

STRESS MANAGEMENT THROUGH EDUCATION AND EXERCISE: AN ANALYSIS

***DR. ARJUN CHANDRA DAS**

**Assistant Professor, Department of Education, University of Kalyani, Kalyani, Nadia, West Bengal, 741235*

ABSTRACT:

The interaction between the nature of a stressor and a person's resources for dealing with it largely determines the severity of stress. Stress forces a person to do something. His/her action depends on many influences. Sometimes inner factors e.g., person's frame of reference, motives, competencies or stress tolerance play the dominant role in determining one's coping strategies. At other times environmental conditions such as social demands and expectations play primary role. Any stress reaction depends on the interplay of inner strategies and outer conditions. Let us conceptualize the three interactional levels as general principles of coping with stress. The first one is Biological level- it is on this level there are immunological defenses and damage repair mechanisms. The second one is Psychological and interpersonal level-it is on this level there are learned coping patterns, self defenses and support from family and friends. The last one is Socio cultural level- it is on this level there are group resources such as labour unions, religious organizations and lay enforced agencies.

***Key words:** Stress, causes, Stress management, coping strategies etc.*

INTRODUCTION:

Stress is a normal part of everyone life. People when reach out for help, they are very often dealing with circumstances, situations, and stressors in their lives that the feeling emotionally and physically overwhelmed. Most of people feel that they have very little ability or resources or skills to deal with the high levels of stress they are experiencing. Everybody we all talk about stress. But it often isn't clear what stress is really about. Most of us consider stress to be something that happens to our, an event such as an injury or a job loss or show cause. Some people think that stress is what happens to our body, mind and behaviour in response to an event (e.g. heart pounding, anxiety or nail biting etc.). But if stress does involve events and our response to them, these are not the most important factors to ours. Our thoughts about the situations in which we find ourselves are the critical factor.

When something happens to us, we automatically evaluate the situations mentally. We decide if it is threatening to us, how we need to deal with the situation and what skills we may use. If we decide that the demands of the situation outweigh the skills we have, then label the situation as ‘stressful’ and react with the classic ‘stress response’. If we decide that our coping skills outweigh the demands of the situation, then we do not see it a ‘stressful’.

Stress may come from any situation or thought that makes we feel frustrated, angry or anxious. Everybody finds situations differently and has different coping skills. For this reason, no two men will respond exactly the same way to some given situations. But, not all situations that are labeled ‘stressful’ are negative. The birth of a child, being promoted at work or moving to a new home may not be perceived as threatening. So we may feel that situations are ‘stressful’ because we do not feel fully prepared to deal with them. Stress is a common part of life. In small quantities, stress is good. It can do motivate our and help become more productive. However, too much stress, or a strong response to stress can be harmful. How we perceive a stress provoking event and how we react to it determines its impact on our health. We may be motivated and invigorated by the events in our lives or we may see some as ‘stressful’ and respond in a manner that may have a negative effect on our physical, mental and social well-being. If we respond in a negative way, our health, happiness and peace may break down. By understanding ourselves and our reaction to stress-provoking situations, we can learn to handle stress more effectively. In the most accurate meaning, stress management is not about learning how to avoid or escape the pressures and turbulence of modern living; it is about learning to appreciate how the body reacts to these pressures and about learning how to develop skills which enhance the body’s adjustment. To know stress management is to learn about the mind-body connection and to the degree to which we can control our health in a positive way.

OBJECTIVES OF THE STUDY:

- To generalize the concept and definition of stress;
- To know the types and sources of stress;
- To examine the effect and symptoms of stress;
- To know how to manage the stress;

METODOLOGY OF THE STUDY:

We know there are different types of methodology for any study. Here the historical method of research/study is used as well as the present study and the approach is qualitative in nature. The work has been conducted in the following ways:

- Collection of primary and secondary sources
- Detailed of the reliable and valid sources
- Comparison of different sources
- Making generalization from the sources.

