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## RESEARCH ARTICLE

# MANAGING STRESS: NEED OF THE HOUR

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### ABSTRACT

Stress is starting from our mind. Stress is an innate reaction embedded from our life. Stress typically begins as pressure from ourselves or others and if we are unable to cope with pressure, feel stressed. The effects of stress will be different every individual. Stress happens when all need to adapt to new or challenging situations, and to manage daily issues. Almost one and all experiences stress periodically, and while a small amount of stress can motivate us, too much otherwise prolonged stress can be damaging to both our physical and mental health. Indeed, there are many things in life that can cause stress, including study, job (work), relationships, personal and professional life, family issues and financial problems. In this connection, therapy recommended for those struggling with stress is mindfulness. This means getting yoga, meditation, exercise, eating well (healthy diet and good nutrition), taking time to relax, positive thinking and positive way of life. Taking time to relax is key part of self care and essential for reducing stress. In fact, relaxation is an essential part of stress management. In this regard, counselling takes place when a counsellor sees a client in a private and confidential setting to explore a difficulty the client is having, distress they may be experiencing or perhaps their unhappiness with life, otherwise loss of a sense of direction and purpose. Acceptance and respect for the client are essentials for a counsellor and as the relationship develops, so too does trust between the counsellor and client. The counsellor may help the client to look at the options open to them.

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## INTRODUCTION

Stress can be defined as our mental, physical, emotional, and behavioral reactions to any perceived demands or threats. In other word, stress is the nonspecific response of the body to any demand, whether it is caused by results in pleasant otherwise unpleasant conditions. On the other hand, a reaction in your mind and body to an event in the outside world that alarms or arouses you. A good example of a stressful situation for many people is taking a test. If you find testing to be stressful, you might notice certain physical, behavioral, mental, and emotional responses. In fact, stress is the emotional and physical response what you experience when you perceive an imbalance between demands placed on you and your resources at a time when coping is important. Stressors may include the environment (such as noise, traffic, commuting problems, crowded or disorganized classroom or living conditions), academic (for instance deadlines, exams, presentations, assignments, competition, conflict or disagreements with professors or classmates), occupational (e.g., concerns about selecting a major; conflicting demands of work, school and home; conflicts with colleagues; working too many hours), financial (for example bills, debt, inadequate income, change in financial state), social (as loss of relationship; too many demands on your time; not expressing your feelings, needs, or concerns; relationship problems; interpersonal conflict; and lack of social support), physiological (at the same time lack of exercise; poor nutrition; sleep disturbances; and illness), and

changes (e.g., moving otherwise transitioning; beginning or ending of anything; and loss of a job or familiar surroundings). Finally, stress is an inevitable part of life. Family problems, broken relationships, examination pressures, the death of a friend or family member are all examples of situations that cause stress in people's lives. In limited doses and when one is able to cope with it, stress can be a positive factor since the pressure forces one to focus on what one is doing and respond accordingly. However, stress can be a destructive force in an individual's life if it gets too big to handle. Therefore, as with emotions, young people need to be able to recognize stress, its causes and effects and know how to deal with it. It is easier to work out the Activating event (problem) and Consequences (outcome) first, as the Beliefs (what you are thinking) are not always so obvious to us. Stress can become a vicious cycle without the stress management techniques needed to manage it. Stress is often defined as a bodily response to the demands of life in terms of emotional and mental aspects.

**Being Empathetic:** Showing empathy involves putting oneself in other peoples' shoes, particularly when they are faced by serious problems caused by circumstances or their own actions. It means understanding and internalising other peoples' circumstances and finding ways to lessen the burden

by sharing with them rather than condemning or looking down on (or even pitying which is another form of looking down on people) them for whatever reason. Thus empathy also means supporting the person so that they can make their own decisions and stand on their own feet as soon as possible.

