

A Review Paper on Impact of Stress on Human Body

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ABSTRACT: *The word stress refers to a sense of physical or emotional strain, and it is a huge deal since stress is extremely damaging to anyone who suffers from it. It begins with overthinking or physical occurrences that you did not anticipate to happen or witness. Stress is our bodies' reaction when anything goes wrong and individuals cannot get it out of their heads. It is divided into two categories: short and long. Short-term stress may be overcome, but long-term stress is havoc on our bodies. When someone is stressed, they are unable to focus on any task and find it difficult to complete any task. Everything stops because of the stress overload, such as eating, drinking, going outside, and so on. As a result, our bodies are unable to function correctly, and after a few days or months, they begin to damage and cease operating. It has direct impacts on our neurological system as well as the entire body, and it even begins to harm us from within. These forms of stress have been identified in a wide spectrum of our young children now; therefore, this scenario can be foreseen in the future.*

KEYWORDS: *Body, Depression, Impact, Reaction, Stress.*

1. INTRODUCTION

Stress is a part of life or a reaction of body, which occurs when someone is tensed, not able to share their views to other etc. The word stress itself is a feeling of tension physical or emotional, as it is a big thing and is very harmful to everyone whosoever is suffering from stress. It starts by the overthinking or by some physical events, which you are not expecting to do or to see. Stress is the reaction of our body after such miss happening happens and people cannot take it out from their mind. It is of two type's short term and long term[1]. The short-term stress may be defines as the stress which can overcome after sometimes and long-term stress may be defined as the stress which harms our body and cannot be healed easily. When someone is under stress, then they are not able to set their mind in any work and it becomes difficult for them[2]. It effects the whole body and even it starts damaging from inside. Relationship between depression life stress sleep and the autonomic neuroendocrine shown in Figure 1.

Normally, when we have a lot of work to do and we are not able to complete the work, we experience a sense of anxiety, unfulfillment, dissatisfaction and worry. This affects our psychological and mental state and ultimately the capacity to perform. When the demands on a person from the environment are more and his output is less, because of failure he suffers from anxiety and stress. But a person, who on the contrary fails to do so, is said to have an unsound personality and is affected frequently by stress etc.; sometimes job conditions, socio environmental factors may also contribute significantly to organizational stress. The employees of various organizations have to spend their time under heavy pressure of conflicting demands and work situations. They perform critical managerial functions under very compelling situation.

Stress at managerial level manifests itself because they do not have control over certain situations but they are accountable for the outcome. They are having Conflicts for power, adverse decisions affecting the employees, unhealthy and excessive competition, lots of pressure in work, instability in organizational structure, frequent transfers, misbehaviour from the management and colleagues, unhealthy personal relationship with co-employees, frequent quarrels and back biting, increased mechanization and boredom among young and old, the tendency to revolt against the management due to gap in communication, excessive desire for power, prestige, recognition, desire for self-esteem and status, lack of job feedback and job security.

In today's time in our young youth these types of stress has been found in a wide range, so in future it won't be predicted about this scenario. Everyone is having different-different kinds of stress, some can handle the stress, some do not have capability to handle the stress, and then they get more depressed and might hurt themselves by making a move of wrong steps like ending their own life[3]. Our body can handle a small amount of stress, which also harms our body so our organs also suffers if someone is suffering from stress, because it is not able to function properly. Therefore, for the better option whosoever is facing the stress problem they should consult to the doctor so that they can help you to get rid of stress?

