more you earn.

"Every coin has two sides"

If we have positive effect of stress than negative also.

#### (B) DESTRUCTIVE STRESS :-

This stress is not healthy for the Individual or for any group of people & society. For any Individual this stress is very harmful. Overload of work given by boss in the office, family, pressure, financial problems etc. Can result in big tension or stress. Excessive stress may lead to overload & breach down a person Physical & Mental system. Performance on suffer as people experience illness brought on by ever intense stress which can result to mental problems, accidents, suicide's robbery, etc.

#### CONSEQUENES OF STRESS :-

Stress creates pressure on person, it results in a very bad experience. In today's era none of the person is free from stress. It consequences are.

(These are changes in human nature)



### SUBJECTIVE EFFECT :-

Anxiety, aggression, depression frustration, guilt, shame, irritability, bad temper, tension, nervousness & bloneness.

Using of drug, emotional outburst, smoking.

The person will not be able to take right decision, could not concentrate on work, frequent forgetfulness & mental blocks.

### PHYSIOLOGICAL CHANGES IN HUMAN BODY :-

Increase blood pressure, increased blood & urine catecholamine & increased blood glues levels, increased heart make, difficulty in breathing.

### SOCIETABLE EFFECT :-

Poor relation with the other- persons in society, changing of family relations behaving rudely with family members. Labours dissatisfied with job Could not spent much time with family etc. Every person in the society will have wrong felling for that person.

### How To Manage Stress or Remedies-

"There was never a night or problem,

that could defeat sunrise or hope"

"If you believe in our self to hard work

their will be no stress or tension,"

Stress should met kill us it should make us stronger. When we are no longer able to change a situation, we are challenged to change ourselves. This what happens in stress if we cannot change the situation or surrounding according to our will or nature. We should charge ourselves.

Challenges, difficulties come in our life's that brings tension & stress, but the only way to answer them is Smile & accept it.

**Peace Begins with a Smile**, Who is not courageous enough to take risks will accomplish nothing in life.



The only way to handle stress is courage & smile. Courage is what it takes to stand up and speak; courage is also what it takes to sit down & listen:

1. **Increase of Remuneration :-** The basic need of any Labour is food, Clothes, House & family. All this can be fulfilled by him/her by earning money. If he/she has to earn then have to work. The remuneration paid to them is not enough to complete their needs or wants. If their basic need or want is not completed they will not be motivated to work, so if their remuneration are increased they will work properly.

### 2. Supportive Climate:-

"A single twig breaks, but the bundle of twig is strong."

I.E. family support when the personal on individual is in stress his/her mind does not work properly. The decision & actions taken by him might be wrong, frequent forgetfulness, irritability & bad temper. If in this case he requires family & management support. They should provide positive ideas to solve the problem. If this support is given by the management then there will be no disputes from management, employees will work freely, better communication, participation in decisions making.

### 3. ROLE CLARITY :-

In the family the person might be head of family will be in stress. The whole family will be depressed & demotivated so the person should be free from stress to see the smile on his/her family members. All the work he/she is doing is all for his family. Had work, pain all that is for just for family.

In the office the employee role should be clear, He/she should clearly understand what is his/her job. They must know what the company expects & be confident they can meet these expectations.

- (i) Redefining the person role.
- (ii) Reduce overload by redistributing the work.
- (iii) Set up procedures to present hindrances to works.

### 4. EDUCATIONAL ENVIRONMENT:-

To create good educational environment some points should be taken care.



(i) **Good Relationship:-**

Good relationship means the good understanding among the teachers & students, parents & teachers and parents & child. If all things are communicated in proper under to student they will learn fast. Communication with parents will help more to build for a student meetings of parents & teachers.

- (ii) **Trust :-** Let student make decisions. From classroom layout to project ideas, let students have an say. Trust between teacher & student .

5. **EMPLOYMENT :-**

Leaving above the ways to get relief from stress their other ways also.

The main reason of stress in younger generation is of getting jobs now a days. Many of youngsters talented getting waste as they are not getting proper jobs. All of them are looking for Government jobs. No one want to do in private sector. Jobs are less/posts are less but application for jobs forms are more, (extra population).

Mr. Narendra Das Modi our P.M. has said that 'Don't be in search of jobs, be a job provider not a taker.' In these regards he/she should plan to start his/her our business. Be an entrepreneur not an employee. Use your creativity, innovative ideas solve the problems Very essential for creating positive environment.

"Remember that you & your students are only human. You can plan map, and research all summer, but once those kids get in the room anything can happen. You don't have to have everything together on day one."

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