### **Managing Stress for Effective Living and Positive Self**

**Talk:** Counselling is continues process. Counselling denotes an extensive variety of procedures for helping individuals and group to achieve adjustment, for instance, giving help in finding solutions to problems and healing discussion. It aims at making an individual self sufficient, self directed and to adjust themselves efficiently to the demands of a betterment and meaningful (balancing) life. According to Rogers, an effective counselling consists of a definitely structured permissive relationship which allows the client to gain an understanding of him to a degree which enables him to take positive steps in the light of his new orientation. A counsellor performs several roles such as counselling, education, awareness campaign, planning for the spread of the information, policy making matters and suitable choices. A counsellor assists individuals that have been infected with the virus to overcome the psychological stress, mental trauma and put in place various coping mechanisms (skills) to help the individual lead as normal a life as possible. A counsellor also plays an active role in setting up and running awareness campaigns at various levels in all spheres of life. They are responsible for educating the broader population and high risk groups about the virus and on how to protect themselves against infection. Counselling sessions are confidential and mostly involve the participation of a single client and a single caregiver (provider). The client has an absolute right to confidentiality and/or anonymity unless and until the client decides otherwise.

Overall, counselling is a dynamic process for mental wellbeing in modern era. The counsellor has to quickly understand the client's state of mind, counselee concerns, worries, level of confidence and ability to coping with crisis. In addition the counsellor has to proceed according to the needs of the client. The counsellor may have to change the counselling approach as per the client's response in all prospect of life. The counsellor should appear to be actively participating in understanding the client's dilemma by reflection of feeling, questioning and paraphrasing. On the whole, counselling is continues process and a face-to-face communication with the client or couple in order to help them arrive at voluntary, informed decisions and continues the process. It is somewhat different from suitable choice, in which you try to solve a client's problem by giving information and your personal opinion. Counselling requires a set of specific skills designed to facilitate informed decision making. GATHER guide to counselling to facilitate informed decision-making. The approach to counselling called Greet, Ask, Tell, Help, Explain, and Return (GATHER) has documented effectiveness (See Table 1). Other approaches offer guidelines on responding to a client's feelings, "active listening", talking about comfortably and advising without being controlling. Ultimately, thinking about potential problems can help to work around them to deliver an effective service. On the other hand, counselling is a developmental process, in which one individual (the counsellor) provides to another individual or group (the client/counselee), guidance and encouragement, challenge and inspiration in creatively managing and resolving practical, personal and relationship issues, in achieving goals, and in self realisation.

Counselling is also a two way affair involving both the counselee and the counsellor. Indeed, counselling is a process of helping an individual to develop a mutual trust relationship between the counselee and the counsellor. The way one talks to oneself can really impact one's confidence and self-realisation. Positive self talk means the act or practice of talking positively to oneself, either aloud or silently and mentally. It's like having an optimistic voice in your head that always looks on the bright side. Cognitive-behavioural interventions are designed to help people live longer, feel better and avoid having self-defeating thoughts. Overall, the individual thoughts as a cognitive (thinking) process and cognitive strategies with free mindset are dependents on situation. It is based on the theory that changes in our emotions and behaviours are determined by our thoughts about events that occur. People are often disturbed by their view or perception of events rather than the events themselves. Positive thinking and optimism can be effective management tools for every individual. Positive self talk makes a person feel good about him or herself as such self talk is an internal dialogue also. It's influenced by your sub conscious mind, and it reveals your thoughts, beliefs, questions, ideas and so on.

The present era is known as "information era". Information is passing with lightning speed with many tools that are available for communication. Communication refers to transfer of information from sender to receiver, in a form that can be understood by the receiver. Communication has many purposes to serve. It is an essential aspect of our everyday life. Communication message for a community driven, development project require a well-defined knowledge, competence, skill and specific sensitivities towards the message and to the audience it is designed for. A message through appropriate medium to a group of receivers will lead to behavior change. The psychological aspect of necessary Social Behaviour and Communication Change (SBCC) is essential for a client. SBCC engages key stakeholders for a sustainable change and creates an enabling environment for a dialogue, induce behavior and initiate desired social change. Counsellors must judge how best each client will respond to changing at-risk behaviours. There is no set formula that will ensure changes in behaviour. As a result, each client must be assessed to ascertain which counselling and motivational methods will be most effective. Generally, clients respond to support, encouragement and motivation. On the other hand, some clients respond better when challenged and confronted with their risk behaviours.

