

A Study On The Stress Management Techniques With Special Reference To Covid-19 Pandemic

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Abstract

Stress is a normal part of life. In general, many of the events and activities that take place around us create stress on our physical and mental state. We can feel positive and negative stress from our surroundings, body and mind. Good or positive stress such as job promotion. Again the stress can be negative when a person is constantly faced with challenges without any flexibility or relaxation. As a result, individuals may experience excessive workloads and stress-related issues. People are seen to be affected in different ways by different circumstances of society. It is important to note that if there is a natural crisis in society, a crisis of values, an economic crisis or a crisis due to some unknown disease then there is no denying the possibility of increasing frustration and stress among the people. For example, the horrific situation created by the recent epidemic of Covid 19, which has recently plagued the human race, has led to a sharp rise in mental distress or stress among the majority of the population. This means that it is easy to assume that various types of crises in the social sphere can create stress. This paper has attempted to identify the various causes of stress and techniques or stress management skills for a healthy life. The discussion method is incorporated in this study to serve the objectives. The findings drawn from the discussion are that the causes of stress are varied. The study also summarized that stress can be conquered by adopting different stress management techniques.

Keywords- Stress, frustration, covid-19, mental health.

Introduction -

Stress a very natural disposition of human beings. No one in the world is completely free from this stress or pain. The nature of such pain or stress may vary from person to person. Therefore, the desire for a completely stress-free life is also a cause of stress or pain. In today's world of automation and ever-changing such stress or suffering manifests itself in different patterns and different areas. For example stress due to physical illness, family

problems, economic hardship, failure in education, etc. In general, this stress or suffering is observed to increase among people starting from personal life to family and social life. Of course, actively influencing a certain amount of stress encourages people to move on to the pinnacle of success. However, if the stress level is too high and out of control its negative effects can push people to the need for treatment. Since we all feel the stress of a different nature to a greater or lesser extent, the relevance of this discussion cannot be undervalued. For a fascinating and happy life by controlling such stress we first need to grasp the meaning of stress and how to manage it.

What is stress? (What is Stress?) -

Stress is one of the most debated and sensitive issues in the arena of human psychology. Stress is different for different people. Therefore, it is to be understood by considering one's own psycho-physical state. Rapid advances in technology have opened up a new world order for possibilities and difficulties where even the slightest carelessness can endanger our lives. Innovation in the field of technology has reduced the geographical distance between human beings and expanded the emotional distance considerably.

The environment is not always the same. The environment is both favourable and unfavourable to us at times. Our goal is to navigate this complex environment and keep moving forward. Our ability to adjust to the environment is determined by our response to it. Again, depending on the nature of the reaction, numerous components of stress or pain may be present. As a result the environment as well as stress adjustment and response, play an important role. People can face a variety of difficulties in their lives, including physical, mental, emotional, financial, family, and so on.

When we are faced with a novel, unexpected or self-conscious scenario that is beyond our control our stress or discomfort begins. We all respond differently to stress depending on its source and intensity. Our capacity for adaptation may be determined by our genetics, early life experiences, personality, and socioeconomic situations.

When we are under stress, our body produces stress hormones that help us to respond quickly to stressful situations. Simply put, stress is the body and mind's response to a call or demand. Depending on the nature of the stress or pain, it can be divided into Positive Stress or Eustress and Negative Stress or Distress. When the desire for a positive outcome or result is associated with a challenging situation, then the stress that arises in the mind of the individual is generally called positive stress. That is to say with positive pressure comes the purpose of achieving positive results which is why the individual is seen to be active. For example, the pressure created by forming a new hobby, engaging in new work, etc. In the case of positive stress, the individual sets realistic goals and the positive pressure constantly encourages the implementation of these goals.

Negative stress, on the other hand, is the type of stress that adversely affects a person's physical and mental health. This type of stress creates negative emotions in the human mind such as

thoughts, fears, anxieties, frustrations, etc. This can have a detrimental effect on a person's ability to function normally. This type of stress is usually the result of a variety of adverse conditions that people experience. For example, unemployment, loss of relatives, physical illness, etc.

