

## REASONS OF STRESS AND ITS EFFECTS: A SURVEY

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### Abstract

Stress is a common and unavoidable component of life. The primary purpose of this research is to understand different types of stress. In our lifetime, each person deals with a unique mix of challenges and pressures. These factors have an impact on their health and manifest themselves in the form of symptoms of stress problems. Therefore, it is essential for individuals to have an effective awareness of the various types of stress that can affect them. Everyone has to get their knowledge and comprehension; they need to make sure that they develop information in the form of strategies to deal with the various kinds of stress they face. When these things begin to have an impact on their health and well-being, they have a responsibility to make regular trips to doctors and health care centres. People will be able to profit significantly if they put the strategies and procedures into action in an efficient manner. This will allow them to maximise their potential for success. For this reason, it is essential for individuals to develop an effective awareness of the many types of stress. The primary aspects that are taken into account are on the necessity of understanding the various sorts of stress, the various types of stress, and how stress may affect individuals.

**Keywords:** Stress, Causes of stress, Types of stress, symptoms of stress, Effects of stress, measures of stress, Levels of stress.

### I. Introduction

Life is full of stress, and it can show up in a variety of ways. However, there are times when stress can be beneficial, serving as an incentive that boosts readiness for potentially life-threatening events[7]. Biologically speaking, stress is a response to novelty or the activity of counteracting any form of perceived threat. The body undergoes a number of changes in response to stress, including the release of hormones including adrenaline, cortisol, and noradrenaline.

The primary aspects that are taken into account in this survey paper on the necessity of understanding the various sorts of stress, the various types of stress, and how stress may be useful to individuals.

Stress triggers vary from individual to person. Every person has their own unique set of stressors, and there are many potential causes. Stress at work has been identified as a major contributor to mental health issues. Some more sources of stress are: According to polls, stress from work tops the list. Being dissatisfied with one's employment, carrying an excessive amount of work or an onerous amount of responsibilities, and Due to lengthy hours, insufficient supervision, and hazy goals at work, performing hazardous tasks, Afraid of being passed over for promotions or losing their jobs[9], Panic attacks, Being the target of workplace discrimination or harassment

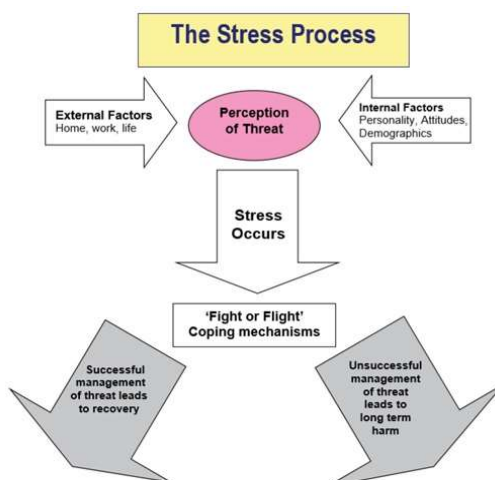


Fig 1: Process of Stress (Google Courtesy)

Stresses brought on by real-world events, such as the loss of a loved one, a marriage ending in divorce, or a job layoff, can also have a major bearing [3]. Expenses and commitments growing, Entering Matrimony, Change of address, Disability that persists throughout time, mental health problems such as sadness, fear, irritability, rage, loss, regret, and shame, taking care of an ailing or elderly relative, Exposure to traumatic events, such as those caused by natural disasters, theft, rape, or acts of violence against oneself or one's loved ones. The source of stress is not always external, however. Potential stressors include: Concern and apprehension, Ideas and opinions, Misguided assumptions, Life as we know it now must change.

## II. Stress Causes

Each person has their own unique set of stressors that can be set off by a wide variety of situations [4]. Stress at work has been identified as a major contributor to mental health issues. Relational difficulties, joblessness, illness, health concerns, work demands, inadequate social support, traumatic experiences, psychological or emotional distress, financial obligations, hazardous working conditions, and long work hours are all additional sources of stress.



Fig 2: Stress Causes (Google Courtesy)

There are different factors that can cause stress, and every individual has different stress triggers [12]. According to research, work-related stress is one of the most significant causes of stress.

## III. Stress Symptoms

Stress can affect all parts of our life, including our emotions, behaviours, thinking ability, and physical health. No part of the body is immune. But, because people handle stress differently, symptoms of stress can vary. Symptoms can be vague and may be the same as those caused by medical conditions.

