

# Stress and Stress Management in Indian Context

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## Abstract

World health organization recognized mental illness and declared October 10<sup>th</sup> as world mental health day. It is important to understand the causes, consequences and adequacy of stress management tools to deal with stress. How it is perceived among the social groups.

Human beings are different with perception, creativity, not compared with machines. It is possible to overcome the constraints only by health and wellbeingness. Thus mental health is affected by positive, negative stressors and stress has an impact on the affirmness of performance of the every individual. Stress management helps to deal with stress, improve health for better performance and promote good health.

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## 1. Introduction:

Globally the major top four health problems in recent past include corona virus, covid 19, mental health, cancer and stress. Corona and cancer are treated as physical illness with percentage of 47% and 34%,whereas stress and mental illness occupy a major percentage.

Stress 34%, mental health 26%, other factors showing impact on stress are Alcohol abuse, heart disease, smoking, dementia , drug abuse, obesity and diabetes. All are interrelated with initial factors of stress. There is a need for stress management to handle stress. Transfer of illness from initial stage to chronic stage will have adverse impact.In 1976 Selye introduced the terms distress and eustress.

“Stress was originally defined as the non-specific response of the body to any noxious stimulus. A stressor is considered a stimulus that threatens homeostasis and the stress response is the reaction of the organism aimed to regain homeostasis.”<sup>1</sup>

### 1.1 Global health problem:

This table shows the percentage of Global health problem, associated with stress and consequence factors in detail. “In 2013 British Journal of Psychology study researchers had two groups of people listen to a 30 minute recording that included a sequence of numbers. After listening, the participants were asked to remember the sequence. But only one group chewed gum and people in that group had higher accuracy rates and faster reaction time than non-gum chewers.”<sup>2</sup> The researchers says that chewing gum increase the flow of oxygen to regions of the brain responsible for attention. Dementia is also associated with less frequent social interaction. If you are active, dealing with friends, social groups can help brain healthy. Brain mapping studies indicate that meditation helps to reduce anxiety, depression and stress. It improves concentration and memory. Laughter enhances feel good harmones dopamine and serotonin. It reduces pain and improves resilience. Meditation greatly alters the process of genes and upgrades numerous sides of mental well-being. Multitasking increase stress, errors, reduces ability to focus on important ones. Stress is interrelated with sleep, memory. Research proved that “Multitasking hijacks your front lobes, the brain’s higher-order thinking. “ You think you are doing two or more tasks at the same time, but your brain is actually switching rapidly from one task to the other causing you to take longer to do each one.”<sup>3</sup> Business Executive Indra Noovi states that “ I’m still a bit of a rebel, always saying that we can not sit still. Every morning you have to wake up with a healthy fear the world is changing, and a conviction that, to win, you have to change faster and be more agile than any one else.”<sup>4</sup> A much renowned natural remedy Ashwagandha substance that enhances the body’s ability to handle stress. It has anti-depressant, anti inflammatory and anti –anxiety properties. It reduces stress-induced depression, improves memory, sharpens focus, and concentration.

Hawking , the most famous physicist claims that humour played a major role to endear to the masses. Hawking’s co author Leonard M lodinow states that “Humour often relies on looking at things in different ways or making odd or unexpected associations.”<sup>5</sup>

In the modern era from children to adults experience stress. Stress definition runs thus: Responding to an incident, change, a challenge in physical and psychologically.

Table 1:Stress/ Other Stress related Factors		
S No:	Stress / Factor related to stress	Percentage
1.	Stress	26%

2.	mental health	36%
3.	obesity	16%
4.	Drug abuse	13%
5.	Heart disease	13%
6.	Smoking	11%
7.	Dementia	5%
Source: Global Health Report		

### Cognitive symptoms:

Forgetfulness, Poor judgment, constant worry, depression are the consequences of stress, if you are immune, you can overcome. From the above table it is observed that only 26% are affected with stress, 36 as mental illness, but both are psychic problem cannot be supported having impact on mental health. The problem lead to consequence of overeating and obesity, habit of substance intake, Heart disease smoking, dementia are the consequences of depression, sleeplessness etc.

