



STRESS- CAUSE, SYMPTOMS AND EFFECTS

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Abstract:

This paper deals with stress, its cause, symptoms and effects. Stress may be considered as any physical, chemical or emotional factor that cause bodily or mental unrest and that may be a factor in causing disease.

Stress is condition of mental pressure for particular individual facing problem from environmental and social well being which leads to so many disease.

To get a handle on stress, there is a need to learn how to recognize it. Stress affects the mind, body and behaviour in many ways.

All directly tied to the physiological changes of the fight or flight response. The specific symptoms of stress vary widely from person to person. The stresses which people experience also vary in terms of intensity, duration, complexity and predictability.

Stress is often explained in terms of characteristics of the environment that are disruptive or unfavourable to the individual. Stressors are the events that cause our body to give the stress response.

A person who believes that she/ he can control the onset of a negative situation, or it's adverse consequences, will experience less amount of stress than that of those who have no such sense of personal control.

The objective of the study is to find out the cause of stress, symptoms of stress and effect of stress.

Key Words: Cause, Sign & Symptoms, Effects.

Introduction

Stress is a reality of everyday life. The term 'stress' used first in physics in order to analyze the problem of how manmade structures must be designed to carry heavy loads and resist deformation.

The word stress has its origin in the Latin word 'strictus' meaning tight or narrow and 'stringere' the verb meaning to tighten. These root words reflect the internal feelings or tightness and constriction of the muscles and breathing reported by many people under stress.

According to Wheeler, Stress is a word of physics which refers to the amount of force used on an object and it relates in real life to how certain issues that carry force are applied to humans.

For example like financial difficulties, Health issue, Personal conflicts and work issues all carry force or pressure on a person's body, mind and spirit.

Some of the pressure originate from the environment but most often it emanates from within a person's head in the form of worry, anxiousness, regret, discouragement and low confidence and self esteem. Stress is like electricity. It gives energy, increases human arousal and affects performance. However, if the electric current is too high, it can fuse bulbs, damage appliances etc.

High stress too can produce unpleasant effects and cause our performance to deteriorate. Conversely, too little stress may cause one to feel somewhat listless and low on motivation which may lead us to perform slowly and less efficiently. It is important to remember that not all stress is inherently bad or destructive. 'Eustress' is the term used to describe the level of stress that is good for someone and is one of a person's best assets for achieving peak performance and managing minor crisis.

Eustress, however, has the potential of turning into distress. It is this latter manifestation or stress that causes our body's wear and tear.

Thus, stress can be described as the pattern of responses an organism makes to stimulus event that equilibrium and exceeds a person's ability to cope.

The cause of stress

The cause of stress is very complex. We can focus on two major stress system, first – The rapid autonomous nervous system is activated within seconds to release catecholamines from the adrenal medulla and the locus coeruleus in the brain system.

Catecholamines are implicated in the fight or flight response. If after the first action there is no danger the stress response will be finished. If not, the second action starts. Somewhat slower the hypothalamus pituitary adrenal is activated, releasing corticotropin hormone from the hypothalamus which stimulates the anterior pituitary to secrete the Adrenocorticotropin hormone.

ACTH in turn causes the adrenal cortex to produce cortisol and release it into the blood. Cortisol reaches peak level concentration on approx 30 minutes, after stress onset and readily enters the brain to affect cognition and behaviour.

Selye studied the issue by subjecting animals to a variety of stressors such as high temperature, X ray and insulin injections in the laboratory over a long period of time. He also observed patients with various injuries and illnesses in hospitals.

Selye noticed a similar pattern of bodily response in all of them. He called this pattern the General Adaptation Syndrome (GAS). According to him GAS involves three stages: **alarm reaction, resistance and exhaustion.**

1. **Alarm reaction stage-** The presence of a noxious stimulus or stressor leads to activation of the adrenal pituitary cortex system. This triggers the release of hormones producing the stress response.
2. **Resistance stage-** If stress is prolonged, the resistance stage begins. The parasympathetic nervous system calls more cautions use of the body's resources. The organism makes efforts to cope with the threat as through confrontation.
3. **Exhaustion stage-** Continued exposure to the same stressor or additional stressor drains the body of it's resources and leads to the third stage of exhaustion. The physiological systems involved in alarm reaction and resistance become ineffective and susceptibility to stress related diseases such as high blood pressure becomes more likely.