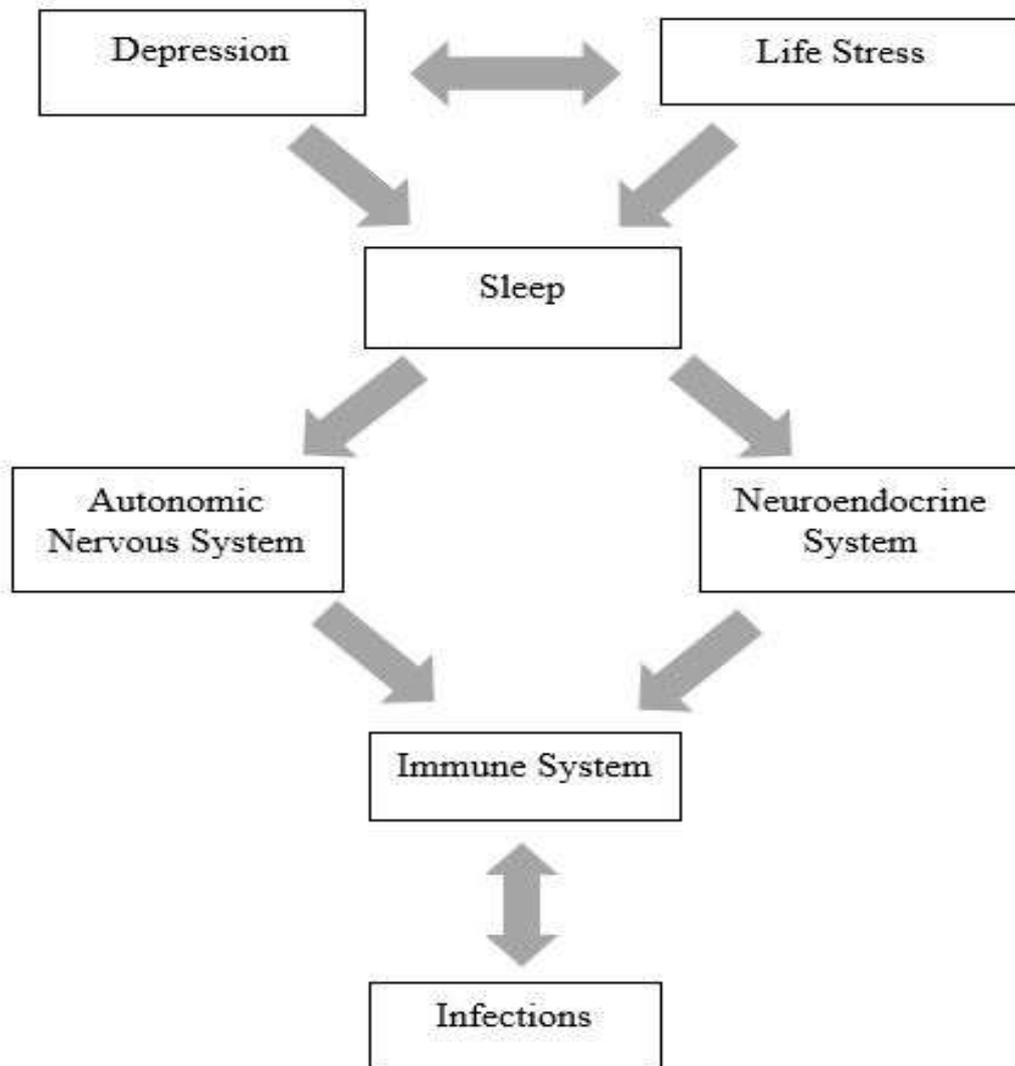


Figure 1: The above figure shows the relationship between depression life stress sleep and the autonomic neuroendocrine.

Due to the overload of stress everything stops like eating, drinking, going outside etc. so our body will not be able to work properly and after few days or months, it will start damaging and will stop working. The stress can be occurred by the fighting with your partner, or if someone says badly about you etc.[4]. These are the lessons for your life ahead in other situations and you will be more alert in future. These types do not have the high impact of damages to the body, but there must be an impact to the body. No stress is there which does not effects your body. Figure 1 shows the relationship between depression life stress sleep and the autonomic neuroendocrine. Figure 2 shows how stress effects your body. Figure 3 shows how stress effects your mood. Figure 4 shows how stress effects your behaviour.