### 1.2World happiness report in 2021:

Be assertive instead of aggressive. Maintain positive attitude Learn meditation and yoga Plan things in advance with a check list to avoid stressful ness. Happiness is our choice. If we crave for happiness, we experience happiness. If we look for sad we experience sadness.

Table 1: Countries ranking for happiness globally		
S No:	Country	Ranks
1.	Finland	1
2.	Denmark	2
3.	Island	3
4.	Switzerland	4
5.	Netherland	5
6.	Sweden	6
7.	Norway	7
8.	Israel	8
9.	New Ze land	9
10.	India	136
Source: world Health Organization Report		

India ranks 136 position in world health organization report in happiness.

Do your responsibilities. If pain is not there, there is no pleasure. Opposites are ready to enhance our chances. Emotions decide life's growth. These are part and parcel of life. Life is a combination of emotions. Do your duty, not think of results. Failure is as important as success. Don't be a hero or heroine, be a director of your life. See how your life is running? We should teach emotional balance to the kids. Contentment is the source of happiness. Live in the present moment. No animal can think about the past and future. Whenever you have a problem, do not search in chaos. We all want happiness. When our desires are fulfilled, inner self is happy. We have to decide our happiness. Be happy, our happiness lies in our hands. Do not postpone your happiness. When we are young, we aspire chocolates, tenth score, engineering graduation PhD. Then are you happy? No. From childhood onwards, we postpone happiness. Happiness never depends on people, objects, situations. Materialistic things do not bring happiness. Give space for god. If you practice Sudarsana kriya three times per a day some change will happen in your body and entire life. It cures 187 psycho magic diseases. Keep drinking water. If you drink more water your metabolism will be improved. Accumulation of stress at body level takes place due to stiffness of the joints, Inflammation takes place in stomach. Responsibility brings happiness and power. If you feel more responsible, you will be happy. If you depend on more number of persons, life does not stuck. If you depend on two persons, you will experience up and downs in your life. Creative people do things in a vivid manner. If you create team, company will be at high level, attitude with positive stress.

### 1.3 Indian context:

#### 1.3.1 Physical health Vs Mental health

IPSOS Mental report: shows majority of the people believe physical health is more important than mental health.

Table 3a: mental and physical health perception		
S No:	Perception	Percentage
1.	% very or fairly often think (Mental well being)	70%
2.	% very or fairly often think (Physical well being)	75%
Source: IPSOS Mental Health Report 2021		

Table 3b: priority of mental and physical health		
S No:	priority	Percentage
1.	Equal importance	49%
2.	mental health	31%

3.	Physical health	18%.
Source: Source: IPSOS Mental Health Report 2021		

Human behavior expresses in such a way that generally people avers mental illness. In recent past the importance of mental health gradually increasing, previously it was 27% it increased by 3% in 2021.

### 1.3.2 Suicides in India:

According to National crime record bureau (NCRB) Annual report 2021 suicides in India increased 10% in 2020.

Table 4: Suicides in different Entity		
S No:	Entity	Number
1.	Self employed persons	17,332
2.	Unemployed	15,652
3.	Students	12,526
4.	professionals, salaried persons	14,825,
5.	House wives	22,374.
6.	Persons engaged in Farming sector	10,677
7.	Daily wage earners	37,666
Source: National Crime Record Bureau 2021		

It is observed during the pandemic around 400 individuals committed suicide everyday in 2020.

### 1.4 Stress and stress management:

A stressor affects the individual from cognitive information collected and processed, which make individual react in different ways due to stress.

High stressed symptoms: Getting head ache frequently, sweating, heart throbbing, plucking hair, eating more, sleeplessness ,lack of decision making, blaming others, suicide attempt etc.Pre cautionary measures: Students should know abilities and limitations. Students should plan accordingly for physical, social and psychological activities.