Sign & Symptoms of Stress

Symptoms are some of the reactions and changes due to stress. Everyone reacts to stress differently , but there are common symptoms of stress.

People may shake uncontrollably, breathe faster, deeper than normal or even vomit . Stress can trigger an asthma attack.

Symptoms of stress in students may appear in many forms. Some symptoms will only have impact on the individual who is directly experiencing the stress while the other symptoms of stress may have an impact over their relationship with others.

The following table list some of the common warning signs and symptoms of stress.

Cognitive Symptoms-:

- Memory Problem
- Indecisiveness
- Inability to concentrate
- Poor judgment
- Constant Worrying
- Loss of objectivity
- Fearful anticipation

Physical Symptoms -:

- Headache
- Chest pain
- Rapid Heartbeat
- Weight gain or loss
- Loss of sex drives

Emotional symptoms-:

- Restlessness
- Short Temper
- Depression & General unhappiness

Behavioural Symptoms-:

- Sleeping too much or too little
- Isolation
- Nervous Habits
- Using Alcohol

The logo for JETIR (Journal of Emerging Technologies and Innovative Research) is a shield-shaped emblem. It features the acronym 'JETIR' in large, bold, serif capital letters at the top. Below the acronym, the words 'Effects of Stress' are written in a smaller, bold, sans-serif font. The central part of the shield contains a colorful, multi-petaled flower-like design with petals in shades of red, orange, yellow, green, and blue. The entire emblem is surrounded by a decorative border of stylized leaves and branches.**Effects of Stress**

Stress effects are physiological in nature. However, other changes also occur inside stressed individuals. There are four major effects of stress associated with the stressed state. like emotional, psychological, cognitive and behavioural.

Emotional Effects – Those who suffer from stress are far more likely to experience mood swings, and show erratic behaviour that may alienate them from family and friends.

In some case this can start a vicious circle of decreasing confidence, leading to more serious emotional problems. Some examples are feelings of anxiety and depression, increased psychological tension and mood swings.

Physiological Effects - When the human body is placed under physical or psychological stress, it increases the production of certain hormones, such as adrenaline and Cortisol. These hormones produced marked changes in heart rate, blood pressure levels, metabolism and physical activity.

Although, this physical reaction will help us to function more effectively when we are under pressure for short periods of time, it can be extremely damaging to the body in the long term effects.

Examples of physiological effects are epinephrine and nor epinephrine, slowing down of the digestive system, expansion of air passages in the lungs, increased heart rate, and constriction of blood vessels.

Cognitive Effects - If pressure due to stress continue, one may suffer from mental overload. This suffering from high level of stress can rapidly cause individuals to lose their ability to make sound decisions. Faulty decisions made at home, in career, or at workplace may lead to arguments, failure, financial loss or even loss of job.

Cognitive effects of stress are poor concentration, and reduced short term memory capacity.

Behavioural Effects – Stress affects our behaviour in the form of eating less nutritional food, increasing intake of stimulants such as caffeine, excessive consumption of cigarettes, alcohol and other drugs.

Some of the typical behavioural effects of stress seen are disrupted sleep patterns, increased absenteeism, and reduced work performance.

Conclusion:

So, stress can lead to unhealthy lifestyle or health damaging behaviour. Stressed individuals may be more likely to expose themselves to pathogens which are agent causing physical illness. People who are stressed have poor nutritional habits, sleepless and are likely to engage in other health risking behaviours.

The way people respond to stress varies upon their personality, early upbringing and life experiences. So the warning sign may vary as may their intensity.

The symptoms of stress can be physical, emotional and behavioural. Any of the symptoms can indicate a degree of stress which if left unresolved, might have serious implication.

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