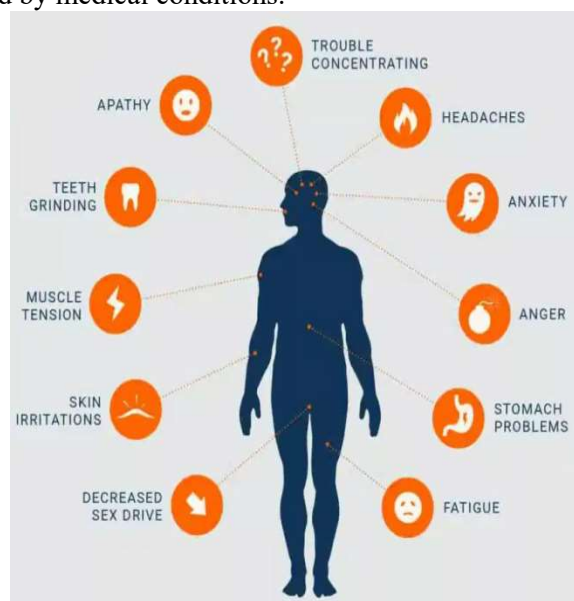


Fig 3: Symptoms of Stress (Google Courtesy)

There is no universal stress symptom. Most people experience some combination of the following: anxiety [14], insomnia, migraines, dizziness, headaches, depression, weight gain, and high blood pressure. Coronary illness, a racing heart, shortness of breath, tension, forgetfulness, Difficulties focusing.

#### IV. Effects of Stress on Health

When a person is under pressure, their body reacts in a number of different ways. Some of the external manifestations of these internal changes include headaches, irritability, mood swings, sleep difficulties, and so on. Prolonged stress has been linked to an array of detrimental health effects, including but not limited to fatigue, depression [11], atherosclerosis, infertility, breathing difficulties, weight gain/loss, irregular heartbeat, high blood pressure, heart-related disorders, cramps, and constipation.

Our brain has trouble differentiating between emotional [10] and physical dangers. Our bodies can react just as powerfully to perceived threats to our survival, such as a disagreement with a buddy, a work deadline, or a pile of debts. The more frequently the emergency stress system is triggered, the more difficult it is to deactivate.

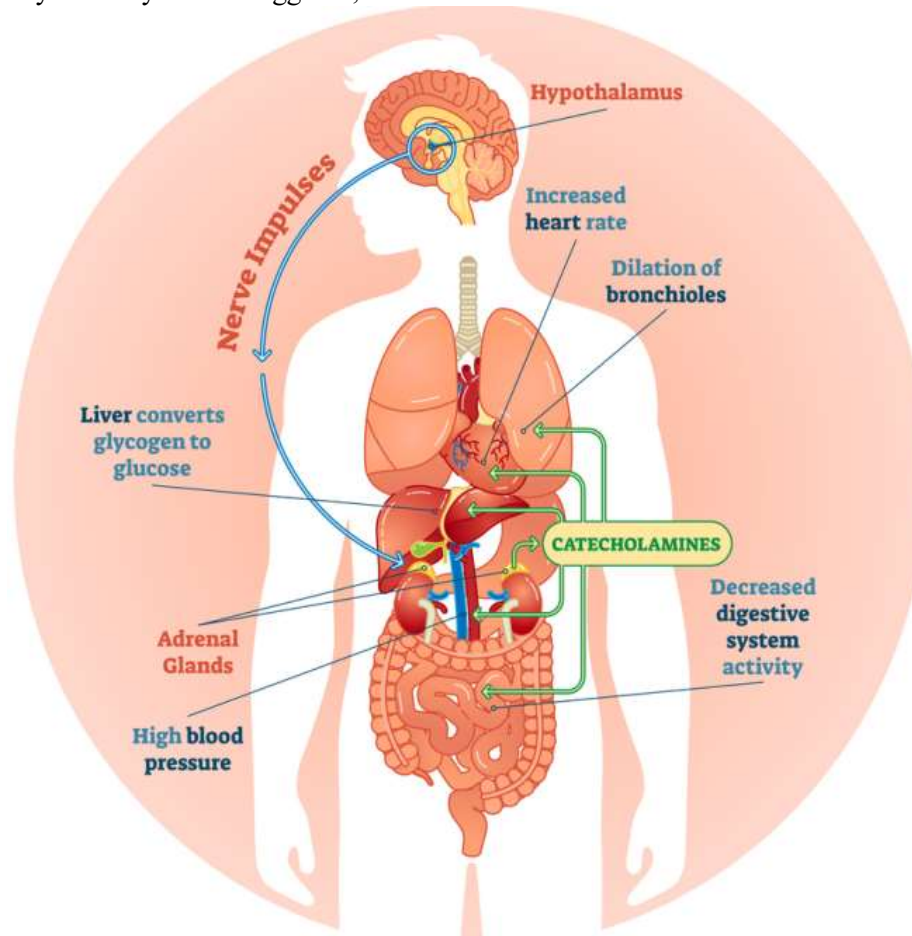


Fig 4: Stress Response System (Ref: <https://www.painscale.com/article/effects-of-stress-on-the-body>)