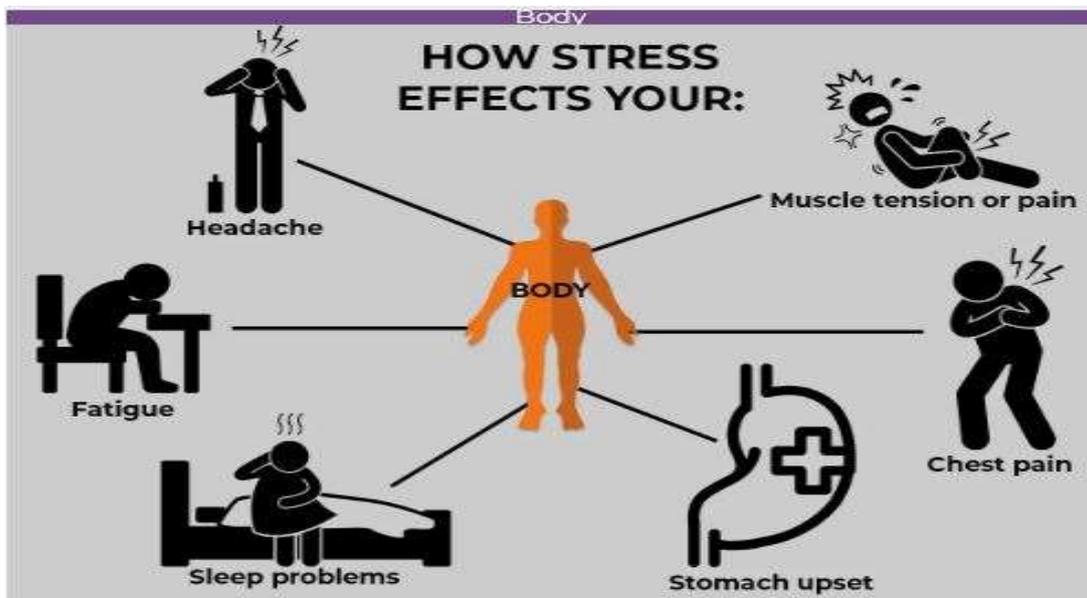


Figure 2: The above figure shows how stress effects your body [Dmesupplyusa].

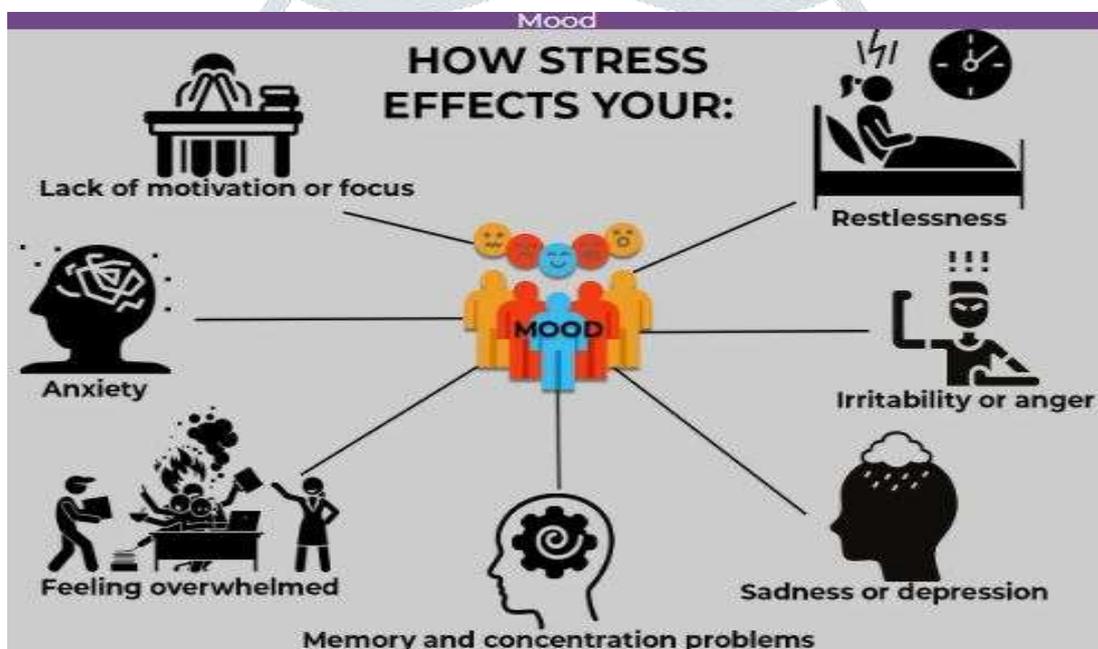


Figure 3: The above figure shows how stress effects your mood [Dmesupplyusa].