SOURCES OF THE DATA:

Here two Types of data were collected. These were:

- I. Primary sources of Data: Interviewed with the stressed persons.
- II. Secondary Sources of Data: Different types of books on stress education.

RELATED STUDIES:

- a) “A study of academic stress and adjustment styles of teacher trainees’. RAO, R Balaji, Archarya Nagarjuna University, 2012.
- b) “Attitude and stress in relation to performance among the prospective teachers of oriental language”. Madhavi, Bodula, Archarya Nagarjuna University, 2011.
- c) “A study of family relation, structure, stress and achievement motivation of higher secondary students”. Chakraborty Jayatri, University of Calcutta, 2017.
- d) “A study of the occupational stress of school teachers in relation to their stress reactions and manifest need for counsellig”. Sen Sairidhree, University of Calcutta, 2012.

ANALYSIS AND DISCUSSION THE OBJECTIVES:

1. The concept and definition of stress:

The base work for the modern meaning of ‘stress’ was emphasized by Dr. Walter B. Cannon, a physiologist at Harvard University all most 100 years ago. He was the first to describe the ‘fight or flight response’ as a series of involuntary physiological and biochemical changes that prepare us to deal with threats of danger. This response

was critical to the survival of primitive mankind when requiring quick bursts of energy to fight or flee predators such as the saber-toothed tiger.

Hans Selye, the first major researcher on stress, was able to trace what happens in our body during the fight or flight response. He found that any problem, real or imagined, could cause the cerebral cortex i.e. the thinking part of the brain to send an alarm to the hypothalamus i.e. the main switch for the stress response, located in the midbrain of the human being. The hypothalamus then stimulates the sympathetic nervous system to make a series of changes in our body. Our heart rate, breathing rate, muscle tension, metabolism and blood pressure all increase. Our hands and feet get cold as blood is directed away from our extremities and digestive system into the larger muscles that can help us fight or run. We experience butterflies in our stomach. Our diaphragm locks. Our pupils dilate to sharpen our vision and our hearing becomes more acute. While every of this is going on, something else happens that can have long-term negative effects if left unchecked. Our adrenal glands start to secrete corticoids i.e. adrenaline, epinephrine and nor epinephrine, which inhibit digestion, reproduction, growth and tissue repair and the responses of our immune and inflammatory system. We can say in other words, some very important functions that keep our body healthy begin to shut down. The stress response is useful and can be necessary in times of emergency, but the frequent or unrelenting triggering of the stress response in our modern life without a balancing relaxation response can contribute to a number of illnesses and symptoms.

The more or less the same mechanism that turned the stress response on can turn it off. This is called the Relaxation Response. As soon as you decide that a situation is no longer dangerous, our brain stops sending emergency signals to our brain stem, which in turn ceases to send panic messages to our nervous system. A few minutes later the danger signals stop the flight or fight response burns out. Our metabolism, heart rate, breathing rate, muscle tension and blood pressure all return to their normal levels. Many professionals suggest that we can use our mind to change our physiology for the better and improve our health by using the natural restorative process called the Relaxation Response.

Definition of Stress: To define stress is difficult. Stress is defined as any adjusted demand that requires an adaptive response from an individual. It may also be said as the non-specific result of any demand upon our body. A few definitions are given below:

- Dr. Satya defines stress as “the rate of wear and tear on the body”.
- Dr. Peter defined stress as “the reaction of mind and body to change”.

TYPES AND SOURCES OF STRESS: There are four basic sources of stress. These are:

- a) **The Environment:** The environment can lead us with intense and competing demands to adjust. Examples of environmental stressors include weather, noise, crowding, pollution, traffic, unsafe and substandard housing and crime.
- b) **Social Stressors:** We can experience multiple stressors arising from the demands of the different social roles we occupy, such as parent, spouse, caregiver and employee. Some examples of social stressors include deadlines, financial problems, job interviews, presentations, disagreements, demands for our time and attention, loss of a loved one, divorce and co-parenting.
- c) **Physiological:** Different situations and circumstances affecting our body can be experienced as physiological stressors. Examples of physiological stressors include rapid growth of adolescence, menopause, illness, aging, giving birth, accidents, lack of exercise, poor nutrition and sleep disturbances.
- d) **Thoughts:** Our brain interprets and perceives situations as stressful, difficult, painful or pleasant. Some situations in life are stress provoking, but it is our thoughts that determine whether they are a problem for us.