When we're under constant pressure, our bodies react negatively. It lowers our resistance to disease, disrupts our digestive and reproductive systems, raises our blood pressure and cholesterol, and accelerates our ageing. It can even alter neural pathways, making us more susceptible to mental health issues like anxiety and sadness.

If we are stressed out, the hormones produced by our body in a stressful situation and can trigger a variety of physical and emotional responses.

- Feel sick or dizzy, anxious, worried, or nervous, or become tense, angry, short-tempered, or even despairing.
- Physically, the reaction may be sweating excessively, experiencing muscle aches, chest pains, blurred eyesight, or itchy skin.

But most of the symptoms related to stress identified very less because of the difficult things of stress and how easily it can creep up on our body. After a while, if constantly feeling stressed we can start to feel familiar, even normal.



## V. Stress Types

The American Psychological Association (APA) distinguishes between three distinct forms of stress, each with its own unique set of symptoms, causes, and potential responses to therapy. Most people experience acute stress, which is brought on by worrying about immediate, stressful situations or future obligations. When a someone experiences acute stress on a recurring basis, they are said to be experiencing episodic acute stress. **Persistent tension** happens when a person can't seem to get out of a poor situation.

Stress can affect many aspects of your health and well-being, even though you might not realize it. Here are some signs and symptoms of each type of stress.

Short-term stress, often known as **acute stress**[6], is the most prevalent type of stress. When people think about the burdens of recent events or anticipate the difficulties of the near future, they typically experience acute stress.

**1.Enlarged pupils.** The fight-or-flight response includes dilation of the pupils, which improves vision by letting in more light.

**2.It raises your heart rate.** When this seems like heart palpitations, it's another sign of the fight-or-flight response.

**3.sweating.** An increase in perspiration is a physiological response to stress.

**4.A rapid, laboured breath.** The fight-or-flight response includes this symptom as well. The goal here is to increase the availability of oxygen throughout the body, making it better able to deal with pressure.

**5.Anxiety,** this is the stress-induced state of anxiety and apprehension.

**6.A roller coaster of feelings.** That is to say, impatience and fluctuations in emotion.

**7.Can't sleep.** Anxiety and the hormones released during the fight-or-flight response might cause us to have trouble falling asleep and staying asleep.

**Episodic acute stress** occurs when there are repeated bouts of high stress.

**1.Stress in the muscles.** This is designed to strengthen our bodies' natural defences against harm. Muscles are unable to unwind and heal between bouts of intense stress.

**2.Having a suffocating sense of completeness.** It's the inability to deal with stressful situations or to imagine ways to deal with them successfully.

**3.Explosive outbursts of fury and hostility.** More and more often, and with less provocation, we find ourselves lashing out. It's also possible that we'll have a strong reaction to something that would typically pass without notice.

**4.Migraines.** Muscle stress is a common cause of these. Migraines tend to worsen in both frequency and intensity when episodic acute stress is present.

**5.High blood pressure.** Most people with high blood pressure won't know it. Having your blood pressure checked by a doctor is the only sure fire approach to spot hypertension.

**Persistent anxiety:** When stress is constant, the body has a hard time resetting its stress hormone levels.

**1. Gaining a lot of weight.** This is commonly the result of "stress eating," but it can also be the result of chronic stress-induced hormonal abnormalities.

**2.Sleeplessness.** Problems getting to sleep and remaining asleep, leading to a lack of rest after sleeping.

**3.Panic attacks,** Acute stress symptoms, include a sudden onset of fear and worry.

**4.Persistent headaches.** Tension headaches that occur more than 15 times per month are considered chronic.

**5.Emotional exhaustion.** This manifests itself as persistent fatigue, even after sufficient amounts of sleep.

## VI. Stress Management

Maintain an optimistic outlook; Eat well; Exercise frequently; Get enough of rest; Meditate and use deep breathing methods. Consequences of stress over time. we should develop effective stress management techniques if we frequently experience stress. Being under stress can compromise your health. Over time, we may begin to exhibit some of the following signs of stress:

Physical: Problems with digestion, skin, and hair loss. Frequent colds and flu. Headaches. Difficulty sleeping.