Literature Reviews

Bhargava Deepti & Tirevedi Hemant (2018) did a study on "A Study of Causes of Stress and Stress Management among Youth" and reported the findings that stress generally arises from academic assessments, interpersonal contacts, relationship troubles, life transitions, and job exploration. Such stress may usually produce psychological, bodily, and behavioural difficulties. This study finds the reasons for stress among youth. So after identifying causes the researcher proposes that more emphasis might be given to the development stage of a child into a teenager.

Michaela C. Pascoe, Sarah E. Hetrick & Alexandra G. Parker (2019) conducted a study on "The impact of stress on students in secondary school and higher education" and summarised the findings as to the most recent research concerning the influence of academic-related stress, including discussion of the impact on students' learning capacity and educational performance, mental health problems, such as depression and anxiety, sleep disturbances and substance use etc.

Objective of the study: The objective of this paper is to identify the various causes of stress and techniques of stress management for a healthy life.

Research Method Applied: The study is purely conceptual in nature based on the secondary sources of data. Therefore, the researchers have utilised the discussion method in the current study to serve the formulated objectives. Secondary research of this paper is getting evaluated through different books, the internet, business journals and magazines, desk research, library and newspaper articles. For the objective of exploring the different stress management approaches, which can work well in different circumstances, it was relevant to investigate through the utilisation of all of the above. The secondary research suggested excellent ways and methods to alleviate the stress. This is based on qualitative method and examining the paths of managing stress by using Secondary data sources available i.e. Essays, blogs, videos, case studies, books, websites etc. as per the content relatedness of stress management.

Discussion and Summary of the study:

Discussion and summary are a crucial part of any study for logical summarization of the primary as well as the secondary data. Here in this paper, the author has attempted to logically discuss every minute part of the selected topic as per the objectives.

Causes of Stress -

Stress is a normal state of daily life that can be called an integral part of human life. Every human being on earth experiences stresses at different rates and in different forms at some point in life. Of course, despite this universal form of stress, the causes of stress can vary from person to person. For example, misunderstanding with a friend can disturb a friend all day long, while others can easily get rid of it. Stress is a natural feeling of not being able to cope with certain demands and situations. Of course, stress can be a long-term condition if a person does not take steps to control it. Such demands on human beings can come from work, relationships, financial pressures and other circumstances. To understand this discussion apparently causes of stress are specified as follows-----

- **Over-expectation** - People are inherently optimistic. Hope is the reason why human life is beautiful. But here it is better to keep in mind that over-expectation from anything can be stressful and painful. Such aspirations can be explained with the help of three main areas -----

(A) **Situational Expectations** - Situational aspirations are one of the major causes of stress in human life. People expect positive results in different ways in different situations of life. But sometimes people do not get the desired results after all the efforts, which lead to stress among the people. . For example, if a student expects good results in a test and if the result is not the same, then the student will feel emotionally hurt and stressed. In other words, if the outcome of the situation does not meet the expectations of the person, it is seen that the stress is usually felt.

(B) **Interpersonal Expectations** - Another important reason for increasing stress in human life is interpersonal aspirations. That means we are optimistic about one another. Our relationships are intertwined with the aspirations of each other. From husband to wife or from wife to husband, from teacher to student, from student to teacher, from political leader to public, from public leader again, this is how we all desire each other. Unfortunately, the mental anguish of such unfulfilled desires increases the pressure on us.

(C) **Self-imposed expectations** - In addition to the situation and other people, self-imposed expectations can also be a source of stress. When people have unrealistic expectations of themselves or strive for impossible ambitions, they are the source of their own misery. People are starting to compare their lives to others and expect to enjoy such a life as a result of the recent rise of social media in the world. Competition to advance unrealistically, comparing oneself unduly with others, has intensified the extreme stress on mankind. This is why we must all be self-aware and realistic. People need to legitimately leverage one's passion and expectations for accomplishing their mission of life.