The crucial role of SBCC is creating the "enabling environment", communication to build trust among stakeholders, assess the situation and explore the option for a sustainable change. The major challenge for SBCC is the lack of clarity, and the limited understanding that the communication experts display at various stages of communication. Strategic application of SBCC involves elements of communication, related skill, information dissemination, community mobilisation and the relevance of message to the specific situation. Finally, counselling is a confidential dialogue between an individual and a counsellor. It aims to provide information and bring about behaviour change in the individual. It also enables the individual to take a decision and to understand. Counselling includes the assessment of an individual's. More importantly, counselling is intended to address the physical, social, psychological and spiritual needs of the individual.

Occasionally, individual management techniques are insufficient and professional interventions are required. Health care providers (professional counsellor, psychologist and psychiatrist) must be aided by establishing baseline levels among their populations of interest in order to plan, implement and evaluate successful strategies. Using world class standard measure methods can insure uniformity of programs taking into account regional and cultural variations. Counselling is a developmental process, in which one individual (the counsellor) provides to another individual or group (the client/counselee), guidance and encouragement, challenge and inspiration in creatively managing and resolving practical, personal and relationship issues, in achieving goals, and in self-realisation. In the other hand, counselling is two way affairs involving both the counselee and the counsellor. In fact, counselling is a process of helping an individual to developing a mutual trust relationship between the counselee and the counsellor. In this context, counselling is a face-to-face communication that you have with your client or couple in order to help them arrive at voluntary, informed decisions and continues process. It is somewhat different from advice, in which you try to solve a client's problem by giving information and your personal opinion.

The way you talk to yourself can really impact your confidence and self realisation. Positive self talk means the act or practice of talking to oneself, either aloud or silently and mentally. It's like having an optimistic voice in your head that always looks on the bright side. Positive thinking and optimism can be effective stress management tools for every individual. Positive self talk makes you feel good about yourself talk is your internal dialogue also. It's influenced by your subconscious mind, and it reveals your thoughts, beliefs, questions, ideas and so on. Occasionally, individual stress management techniques are insufficient and professional interventions are required. Health care providers (professional counsellor, psychologist and psychiatrist) must be aided by establishing baseline levels among their populations of interest in order to plan, implement and evaluate successful stress management strategies. Using real world class standard measure methods can insure uniformity of programs taking into account regional and cultural variations. On the whole, counsellors are playing very important role to resolve the problem in day to day life. Emotional and psychosocial support is provided by the counsellor to the person in need. A skilled and trained counsellor provides psychosocial counselling services and support would be accessible. Counsellor provides psychological counselling and guidance. Stress is an inescapable reality in today's pan India as well as across world issue. Stress affects individuals regardless of socio-economic status, education, race and creed. Addressing stressors at the individual and societal levels are imperative in decreasing the development of and improving management of chronic diseases, which can develop as a result of chronic stress. Although many steps can be taken at the individual level, systemic changes are often required to address stress among different age groups, population groups, communities (ethnic group) and geographical regions. Programme, policy and scheme implications, including identifying the social support interventions that will provide buffers against the effects of stress and disseminating those intervention programs for use by employers, voluntary and religious agencies and community agencies is necessary. The importance of reducing health inequalities, including poverty, discrimination, inadequate schools, residential segregation and unemployment, in addition

to reducing health disparities over the life span and health span by targeting children at risk due to inadequate schools, stressful family situations, and poverty cannot be overstated. Despite the consequences of the approach used to address stress (individual, societal, policy) there is one inescapable truth: stress is a part of our daily lives and we must all do our part to prevent its detrimental effects on the every human body. Institutions at all levels of society must do their part in order to assist individuals in coping with the many stressors encountered in daily life. Stress is effecting on health and well being. Stress is considered by many to comprise those factors in daily life which adversely affect adjustment and coping, but stress as a challenge otherwise pressure to perform also has the potential to contribute to enhanced performance and productivity. In other word, stress adds challenge and opportunity in our life. Anger is an extremely powerful emotion. Regular physical and psychological stress can diminish self-esteem, decrease interpersonal and academic effectiveness and create a cycle of self-blame and self-doubt. Cognitive-behavioural interventions are designed to help people live longer, feel better and avoid having self-defeating thoughts. Overall, the individual thoughts as a cognitive (thinking) process and cognitive strategies with stress free mindset are dependents on situation. It is based on the theory that changes in our emotions and behaviours are determined by our thoughts about events that occur. People are often disturbed by their view or perception of events rather than the events themselves.

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