Emotional: easily agitated and frustrated, feeling overwhelmed.Difficulty in relaxing and quitting the mind, low self esteem, loveliness,depression, social boycotting due to rejection. During vivavice number of job aspirants become tense and stressful.

When to seek help: Parents should spare time for children. Try to learn how to counsel them? Due to stress levels children eat continuously, it causes obesity.

### ***How to overcome stress?***

**Stress Management:** In the present generation learning stress managing tips is a great need. Following diet, sleep well, adaptability to the situations, using psychological factors, maintaining positive attitude, time management, attending yoga classes.

Your attitude decides stress. Never allow stress in your life. When a woman has labour pains, she feels stressful in life. By giving birth to a child, mother experiences some type of stress to bring up the child. Some people handle stress in a different way. Few persons feel a small prick in the life. They experience in a different way.

Stress can affect life, emotional thought processes. Not all stress is bad. At any age anybody can be affected by stress. Children are going to be affected with peer group pressure. We should not compare the children with anybody. Parents should encourage children. Adolescence, changes in hormonal levels, pressure from parents, nurtures a good relationship.

Job holders face stress. Any type, pressure to reach a deadline, authoritarian attitude of superiors, fault finding, sexual harassment. Some people find difficulty to balance work-life. Stress management should address the problems of stress and take appropriate strategy which has adverse impact on human performance.

### **1.5 Counseling Strategy:**

Problem identification is a process of screening, studying the record, observations and referring to referral for solving the problems. Creating awareness by different sources of information is a process of educating the affected persons.

Counseling involves identifying people who are in need of counseling. Referrals are the persons who address the problem.

Treatment can be given by different types of person's expertise in different fields. Marriage counselors, Alcoholic healers, substance abuse treatment centers, physicians, group therapists, meditation, individual therapy, and psychological treatment etc.

Farmers having an experience of family members not willing to participate in farming activities, this type of attitude causes distress among the rural masses. Employees of other sectors comparing with agriculture, the severity of stress is low, which causes distress. Rural masses are largely affected by stress. Stress management need to address the problem of rural masses and facilitate for health well beingness.

### 1.6 Yoga as Stress management tool:

Patanjali yoga sutras portray yoga. In the present generation many yoga studios trains the youth impart breath and meditation techniques. The science of yoga is, quite simply, the science of being in perfect alignment, in absolute harmony, in complete sync with existence.

Yoga is the technology of upgrading, activating and refining the inner energies for the highest possibilities. Those who practice surya namaskar, know yoga. Some people consider it as worship, few people claim that physical exercise.

Sadhguru reminiscences his past experience. Raghavendra Rao, the yoga teacher I met as a boy, led a life that would be considered super human by conventional standards . He was known to do 1,008 surya namaskaras a day. Later, he was at ninety years of age, he brought the number down to 108.”<sup>6</sup> when your body and mind are in a relaxed state , you are also free of several nagging ailments.

Pranayama helps you a lot. As you are practising pranayama, you will become master of your brain. Every individual has 7 layers of brain. Body, breath, mind, intellect, memory, ego and self. Mind collects, intellect is stressed. Memory plays a major role. Feeling inferior /superior is called Ego. Our body has 50 trillion cells. Whoever practice pranayama, they heal themselves. Vajraashana is good for digestion. cyclic meditation is based on Patanjali sutras. Non-violence, cleanliness, contentment ,austerity, surrendering to Eswara is the ultimate goal of a human being. when you practice yoga, you will become a master of it.

### 1.8 Conclusion: “Treatment without treating mental illnesses not at all a treatment”

Thanks to Nirmala seetaraman the honorable finance minister who has doubled the budget allocation to treat mental illness. Recognized the problem of mental illness. We cannot live without stress it can be transfer to positive stress for creativity and innovation, differs human from machines. More than 50% of the Indian people or rural masses and majority are women the two entities need to be viewed differently for better handling of mental illness or stress.

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