Internal Sources of Stress: In spite of the above four types of stress, the internal sources of stress may play an important role. Stressors are not always limited to situations where some external situation is creating a problem. Internal events such as feelings, thoughts and habitual behaviours can also cause negative stress.

Some common internal sources of distress are:

- ✓ Fears e.g., fears of flying, heights, public speaking, chatting with strangers at a party;
- ✓ Repetitive thought patterns;
- ✓ Worrying about future events e.g., waiting for medical test results or job restructuring;
- ✓ Unrealistic or perfectionist expectations etc.

Types of Stressors: Situations that are considered stress provoking are known as stressors. Stress is not always a bad thing. Stress is simply the body's response to changes that create taxing demands. Many professionals suggest that there is a difference between what we perceive as positive stress and distress, which refers to negative stress. In our daily life, we often use the term 'stress' to describe negative situations. This leads many people to believe that all stress is bad for us, which is not true. Mainly there are two types of stressors. These are:

a) Positive stress: Positive stress has the following tenets:

- ✓ Motivates, focuses energy;
- ✓ Is short-term;
- ✓ Perceived as within our coping abilities;
- ✓ Feels exciting;
- ✓ Improves performance.

Examples of positive personal stressors:

- Receiving a promotional at work;
- Starting a new job;
- Marriage or commitment ceremony;
- Buying a home, car etc.;
- Having a child
- Moving, tour
- Taking or planning a vacation;
- Holding seasons;
- Retiring
- Taking educational classes or learning a new hobby

b) Negative stress: Negative stress has the following tenets:

- ✓ Causes anxiety or concern;
- ✓ Can be short or long-term;
- ✓ Perceived as outside of our coping abilities;
- ✓ Feels unpleasant;
- ✓ Decreases performance;
- ✓ Lead to mental and physical problems.

Examples of negative personal stressors:

- The death of a partner;
- Filing for divorce;

- Losing contact with loved ones;
- The death of a family member;
- Hospitalization (oneself or a family member);
- Injury or illness (oneself or a family member);
- Bankruptcy/money problems;
- Unemployment and sleep problems;
- Children's problems at home;
- Legal problems;
- Inadequate or substandard housing;
- Excessive job demands and job insecurity;
- Conflicts with team mates and supervisors;
- Lack of training necessary to do a job;
- Making presentations in front of colleagues or clients;
- Being abused or neglected;
- Separation from a spouse or committed relationship partner;
- Unproductive and time-consuming meeting;
- Commuting and travel schedules.

EFFECT AND SYMPTOMS OF STRESS: It is important to learn how to recognize when our stress levels are 'out of control' or having an adverse effect. The signs and symptoms of stress overload can be almost anything. Stress affects the mind, body and behavior in many ways and everybody experiences stress differently.

Three common ways that people respond when they are overwhelmed by stress are:

- a) *An angry or agitated stress response:* We may feel heated, keyed-up, overly emotional and unable to sit still;
- b) *A withdrawn or depressed stress response:* We shut down, space out and show very little energy or emotion and
- c) *Both a tense and frozen stress response:* We 'freeze' under pressure and feel like we can't do anything. We look paralyzed, but under the surface we may feel extremely agitated.

Again symptoms of stress may be classified into four heads. These are:

Cognitive Symptoms:

- ✓ Memory problems;
- ✓ Inability or difficulty in concentrating;
- ✓ Poor judgment;
- ✓ Anxious, racing or ruminating thoughts
- ✓ Constant worrying and
- ✓ Seeing only the negative;

Emotional Symptoms:

- ✓ Moodiness;
- ✓ Irritability or short-tempered;
- ✓ Feeling overwhelmed;
- ✓ Sense of loneliness or isolation
- ✓ Depression or general unhappiness and
- ✓ Agitation, inability to relax.

