

Physiological And Psychological Perspectives Of Stress Management**Dr. Seema Gupta****Department Of Psychology****Gokul Das Hindu Girls College****Moradabad****{Received:20October2020/Revised:30October2020/Accepted:10November2020/Published:29November2020}****Abstract**

Any factor or incident that threatens a person's health or adversely affects normal functioning is called stress. In other words, stress can be described as the pattern of responses an organism makes to stimulus event that disturbs the equilibrium and exceeds a person's ability to cope. Stress management defines stress precisely as a person's physiological response to an external stimulus that triggers the "fight or flight" reaction. Thus the aim of the present paper is to emphasize the physiological and psychological perspective of stress management. This can help the person to manage the stress in his daily life situations.

Keywords: Threatens, Physiological And Psychological Approach, Stress Management**Introduction**

Stress is very common in our daily life. Injury, disease or worry are common examples of stress; other includes internal conflicts, emotive events – such as death of a close relative or friend, birth of a baby, separation or divorce – pressure at work or a hostile environment such as war or famine. Some individuals seem more prone than others to develop medical problem related to stress do. The term stress is derived from the field of engineering. To an engineer it means any external force directed at any physical object. The result of this force is strain, which refers to a change produced in the structure of the object. Many psychologists adopted this definition – stress being the external event or stimulus and strain being the resultant effect. Mostly in terms of health consequences, it is found that distress level is high. Sometimes we also experience positive stress or eustress. It occurs when we have positive experience or uplifts, which are welcome. In 1960, stress was introduced as a stimulus and viewed stress as a significant life event or change that demands response, adjustment or adoption. Holmes and Rahe (1967)

Stress Management

Stress management defines stress precisely as a person's physiological response to an external stimulus that triggers the "fight or flight" reaction. It is a wide spectrum of approaches/techniques and psychotherapies aimed at controlling a person's level of stress, especially chronic stress, usually for the purpose of improving everyday functioning. Many approaches and techniques to manage the stress are available, some for use by health

professional and others, for self-help, which may help an individual to reduce their level of stress, provide positive feeling of control over one's life and promote general wellbeing.

Modern working life creates tremendous personal and occupational pressure, which need immediate management and successful resolution. Stress management techniques are many and all of them try to control this fight and flight response. Stress has to be managed with a rational, calm, controlled and socially sensitive approach.

Major Approaches (Perspectives) To Stress Management

The person adopts different types of measures to overcome the stresses in the day to day life. But these measures are not always effective. Several approaches have been proposed to understand and cope up with the stressful behaviour. All approach help to adjust a person with his/her environment. Different stress management techniques or therapies are collectively included in the different types of approaches. Self-understanding, self-identification, self management, conflict resolution, self-talk, adopting a more positive attitude, breathing exercise, meditation, exercise, altering diet, regular and effective rate, biofeedback and drug therapy, rest, are such type of helpful techniques.

Physiological and Psychological Approaches (Perspectives) have been described here:

Physiological Perspective

In this approach, two methods to manage the stress are described: *A..Drug Treatment:* Drugs help to manage stress by altering the body's response to a stressor and making it easier to deal with. Drug treatment can help an individual deal with the emotional side of a problem while they are coming to terms with a major stress event. This allows the individual to stabilize and begin to tackle the cause of the problem or adjust their psychological response. Drugs are extremely convenient but are prescribed by a doctor so that they are used in a supervised and safe way.

Drug only help relieve the symptoms of stress, but they don't tackle the cause. Overall, drugs are not a good long term solution to manage stress. E.g. Valium, a manufactured drug can be used to mimic or intervene in the natural body processes but have side effects, such as addiction to the drug or drowsiness.

Bio Feedback

A technique for transforming some aspect of physiological behaviour into electrical signals which are made accessible to awareness. A technique in which participants are provided with information about bodily processes (heart rate, blood measure monitors and electromyogram which detect muscle contraction). Biofeedback allows them to 'see' or 'hear' this information as they are connected to a feedback machine. Participants then try to find a strategy (muscle

relaxation, meditation) to reduce the stress. Biofeedback has produced significant long term reduction of stress in everyday life.

Psychological Perspective

Psychological method of stress management includes various types of cognitive as well as behavioural therapy. The aim of these predominantly emotion focused techniques is to replace irrational and negative thoughts with more positive ways of thinking about a problem. Most of the programmes involving these techniques have three stages i.e. education, training and practice. Two therapeutic approaches of psychological perspective are described here:-

Cognitive Behaviour Approach

It is a short term therapeutic approach that focuses on how a person's thoughts affect their emotions and behaviours. It attempts to influence a person's irrational thought while focusing directly on identifying and changing behaviours and thought patterns. Cognitive behaviour approach protocols provide opportunities for psychologist to provide information and help build a person's emotional and interpersonal skills. Cognitive Approach derives from the phenomenological approach reliance is solely on personal experience. Albert Ellis and Aaron Beck were the pioneers in the use of cognitive therapy. The term cognition refers to functions like attention, judgment, learning, thought, memory and consciousness used in comprehending the world of our experience.

Albert Ellis developed the rational emotive therapy which tries to change the people's maladaptive thought process by restructuring his or her self – evaluation and belief system. Aaron Beck's therapy helps the patient to recognize the negative thoughts and the wrong interpretations that lead to stress.

Cognitive therapists use various techniques such as challenging, activity raising and graded task assignment to change the stressed people distorted and self-defeating thought patterns and help him/her to have a more realistic and positive directions.

Behaviour Therapies

These are based on the principles of learning. They focus on changing the particular aspects of behaviour. Lindsey and Skinner coined the term 'behaviour therapy' in early 1950's in their effort to modify psychotic behaviour. Behavioural therapists focus on the element in the environment, which trigger specific habitual responses and aim to modify the eliciting stimulus or vice – versa, i.e. condition which maintain such observable behaviours and habits.

Initial interviews, training in relaxation, modelling, biofeedback, and indigenous techniques like yoga and meditation are used for behaviour modification. They focus that a person inoculates him/her selves from diseases by using two types of training programs

Stress Inoculation Training And Hardiness Training

Stress inoculation training is done in three phases –

- In conceptualization phase therapist educates a person about the nature and impact of stress.
- In skill acquisition phase, cognitive coping skills such as positive thinking, relaxation, methods of attention, diversion, social support and time management are taught to adopt a new way of thinking and new behaviour.
- In the application phase (therapy), new coping strategies are applied to actual situations. A person (client) uses their new coping skills like imagery, modelling and role playing in different situation that become increasingly stressful.

Aim of the **Hardiness Training** is to increase self-confidence and sense of control so that individuals can manage change. First a person is taught to recognize the physiological signs, related to heart and muscles. This process gives him/her an insight into their current coping strategies and relieve from stress. At last the insights gained can now be used to move forward and learn new techniques of dealing with stress.

Conclusion

It is clear that there are many approaches to manage stress. In each approach stress is emphasized on the combined use of several techniques to avoid or eliminate stress and the stress related situation. Regardless of the use of any one technique (therapy), joint management of various techniques (therapies) is essential to manage the stress. All approaches help people to overcome their stress and make adjustment with the environment.

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