- **Change** - Change is the law of nature. Everything in this world is changing except for a few perpetual and exceptional phenomena. Change can be both positive and negative. But the important thing is that any significant change in life can be stressful. For example, happy events or love affairs like marriage or job promotion also create stress in people's minds. Other unpleasant events, such as divorce, major financial failure,

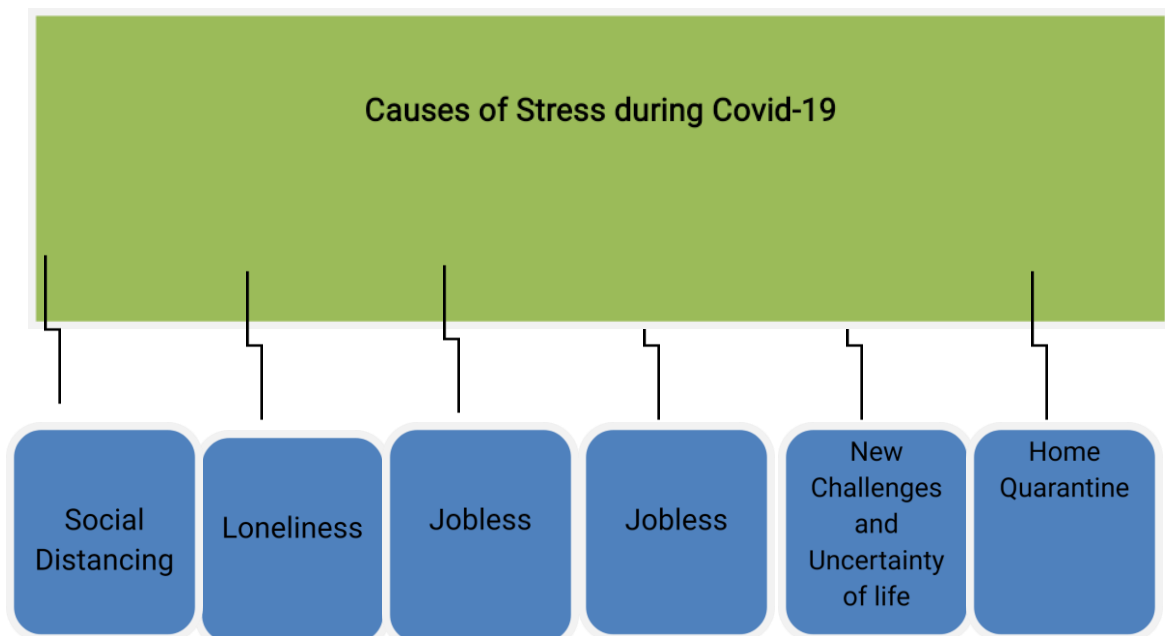
death of a family member, betrayal of friends and relatives, etc., can be a significant source of stress.