Physical Symptoms:

- ✓ Aches and pains, muscle tension;
- ✓ Diarrhea or constipation;
- ✓ Nausea, dizziness or butterflies in the stomach;
- ✓ Chest pain or rapid heartbeat;
- ✓ Loss of sex drive;
- ✓ Frequent colds
- ✓ Shallow breathing and sweating etc.

Behavioural Symptoms:

- ✓ Eating more or less;
- ✓ Sleeping too much or too little;
- ✓ Isolating myself from others;
- ✓ Procrastinating or neglecting responsibilities;
- ✓ Using alcohol, cigarettes or drugs to relax;

- ✓ Nervous habits i.e., nail biting, pacing etc.

Effects of Stress in daily life: Stress is difficult to define for professionals because it is a highly subjective phenomenon that differs for each of us. Things that are distressful for some individuals can be pleasurable for others. We also respond to stress differently. Some people blush, some eat more while others grow pale or eat less. These are numerous physical as well as emotional responses as illustrated by the following list of common signs and symptoms of stress.

COMMON SIGNS AND SYMPTOMS OF STRESS

1. Frequent headaches, jaw clenching or pain	26. Insomnia, nightmares, disturbing dreams
2. Gritting, grinding teeth	27. Difficulty concentrating, racing thoughts
3. Stuttering or stammering	28. Trouble learning new information
4. Tremors, trembling of lips, hands	29. Forgetfulness, disorganization, confusion
5. Neck ache, back pain, muscle spasms	30. Difficulty in making decisions
6. Light headedness, faintness, dizziness	31. Feeling overwhelmed
7. Ringing in the ears	32. Frequent crying spells or suicidal thoughts
8. Frequent blushing, sweating	33. Feeling loneliness or worthlessness
9. Dry mouth, problems swallowing	34. Little interest in appearance
10. Cold or sweaty hands	35. Nervous habits, feet tapping, fidgeting
11. Frequent colds, infections	36. Increased frustration, irritability
12. Rashes , itching, hives, goose bumps	37. Overreaction to petty annoyances
13. Unexplained or frequent allergy attacks	38. Increased number of minor accidents
14. Heartburn, stomach pain, nausea	39. Obsessive or compulsive behaviours
15. Excess belching, flatulence	40. Reduced work productivity
16. Constipation , diarrhea	41. Lies or excuses to cover up poor work
17. Difficulty breathing, sighing	42. Rapid or mumbled speech
18. Sudden attacks of panic	43. Excessive defensiveness or suspiciousness
19. Chest pain, palpitations	44. Problems with communications
20. Frequent urinations	45. Social withdrawal or isolation
21. Low sexual drive or performance	46. Constant tiredness, weakness, fatigue
22. Excess anxiety, worry, guilt, nervousness	47. Frequent use of over-the counter drugs
23. Increased anger, frustration, hostility	48. Weight gain or loss without diet
24. Depression, frequent or intense mood	49. Increased smoking, alcohol or drug use

swings	
25. Increased or decreased appetite	50. Excessive gambling or impulse buying

As discussed in the above, stress have big ranging effects on emotions, mood, and behavior. In the same way it is important but often less appreciated are effects on various systems, organs and tissues all over the human body. Physical and mental stresses may cause physical illness as well as mental or emotional problems. Here are the parts of the body affected by stress. These are discussed below:

- a) **Hair:** High stress levels may cause excessive hair loss and some forms of baldness.
- b) **Brain:** stress triggers mental and emotional problems such as insomnia, headaches, personality changes, irritability, anxiety and depression.
- c) **Mouth:** Mouth ulcers and excessive dryness are often symptoms of stress.
- d) **Muscles:** Spasmodic pains in the neck and shoulders, musculoskeletal aches, lower back pain and various minor muscular twitches and nervous tics are more noticeable under stress.
- e) **Heart:** Cardiovascular disease and hypertension are linked to accumulated stress.
- f) **Lungs:** High levels of mental or emotional stress adversely affect individuals with asthmatic conditions.
- g) **Digestive tract:** Stress can cause or aggravate diseases of the digestive tract including gastritis, stomach and duodenal ulcers, ulcerative colitis and irritable colon.
- h) **Reproductive organs:** Stress affects the reproductive system causing menstrual disorders and recurrent vaginal infections in women and impotence and premature ejaculation in men.
- i) **Skin:** Some individuals react to stress with outbreaks of skin problems such as eczema and psoriasis.

There are numerous emotional and physical disorders that have been linked to stress including depression, anxiety, heart attacks, stroke, hypertension, immune system disturbances that increase susceptibility to infections, a host of viral linked disorders ranging from the common cold to herpes to certain cancers, as well as autoimmune diseases like rheumatoid arthritis and multiple sclerosis.

In addition of the above, stress can have direct effects on the skin (rashes, hives, atopic dermatitis), the gastrointestinal (GERD, peptic ulcer, irritable bowel syndrome, ulcerative colitis) and can contribute to insomnia and degenerative neurological disorders like Parkinson’s disease. In fact, it is hard to think of any disease in which stress cannot play an aggravating role or any part of the body that is not affected.

MANAGEMENT THE STRESS THROUGH EDUCATION AND EXERCISE:

Following are the different technique for manage stress:

- a) **Avoid unnecessary stress:** Every stress can't be avoided and it's not healthy to avoid a situation that needs to be addressed. We may be surprised, however, by the number of stressors in our life that we can eliminate.
- ✓ **Learn how to say 'no':** Know our limits and stick to them. Whether in our personal or professional life, refuse to accept added responsibilities when we are close to reaching them. Taking on more than we can handle is a surefire recipe for stress.
 - ✓ **Avoid people who stress us out:** If someone consistently cause stress in our life and we can't turn the relationship around, limit the amount of time we spend with that person or end the relationship entirely.
 - ✓ **Take control of our environment:** If any news makes us anxious, turn the television off. If traffic's got us tense, take a longer but less-traveled route. If going to the market is an unpleasant chore, do our grocery shopping from local Shoppe or online.
 - ✓ **Avoid hot-button topics:** If we get upset over religion or politics, cross them off our conversation list. If we repeatedly argue about the same subject with the people, stop bringing it up or excuse our self when it's the topic of discussion.
 - ✓ **Pare down your to-do list:** Analyze the schedule, responsibilities the daily tasks. If we have got too much on our plate, distinguish between the 'should' and the 'musts'. Drop tasks that are not truly necessary to the bottom of the list or eliminate them totally.
- b) **Alter the situation:** If we can't avoid a stressful situation, try to alter it. Figure out what we can do change things so the problem doesn't present itself in the future. Often, this involves changing the way our communication mode and operate in our daily life.
- ✓ **Express our feelings instead of bottling them up:** If something or someone is bothering us, communicate the necessary concerns in an open respectful way. If we don't voice our feelings, resentment will build and the situation will likely remain the same.
 - ✓ **Be willing to compromise:** When we ask someone to change their behavior, be willing to do the same. If we both are willing to bend at least a little, we will have a good chance of finding a happy middle ground.

