

Stressful life events and their consequences

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Abstract

It is altogether essential for a civilized society that it must be mentally and spiritually healthy and be responding to all positive measures of Health. Biological health is major cause for mental illness also need more attention. The main purpose of this paper is to highlight the main cause for mental illness. Stress is the major cause for mental as well as physical illness no doubt stress is like a silent killer. In every day schedules we face a lot of sources of stress and they have their negative effect on health. In present paper the copying Strategies and management procedure is also of major concerns: meditation, yoga, relaxation techniques and exercises have helpful in dealing with stress. Some part of brain are important and play a major role during stress. The way to cope the stress is also important for keeping the stress away.

Keywords: Biological health, Stressful life events

Introduction

Stress

‘An adaptive response, mediated by individual characteristics and psychological processes, that is consequences of any external action, situation even that place special psychological demand etc. upon a person.

Stress is the body’s general response to environmental situations stress is our body’s physical mental and chemical reactions to circumstances that frighten, confuse, endanger or irritate us. If handled poorly, it becomes an enemy which can cause diseases like high blood pressure, ulcer, asthma and overactive thyroid etc.

It can lead to

1. Physiological discomfort
2. Emotional unhappiness
3. Strained relationship with other people.

In very simple words, stress refers to an individual’s reaction to a disturbing factor in the environment.

Features of Stress

- It can occur physical, psychological or behavioral deviation in the person.
- It may occur because of an individual’s interaction with environmental stimuli.
- It can vary from temporary to long term period of time depending upon the individual’s capacity to tolerate stress.

Level of Stress

For every individual, there is an optimum level of stress under which he or she will perform to full capacity. Stress is highly individualistic in nature. Some people have high tolerance for stress and thrive well in face of several stressors in the environment. On the other hand some people have very low level of tolerance for stress and they become paralysed when they have to interface with routine everyday factors that appear undesirable to them.

Generally, stress is viewed as something bad. Having negative consequences. However, stress is not bad. It is only the degree

or the levels of stress which produces stress has two levels positive and negative consequences.

1. Eustress
2. Distress

Eustress

Eustress is the healthy, positive and developmental stress response.

Distress

Distress is the unhealthy and negative stress response. It denotes the presence of the high level of stress in an individual which affect his performance and efficiency adversely.

Models of Stress

Main model is defined by Hans Selye named as ‘General Adaptation Syndrome’ (GAS).

G - General because the symptoms are nonspecific.

A - Adaptation because reaction help in the adaptation.

S - Syndrome group of symptoms which is difference acc. to selye a person goes through three stages in stressful situation.

1. **Alarm reaction:** In this stage initial shock phase and counter shock phase is included. Changes in body occur. Period of resistance and identity of symptoms depends on the conditions of the person who is in stressful situation.
2. **Stage of Resistance:** In this stage the sufferer tries to cope with stressful situation. Adaptation level is up to the level.
3. **Stage of Exhaustion:** Adaptation is at lowest level resistance level is also decreased. He feels failure.

Effects of Stress on Human being

1. **Physiological Effects:** Increased in B.P. increase heart-rate, excessive swelling, frequent hot and cold spells, breathing problems, and muscular problems.
2. **Emotional Effect:** Anger, anxiety, irritability, depression, low self-esteem, unhappiness and job dissatisfaction.
3. **Behavioral Effects:** Unpredictability, poor communication, lack of interest in work and drug dependence etc.

- 4. Sources of Stress:** Stress is a reality of everyday life. Daily Hassles.
- i) Household hassles: Preparing Meals, Shopping and home maintenance.
 - ii) Health Hassles: Physical illness, concern about medical treatment and their side-effects.
 - iii) Time-Pressure Hassles: Having too many things to do, too many responsibility and not enough time.
 - iv) Inner concern hassles: Being lonely and fearful of confrontation.
 - v) Environmental hassles: Crime, Traffic Noise, Air-pollution, poverty etc.
 - vi) Lack of social support: Respect from other, friendliness, self-respect support, opportunity to interact, filling of security is lacking for and individual.
- Respect from other, friendliness, self-respect, social support, opportunity to interact, filling of security is lacking for and individual. It can be stressful.
- 5. Conflicts:** Peoples who live in conflicting situation fails to achieve their goals and feel stressful.
- 6. Sexual Harassment:** The ratio of sexual harassment is increasing day by day. It also cause stress.
- 7. Economic Problems:** People having poor economic conditions always suffer and feel stressful.
- 8. Change in Life Structure:** As a person grew older high responsibility start increasing which causes stress.
- 9. Life Traumas:** Life Traumas can be highly stressful. A life Trauma is any upheaval in an individual life that alter his attitude emotions and behavior.

Table 1: The following table shows the ranking of life events along with the weights.

Ranking	Life Events	Weight
1	Death of spouse	100
2	Divorce	73
3	Jail	63
4	Death of a family member	63
5	Marriage	50
6	Pregnancy	40
7	Child leaving home	29

Stress and its consequences

- 1. Psychological factors in Physical illness. Psychological factors influence the exposure of Neurotransmitter and Hormones. Such as Asthma, Hypertension, B.P., Peptic ulcer due to Psychological factor.
- 2. Social Factor: Anger influences the working of Heart. Spiegel *et al.* Al 1989 found that social network is also responsible for physical and mental disability Psychological and social factors influence the Health in two ways.
 - i) Influence Basic biological Processes.
 - ii) Some Behavior Patterns are Prone to some disorder. Social and Psychological factors also influence the Biology. These factors are responsible for many Physical disorders. (Taylor and Repettic 1997).

The main parts stimulate during stressful events

- i) Autonomic nervous system
- ii) Sympathetic division
- iii) Neuromodulating hormones

Hypothalamus

Corticotrophin releasing factor is a neurohormone which when release from Hypothalamus also stimulate Pituitary gland. Pituitary gland also active adrenal gland which secrets cortical which is related with stress and also known as ‘stress hormones’.

Limbic system is also related with emotional responses, when cortical stimulate HIPPO campus then it turn off the stress response. The long term secretion of cortical effect the Physical functions. It also damage Hippo campus and Muscle. It also negatively effects the immune response.

Cardiovascular Problems

Stress is also known as “Silent Killer”. Hypertension cause Heart diseases and High B.P. studies found that Anger and Hostility are closely related with Hypertension. Hokonsen *et al.* found that inhibition of hostility is highly related with Hypertension which causes high B.P.

Causes for CHD (Chronic Heart Diseases)

- i) A High need for Power.
- ii) A strong Tendency to inhibit the overt expression of this need in the form of aggressive actions.
- iii) Strong situational challenges to use Power, Dembrosky *et al.* found that Anger is also responsible for CHD. Chronic pain or chronic Fatigue syndrome. It is known as neurasthenia. This means lack of Nerve strength. The main symptom is fatigue. This disorder is due to stress.

Main symptoms of CFS (Chronic Fatigue Syndrome)

- 1. Loss of appetite
- 2. Loss of sleep
- 3. Fatigue even after relaxation
- 4. Weakness of Muscles
- 5. Anemia

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