Mental: Having trouble focusing, forgetting things, learning, thinking negatively, and expressing yourself properly [8].

Emotional: Relationship issues, feelings of hopelessness, apathy, and a lack of purpose Anxiety, despair, rage, impatience, and other negative emotions [15].

Behavioural: Bad habits such as poor nutrition, dangerous driving, substance abuse, a history of accidents and aggressive behaviour [2].



### *How to manage stress?*

No one can completely escape from stress, but there are things they can do every day to make it more manageable [13]. Exercising can help lift your spirits. It's helpful to take stock of what was accomplished throughout the day.

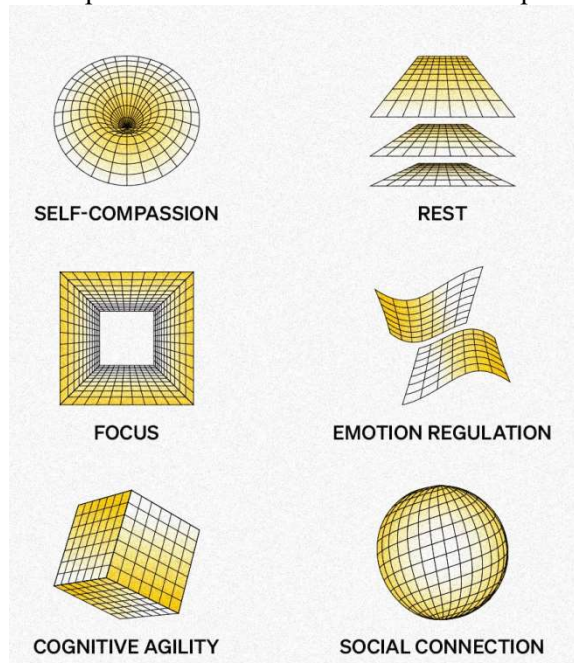


Fig 5: Skills for Managing Stress (Google Courtesy)

Plan out your daily, weekly, and monthly objectives. It may be helpful to discuss concerns with a therapist or medical professional.

The emotional, physiological, and mental reactions to stressful situations.

Typically, when we talk about quantifying stress, we mean gauging people's reactions to it [5]. Consider the significant changes in our life as a possible stressor to be measured.

However, people have diverse reactions to stimuli. One person can readily handle stressful situations that the other finds unmanageable.

The following stress-measuring techniques zero down on our body's reaction to stress. These techniques evaluate how our body reacts to stress. Stress is measured through the monitoring of physiological responses, such as heart rate and brain activity. There are several simple things you can do every day to reduce stress:

- Do things that helps us to unwind, like yoga, tai chi, meditation, deep breathing, and muscle relaxation. Many gyms and community centres offer programmes, and we can find them online or in app form on our smartphone.
- Be sure to treat our body well every day. A healthy diet, regular exercise, and sufficient rest all improve the body's ability to deal with stress.
- Keep a pleasant attitude and show thankfulness by recalling the positive aspects of our day or life.
- Recognise that there are some things we just can't manage. Learn to relax and stop stressing over things we can't alter.
- Practise saying "no" to new commitments when we are already feeling overwhelmed.
- Maintain relationships with those who provide as a source of serenity, joy, emotional support, and practical assistance. If we are feeling overwhelmed by stress, talk to a friend, family member, or neighbour and see if they can be a good listener or help out with some of the load.

### **VII. Conclusion**

It is generally accepted that stress is a normal part of life. It can be a common occurrence in some circumstances and a rare occurrence in others. Family, relationships, household chores and responsibilities, education, employment opportunities, training, career prospects, environmental conditions at home and at work, health problems and illnesses, travel, implementing safety measures, and so on are just some of the many sources of stress that people face. Acute stress, episodic acute stress, chronic stress, emotional stress, burnout, physical stress, psychological stress, social stress, spiritual stress, and eustress are the various forms of stress. There are a number of positive outcomes that can result from



experiencing stress, including enhanced cognitive function, increased motivation, greater resilience in the face of adversity, and greater success in carrying out one's job responsibilities, attaining one's personal goals, and enhancing one's quality of life. In conclusion, it can be concluded that people are more productive at work, achieve more of their goals, and improve their own living situations when they are aware of measures and tactics to keep a normal mind set and prevent stress from adopting a big form.

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