- ✓ ***Be more assertive***: Don't take a backseat in our own life. Deal with problems head on, doing our best to anticipate and prevent them. If we have got an examination to study for and our chatty roommate just got home, say up front that we only have five minutes to talk.
 - ✓ ***Manage the time better***: Poor time management can cause a lot of stress. When we are stretched too thin and running behind, it is hard to stay calm and focused. But if we plan ahead and make sure we don't overextend ourselves, we can alter the amount of stress we are under.
- c) **Adapt to the stressor**: If we can't change the stressor, change ourselves. We can adapt to stressful situations and regain our sense of control by changing our expectations and attitude. The following are the ways to adapt the stressor.
- ✓ ***Reframe problems***: Try to view stressful situations from a more positive perspective. Rather than fuming about a traffic jam, look at as opportunity to pause and regroup, listen to our favorite radio station or enjoy some along time.
 - ✓ ***Look at the big picture***: Take perspective of the stressful situation. Ask myself how important it will be in the long run. Will it matter in a month? A year? Is it really worth getting upset over? If the answer is no, focus on our time and energy elsewhere.
 - ✓ ***Adjust our standards***: perfectionism is a major source of avoidable stress. Stop setting ourselves up for failure by demanding perfection. Set reasonable standards for myself and others and learn to be okay with "good enough".
 - ✓ ***Focus on the positive***: When stress is getting our down, take a moment to reflect on all the things we appreciate in our life, including our own positive qualities and gifts. This simple strategy can help us keep things in perspective.
- d) **Accept the things that we can't change**: Some sources of stress are unavoidable. We can't prevent or change stressors such as the death of a loved one, a serious illness or a national recession. In such cases, the best way to cope with stress is to accept things as they are. Acceptance may be difficult, but in the long run, it's easier than railing against a situation we can't change.
- ✓ ***Do not try to control the uncontrollable***: Many things in life are beyond our control-particularly the behavior of other people. Rather than stressing out over them, focus on the things we can control such as the way we choose to react to problems.

- ✓ **Look for the upside:** When we are facing major challenges, try to look at them as opportunities for our personal growth. If our own poor choices contributed to a stressful situation, reflect on them and learn from the mistake.
- ✓ **Share our feelings:** Talk to a trusted friend or make an appointment with a therapist. Expressing what we are going through can be very cathartic, even if there is nothing can do to alter the stressful situation.
- ✓ **Learn to forgive:** accept the fact that we live in an imperfect world and that people make mistakes. Let go of anger and resentments. Free myself from negative energy by forgiving and moving on.

e) **Make time for fun and relaxation:** Beyond a take-charge approach and a positive attitude, we can reduce stress in our life by nurturing ourselves. If we regularly make time for fun and relaxation, we will be in a better place to handle life’s stressors when they inevitably come.

- ✓ **Set aside relaxation time:** Include rest and relaxation in our daily life schedule. Do not allow other obligations to encroach. This is my time to take a break from all responsibilities and recharge my batteries.
- ✓ **Connect with others:** Spend time with positive people who enhance our life. A strong support system will buffer us from the negative effects of stress.
- ✓ **Do something we enjoy every day:** Make time for leisure activities that bring us joy, whether it be stargazing, playing the piano or working on our something else.
- ✓ **Keep our sense of humor:** This includes the ability to laugh at myself. The act of laughing helps our body fight stress in a number of ways.

Healthy ways to relax and recharge:

a) Go for a walk.	f) Savor a cup of coffee or tea.	k) Light scented candles.
b) Spend time in nature	g) Play with a pet	l) Take a long bath.
c) Call a good friend	h) Play with children.	m) Listen to music.
d) Have a good workout	i) Work in garden.	n) Watch a comedy.
e) Write in journal	j) Curl up with a good book.	o) Get a massage.

- f) **Adopt a healthy lifestyle:** We can increase our resistance to stress by strengthening our physical health.
- ✓ **Exercise regularly:** Physical activity plays a key role in reducing and preventing the effects of stress. Make time for at least 30 minutes of exercise, three times per week. Nothing beats aerobic exercise for releasing pent-up stress and tension.
 - ✓ **Eat a healthy diet:** Well-nourished bodies are better prepared to cope with stress; so be mindful of what you eat. Start the day right with breakfast and keep our energy up and our mind clear with balanced, nutritious meals throughout the day.
 - ✓ **Reduce caffeine and sugar:** The temporary ‘highs’ caffeine and sugar provide often end in with a crash in mood and energy. By reducing the amount of coffee, soft drinks, chocolate and sugar snacks in our diet, we will feel more relaxed and we will sleep better.
 - ✓ **Avoid alcohol, cigarettes and drugs:** Self-medicating with alcohol or drugs may provide an easy escape from stress, but the relief is only temporary. Do not avoid or mask the issue at hand; deal with problems head on and with a clear mind.
 - ✓ **Get enough sleep:** Adequate sleep fuels our mind, as well as our body. Feeling tired will increase our stress because it may cause us to think irrationally.