- **Lack of Time Management** - Time is the most valuable resource of human life. Just as the use of time has led to the improvement of human life, its misuse has made life miserable. This is because time and tide wait for none. Due to their lack of awareness of the dynamic nature and constraints of time, their workload keeps rising. As a result, it can be a significant cause of stress for many people.
- **So-called competition** - Competition exists in every sphere of human life. A healthy competition paves the way for the development of human potential. On the other hand, cut-throat and so-called competition can increase the hostility in the human mind and cause stress or pain. The recent increase in competition in various fields of human life has become an important factor in increasing the mental burden as well as increasing menaces.
- **Poor Sleep Habit** - Sleep is an antidote for maintaining good physical and mental health. Sound and deep sleep are of utmost importance to get rid of physical and mental fatigue and work with new energy. Side effects of insomnia or poor sleep habits can greatly increase stress or pain in the human mind. Therefore, to get rid of depression, one should make it a habit to sleep very well for 8 to 9 hours daily.
- **Traumatic event** - Unexpected traumatic events or incidents in human life cause physical and emotional harm to human beings. Some of these traumatic situations are the death of a loved one, divorce, physical illness, major business loss, academic failure, etc. All of these events lead to instability and stress. If such discomfort and stress persist for a long time then treatment is required.
- **Living in the past** - Recalling the terrible events of the past has a great effect on the present life. There are many happy and terrible experiences acquired in the life of every human being. The memory of Pleasant experiences gives us joy. But negative events give us grief and sorrow. Therefore, the worst things that happen in life should be avoided as much as possible. But there are a lot of people who seem to be stuck inside horrible things that have happened. In this way, persons who live with memories of the past grow entirely inattentive to the present life. As such stress or agony becomes a part of their existence.
- **Company of Negative People** - The closeness of a negative person is a significant element in the growth of stress or suffering among people. Proximity to a pessimist contributes to our unintentional pessimism. Just like a contagious sickness, people of this sort have a detrimental effect on our minds. As a result, our willingness to work and our optimistic outlook on life diminish.

- **Fear and Uncertainty** - Fear and uncertainty naturally arise in our minds when we are constantly surrounded by terrorist attacks, global warming, and the rise of toxic chemicals, rape, and murder. Such fears and uncertainties are not unreasonable. This catastrophic situation in life increases the stress on our minds. For example, the current global epidemic i.e. Covid - 19 and its consequences.
- **Social Crisis** - Humans are social creatures. Therefore, people are seen to be sensitive and responsive to the good and bad circumstances of society. People are seen to be affected in different ways by different circumstances of society. It is important to note that if there is a natural crisis in society, a crisis of values, an economic crisis or a crisis due to some unknown disease then there is no denying the possibility of increasing frustration and stress among the people. For example, the horrific situation created by the recent epidemic of Covid 19, which has recently plagued the human race, has led to a sharp rise in mental distress or stress among the majority of the population. This means that it is easy to assume that various types of crises in the social sphere can create stress.

Various causes of stress during the covid-19 pandemic has been diagrammatically presented through the following figure----

Figure-1



This unknown invisible virus called covid 19 causes fear and apprehension in the human mind. Because very soon it spread all over the world. In some cases, it can cause minor complications, but in others, it can lead to more complications, leading to death. The most tragic aspect is that at the time of the onset of the disease the patient has to stay away from the family and society. It brings frustration to one's mind. In addition, if a patient dies, his or her

last procedure has to be performed through many obstacles. This causes sadness and frustration in the minds of the relatives. Lockdown has also weakened the economy. Due to the closure of business and non-govt organizations, the way of earning income for the people has been cut off. Unemployment has created frustration among the people of Assam, especially among the youth. People are also intimidated by spreading baseless rumours on various social media about Covid-19. For the vast expanse of the Internet, sometimes inaccurate or partially accurate information spreads at lightning speed. Fake news, fictional stories, baseless misconceptions, and the prevalence of superstitions make the mental state of the people more problematic. The effect of the Covid epidemic on mental wellbeing is currently being explored. However, the pandemic has resulted in lockdowns, social isolation, workplace and school closures, prohibitions on places of entertainment and recreation, detachment from friends and loved ones, lack of freedom, loneliness, career and financial difficulties, fear of infection and a negative perception of survival, and a lack of trust in health services – all of which have had a detrimental effect on individuals' mental wellbeing. Negative reporting about Covid-19 in print, electronic, and social media has worsened Covid-19 detrimental impact on stress (<https://timesofindia.indiatimes.com/blogs/methink/covid-and-mental-health>) .

