

Psychological Management of Mental Stress due to Business Losses

Ishrat Jabeen, Dr. Neetee Mehta. Dr. Purnima Shrivastava. Bhagwant University, Ajmer.

Abstract:

Mental stress caused due to business losses result in sleep problems, headaches, ulcers, heart ailments and weak eye sight. Psychological management of self is very important at this point, to bounce back from this trauma with some professional help. This emotional breakdown period leads to anxiety or depression in extreme cases.

Introduction: An overwhelming and long lasting feeling that prevails for a long time is known as stress.

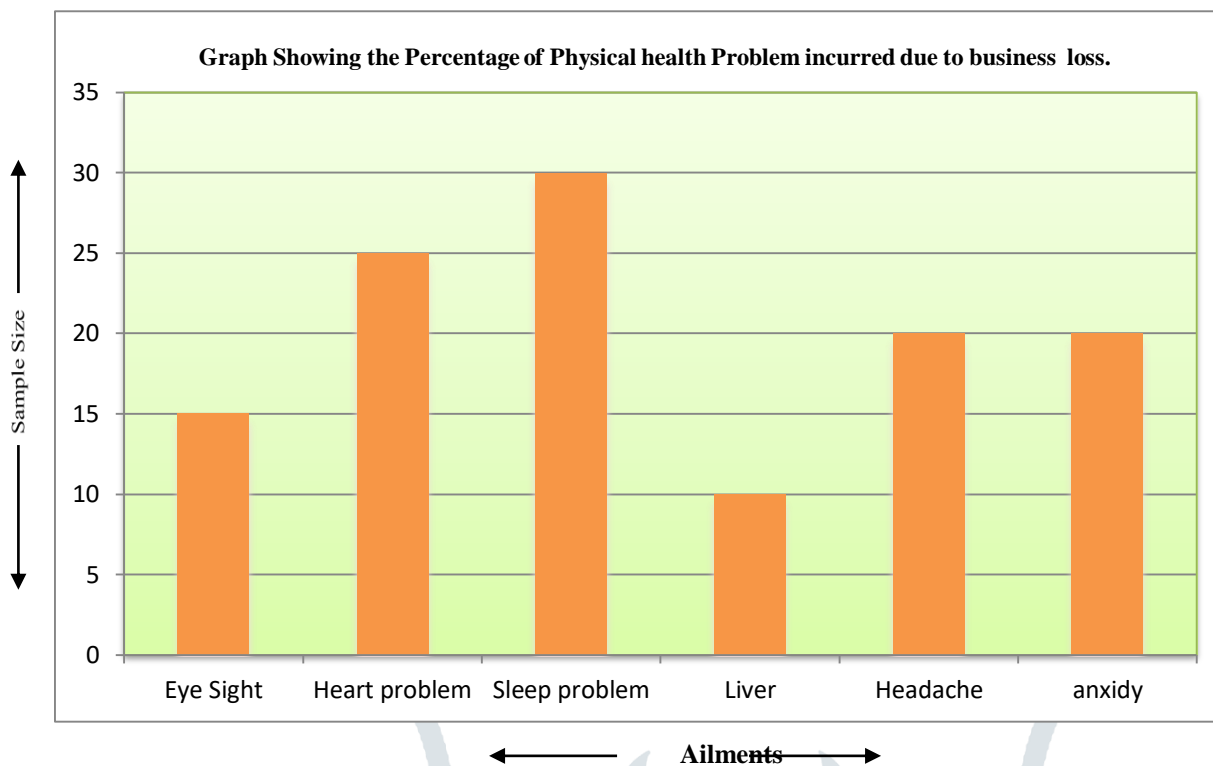
This stress, if long lasting, affects mental and physical health of an individual. A response to a threat in a particular situation is stress whereas anxiety is a reaction to the stress. In unpleasant situation excessive secretion of stress hormones affects areas of the brain which is the key for memory and regulating emotions. Researchers have proved that the physical changes that take place in the body due to a stressful event if controlled, the body returns to its normal position. So we can say that stress if managed in a proper way may lead to goal achievement.

Problem: To Study The Psychological Management of Mental Stress Of Business Losses.

Objective: To Study the mental stress caused by business losses.

Hypothesis: Psychological management of mental stress caused due to business losses is directly proportional to mental instability in individuals.

Sample: The present study is based on 30 business men selected through random sampling from various business organizations in the distt of Kulgam, Jammu and Kashmir. The small scale business men were given a test developed by me to know the level of occupational stress caused due to business losses. The questionnaire had 30 simple questions to determine the effect of mental stress. The first 10 questions denoted the level of stress, next 10 questions denoted level of anxiety and the last 10 remaining questions denoted the level of frustration faced by an individual due to business losses.



Conclusion and result.

It was found that the 30 people examined / interviewed were facing various consequences due to different level losses in their business incurred by natural catastrophic, competition , curfews , terrorist activities, low tourism, agitations etc. Almost all were showing quiet depressed state of mind since long & rendering them mentally & physically sick with irritative & distured behavior due to fear of future conditions - if losses not recovered in time.

20% showed anxiety,15% showed eye sight problem, 25% showed heart problem, 30% showed sleep problem, 10% showed Liver Problems and 25% showed heart problem.

In today's trends such people often start taking drugs or liquors which makes their conditions from worse to worst (socially ,economically and physically). Those who continue with this for long ,in fact ruin their self health , family , its economy , social image & property etc.

Some get involved in anti-social activities (gambling etc:) for earning money fast to compensate for loses. This brings them in contact of & close to smugglers, terror funding & hawala agents , who use them as puppets for their own goals (murders ,thefts etc) . It becomes very late by the time they realize that they are entangled badly with no way out, thus transforming them into criminals ,who in future are either killed of jailed.

Some prefer going to holy temples / shrines for mental peace. But here also some fraud self declared Saints ,Babas ,Tantriks ,Future forecasters through horoscope or palmistry etc who in fact run their own business under the cover of spiritualism.They hook them in such an unstable broken state of mind asking them for money to perform some jaap/pooja / tantra/tabeez/ dakshina or "n' named rituals as a remedy to their problems. When a person succumbs to their intension in an illusion of escaping miseries ahead , he/she is further looted off of whatever meager amount is left behind .Still in a hope they succumb on & on to the demands of such people.

Introvert nature people are often found trying to commit suicide also. As a remedy to escape all miseries. Introvert mind people conceal themselves away from society, not sharing with anybody and continuously fearful thoughts of dire consequences keep pondering in their mind. This makes them restless leading into deep depression, insane (mad like) / loose memory/ vision/presence of mind. Some may have heart attacks or other health problems. Some feel everything lost and try to commit suicide.

Some people go in for Yoga and meditation for mental health and peace. But again because of religious or other reasons such canthers / courses / Institutes are not prevalent in use in J&K

Psychological counseling by meeting & sharing experience of people who experienced such losses previously can help them get out of agony they are facing. Regular sittings with a psychologist can motivate them & boost their morale hence grooming their path to normalcy.

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