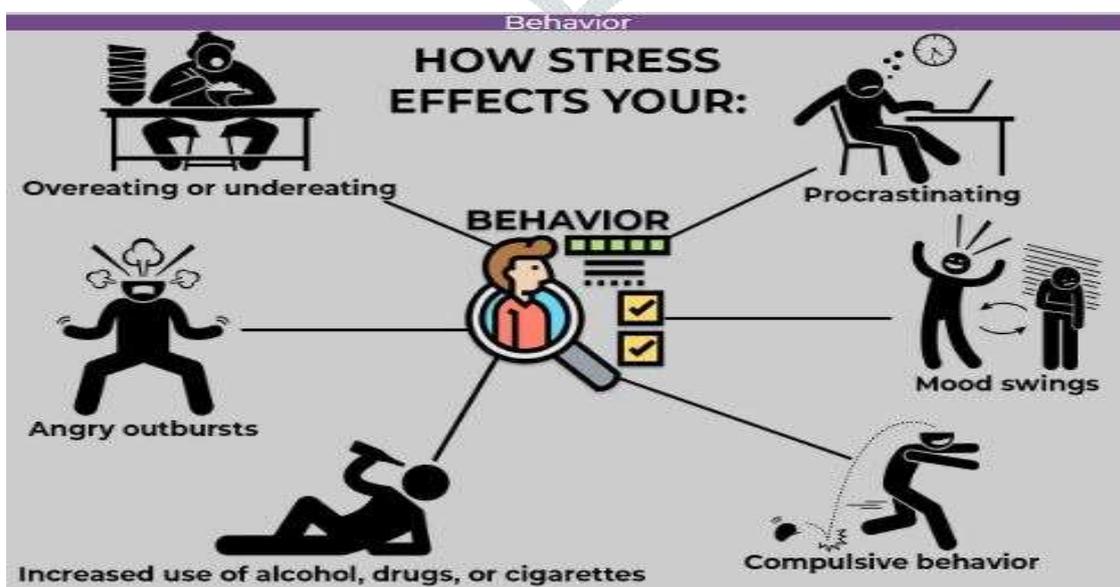


Figure 4: The above figure shows how stress effects your behaviour [Dmesupplyusa].

1.1 Types of stress:

1.1.1 Acute Stress:

This type of stress stays with you for a short period and quickly can be healed. The stress can be occurred by the fighting with your partner, or if someone says badly about you etc. These are the lessons for your life ahead in other situations and you will be more alert in future. These types do not have the high impact of damages to the body, but there must be an impact to the body. No stress is there which does not effects your body[5].

1.1.2 Chronic Stress:

This type of stress stays with you for a long period and takes time to heal up. The stress can be occurred if you are having money problem or job problem or not happy with your marriage, in studies etc[6]. Any types of these stress, which stays from last week, or month are the chronic stress. If you are not able to handle this, so better option is to consult the doctor so that they can help you to come out from these types of stress.

1.2 Human body system reaction:

1.2.1 Physiological System:

Everyone may observe that when somebody has stressful day, they may goes through tension and had headache or having difficulties to eat too much or have an elevated heart palpitations. Stress may enter many systems of body. The mind and body are connected and affect one another substantially and eventually resolved with the aid of associated medications. However, it does have a serious effect on several systems in our body. The systems below are affected because of stress.

1.2.1.1 Central Nervous and Endocrine Systems:

Everyone may see that if someone has a tension day, headache or difficulty eating or increased heart palpitations may be present. Many bodily systems may be affected by stress. Whether it is believed or not, with the help of linked drugs, the mind and body have a considerable connection and an influence on each other. However, numerous systems in our body are seriously affected. The following systems are stress-induced are headache, anxiety or depression, irritability etc.

1.2.1.2 Cardiovascular and Respiration systems:

The effect on respiratory and cardiovascular systems has been on stress hormones. During a stress reaction, respire more quickly to transport swiftly oxygen and blood to your body. Hormones of stress influence breathing and cardiovascular systems. The heart also pumps quicker during this procedure. Blood vibrations are restricted and stress hormones increase blood pressure. This ensures the brain and heart to obtain oxygen, so that the body becomes stronger and more energy to perform action. Stress can make it difficult to breathe if someone has pre-existing breathing issues such as asthma or emphysema[7]. Ultimately, chronic stress can cause cardiovascular damage to people.

1.2.1.3 Muscular System:

Under tension, tighten muscles to defend against damage. You may tense up and release your muscles once you relax. If you are under tension continually, you cannot relax your muscles. Muscles that are tight are responsive for headaches, back, shoulder and body problems. For a while, people may quit practising, turn to pain medicine, and start an unhealthy cycle. If a person is agitated, their adrenaline increases and make us more inclined to spring on worry about the risk. For this reason, muscles react to stress through tension-as a means to safeguard ourselves against harm.

1.2.1.4 Immune System:

Initially stress boosts the immune system and can therefore be seen as a health bonus. It helps people stop infection and cure injuries. Cortisol weakens the bodily immune system over a period, thereby limiting production of histamine and inflammatory response to external intruders. Chronically stressed people are more vulnerable to viral diseases such as influenza and common cold. The risk of various opportunistic illnesses and infections increases. It can also take longer to recover from disease or injury.