Stress Management techniques:

Stress management is an essential art of living life comfortably and happily by rationalizing our own potentialities and limitations as well as the futility of cut-throat competitions in all spheres. Therefore, in order to build a healthy lifestyle and lead a successful life, we all need to come up with different strategies related to stress management or stress management. Short-term stress management refers to the skill or etiquette of dealing with increased stress problems or its negative effects. Stress management is a healthy lifestyle that carries meaningful indications of being able to respond efficiently to different situations. Some of the important strategies for stress management are discussed as follows-

1. **Patience** - One of the most important strategies for managing stress during this critical time for Covid-19 is to practice patience. Practising patience gives a person the etiquette to handle the situation in a peaceful way. Patience is one of the most valuable assets of human life. Practising patience helps one to overcome difficult situations in life through conflict resolution.
2. **Proper Use of Social Media** - The growing trend of using social media only as a means to pass the time or as a platform for entertainment can be considered as a warning of danger for children. It can waste a lot of precious time in life and can also increase anxiety. There is a dark world of frustration, anxiety and stress just as much as there are possibilities with social media. Therefore, today's young generation should better understand the proper use of social media. It is important to focus on making the most of these mediums for beneficial use in life. The effectiveness of a tool is only as good as our application of it. It is critical to overcoming systemic and present barriers to regulating social media use, particularly among pre-teens. We must also take mental

health seriously, monitoring the prevalence of psychiatric diseases (such as depression and anxiety) and identifying risk and resiliency factors.

3. **Guidance and Counseling** - In today's complex society, the increasing pressure of life has burdened people's lives in various ways. As a result, people are becoming more and more mentally ill. There is a great need for proper guidance and counselling to ensure the safety of life from such potential dangers. Therefore, realizing the seriousness of the problem of such nature, it is necessary to establish a set of guidance and counselling cells in educational institutions. The process of guidance and counselling prepares a person to face the dilemmas of life with courage.
4. **Meditation** - The importance of meditation in advancing one's life by keeping one's mind calm amid dangerous situations of a mechanical and unhealthy lifestyle. Meditation helps to maintain physical fitness as well as control the chaotic thoughts of the brain and help one to work with joy. In other words, meditation can be considered as a habit of modern life to overcome the effects of negative stress and revive the feeling of peace of mind. The ongoing covid scenario has assisted people throughout the world in recognising the benefits of meditation for maintaining a healthy psycho-physical state.
5. **Self-care** - In today's world of formality and loneliness, everyone needs to learn to take proper care of themselves in order to cope with stress. The stress of being dependent on others or being overwhelmed by excessive desires has recently increased the level of stress among people. In such a situation, we all need to develop a good habit of self-care according to our physical and mental condition. Just as we strive to make our family and friends happy, so we need to take care of ourselves for our own happiness. This kind of care helps a lot in reducing the level of physical and mental stress.
6. **Parental Encouragement** - Parental encouragement is another key approach for reducing tension or discomfort from a child's mind. Instead of attempting to rehabilitate, they indulge in their grief, resulting in even more failure. Parental encouragement increases a child's sense of security and self-confidence.
7. **Social support system** - A strong social support system is incredibly crucial for exploring the inherent potentialities of an individual as well as overcoming difficult situations and coping with stress. This social support system is a trusted network of your friends, family members and special colleagues. They give you strength and support in difficult situations. Hence there is the need for such a network system of social support.

Conclusion -

In the light of this discussion, it is easy to assume that in the mechanical, complex and busy world of modern life, frustration, despair, etc. are on the rise among human beings. The so-called intense competition for happiness, which is named after the consumerist mentality, has alienated man from the normal path of basic happiness. As a result, human beings have become

depressed, pessimistic, emotionally unstable, inactive, and lifeless. In today's highly dynamic and competitive environment, mitigating the effects of expanding diversified stress in all areas of life has become a kind of time challenge. Otherwise, the process of enjoying human life can become stagnant and unmanageable. Strategic preparation is essential for the successful realization of the unfulfilled desire to lead a happy and beautiful life. It is important to note that in the current complex life process, human beings need to be able to cope with the pressures of different natures in order to lead a decent and enjoyable life. Rather than remaining in a state of worry and grief during this critical period, we are to explore the positive sides of everything for the betterment of life and society.

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