Other Relevant Stress Management Process:

- a) Start the day with breakfast;
- b) Organize work routine-set priorities;
- c) Occasionally change routine by meeting a good friend or co-worker for breakfast;
- d) Find some time during the day to meditate or listen to a relaxation video;
- e) Instead of drinking coffee or tea all day, switch to fruit juice;
- f) Don't try to be perfect. Don't feel like must do everything;
- g) Avoid trying to do two, three or more things at a time;
- h) Develop a support network;
- i) If possible, reduce the noise level in environment;
- j) Optimize health with good nutrition, sleep and rest;
- k) Always take a lunch break;
- l) Try to regular exercise;
- m) Celebrate birthdays and other holidays;
- n) Turn more evens into special occasions and show kindness & considerations;

- o) Avoid people who are ‘stress carries’;
- p) Develop a variety of resources for gratification in life. It may be in family, friends, hobbies, interests, special weekends or vacations etc.;
- q) Consider yourself to ‘new and good things’;
- r) Be assertive. Learn to express the needs and differences, to make requests and to say ‘no’ constructively.
- s) Don’t be afraid to ask questions or to ask for help;
- t) Allow extra time to get to appointments and resist the urge to judge or criticize;
- u) Take deep breaths when feel stressed. If spiritual, pray; speak to God, a higher power or inner guide;
- v) Try to find something funny in difficult situations;
- w) Take an occasional ‘mental health day’
- x) Adopt a pet and be flexible with change things;
- y) Take a mindful walk and become a better listener and
- z) Understand that we do not all see or do things in the same day;

CONCLUSION:

The interaction between the nature of a stressor and a person’s resources for dealing with stress largely determines the severity of stress. Stress forces a person to do something. His/her action depends on many influences. Sometimes inner factors e.g., person’s frame of reference, motives, competencies or stress tolerance play the dominant role in determining one’s coping strategies. On the other hand, environmental conditions such as social demands and expectations play primary role. Any stress reaction depends on the interplay of inner strategies and outer conditions.

BIBLIOGRPHY

1. Chauhan, L., (1995), *Mental Hygiene a Science of adjustment*. Allied Publishers Ltd., New Delhi.
2. Davis, M., Robbins Eschelma, E., & McKay, M (1995). *The Relaxation & Stress Reduction Workbook*, 4th ed. New Harbinger Publications Oakland, CA.
3. Davis, Martha and Robbins, Elizabeth. Eshelman, and Matthew McKay, M (1995). *The Relaxation & Stress Reduction Workbook*, 5th edition. New Harbinger Publications Oakland, CA.
4. Greenberger, D., & Padeshy, C. (1995). *Mind Over Mood. Change How You Feel by Changing the Way You Think*. Guilford Publications. New York, NY.
5. Hart, Anna. (2010). *Stress Management for Students*. (Article)
6. Clinic Community Health Centre, 870 Portage Avenue, Winnipeg MB Canada, (204) 784-4090.

7. Malgaj, Luka., (2010). *Top 7 Stress Management Tips for Student*. (Article)
8. Mayo Clinic Staff, (2009). *Stress Management-MayoClinic.com*, Mayo Clinic Medical Information and Tools for Healthy Living.
9. Mangal, S.K (2000), *Advanced Educational Psychology*. Prentice Hall of India Pvt. Ltd., New Delhi.
10. Smith, Melinda Ellen Jaffe-Gill and Robert Segal, (2010). *Stress Management: How to Reduce, Prevent and Cope with Stress*
11. University Health Centre at the University of Georgia (2005). *Stress Management*