2. LITERATURE REVIEW

H. B. Dhal et al. has discussed about the reaction of stress on human body. They have discussed about the acute and the chronic impact of stress on human body. Acute stress is that stress which stays with person for short period of time and chronic is that which stays for a long time. They have also discussed about the types

of stress and the stress occurs only when that person is attached with someone and he left him or her, or might be any other reason. The other thing is not getting appropriate marks what they have decided so they starts reserving then, as they are not able to work upto their expectations[8].

B. McEwen et al. has discussed about the about the stress and your health. Generally stress means pressure and life constantly gives pressure to everyone but the people should have to tackle with that stress. Stress can also be related to the over thinkin of any thing. They have discussed about the types of stress those are acute stress and chronic stress. Acute stress is that stress which stays with person for short period of time and chronic is that which stays for a long time. In today's time in our young youth these types of stress has been found in a wide range, so in future it won't be predicted about this scenario. Everyone is having different-different kinds of stress, some can handle the stress, some do not have capability to handle the stress, and then they get more depressed and might hurt themselves by making a mood of wrong steps like ending their own life[9].

H. Yaribeygi et al. has discussed about the impact of stress on human body function, and in all stress can generate detrimental and beneficial consequences. The positive effects of stress are the preservation of homeostasis cell, leading to continuation on the life of cells. The author in this paper has discussed about the stress and the brain functioning, stress and memory, about the stress and immune system functions, stress and the function of cardiovascular system etc. The main highlight is on the stress, as stress is a part of life or a reaction of body, which occurs from the harmful events, but it, should not be that much, that it handles you[10].

3. DISCUSSION

The author has discussed about the stress and how it effects. Stress is a part of life or a reaction of body, which occurs from the harmful events, but it, should not be that much, that it handles you. The word stress itself is a feeling of tension – physical or emotional, as it is a big thing as it is very harmful to everyone whosoever have stress. It starts by the overthinking or by some physical events, which you are not expecting to do or to see. Stress is the reaction of our body after such miss happening happens and people cannot take it out from their mind. It is of two types' short term and long term. The short-term stress can overcome by the long-term stress harms our body to the hell. When someone is under stress, then they are not able to set their mind in any work and it becomes difficult to do any work. It effects the whole body and even it starts damaging from inside.

Memories are also the one thing by which a person can be depressed as that might was attached with those memories and got hurt of some miss happening happened. The stress occurs only when that person is attached with someone and he left him or her, or might be any other reason, and the other thing is not getting appropriate marks what they have decided so they starts reserving then as they are not able to work as per their expectations. The stress can be occurred by the fighting with your partner, or if someone says badly about you etc. These are the lessons for your life ahead in other situations and you will be more alert in future. These are the reasons, which causes stress, and have the impact on our body. In today's time in our young youth these types of stress has been found in a wide range, so in future it won't be predicted about this scenario. The author has also discussed about the types of stress, stress and your body, human body system reaction, Stress effects on the body, stress management and advantages and disadvantages. The stress can be occurred if you are having money problem or job problem or not happy with your marriage, in studies etc.

Any types of these stress, which stays from last week, or month are the chronic stress. Everyone is having different-different kinds of stress, some can handle the stress, some do not have capability to handle the stress, and then they get more depressed and might hurt themselves by making a mood of wrong steps like ending their own life. Our body can handle a small amount of stress, which also harms our body so our organs also suffers if someone is suffering from stress, because it is not able to function properly. Due to the overload of stress everything stops like eating, drinking, going outside etc. so our body will not be able to work properly and after few days or months, it will start damaging and will stop working.

4. CONCLUSION

In conclusion, the author has discussed about the impact of stress on our body, which is dangerous for our health. It starts by the overthinking or by some physical events, which you are not expecting to do or to see. Stress is the reaction of our body after such miss happening happens and people cannot take it out from their mind. It is of two types' short term and long term. The short-term stress can overcome by the long-term stress harms our body to the hell. When someone is under stress, then they are not able to set their mind in any work and it becomes difficult to do any work. It effects the whole body and even it starts damaging from inside. Memories are also the one thing by which a person can be depressed as that might was attached with those memories and got hurt of some miss happening happened. The stress occurs only when that person is attached

with someone and he left him or her, or might be any other reason, and the other thing is not getting appropriate marks what they have decided so they starts reserving then as they are not able to work as per their expectations. The stress can be occurred by the fighting with your partner, or if someone says badly about you etc. These are the lessons for your life ahead in other situations and you will be more alert in future. These are the reasons, which causes stress, and have the impact on our body. In today's time in our young youth these types of stress has been found in a wide range, so in future it won't be predicted about this scenario.

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