



A Study On Stress Management Strategies - To Reset And To Recalibrate Our Body Alarm System

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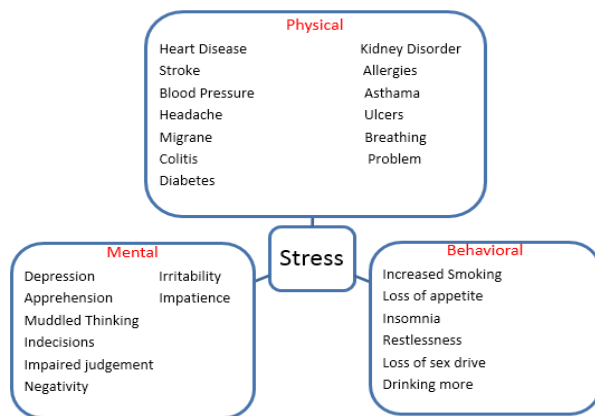
Abstract

Stress is nothing but people are functioning by accident which means that they don't know how to manage their body, their mind, their emotions, their energy, their chemistry – even they do not know how to manage anything. This is stressful because people don't know anything. Stress is an extra limb that people have in their body. Stress occurs only that time when you don't know how to handle your mind. Stress is happening to you because of your inability to manage your own system. The purpose of the study was to explore the strategies that are adopted by the people to manage the stress. This study examines the impact of stress on body and how to manage it accordingly. Stress management will give us a pathway of happiness which can help our mind and body adapt (resilience). This study also provides further evidence related to the strategies/relaxation techniques adopted by people which are really helpful. This study shows human body might always be on high alert without managing stress which means that over a time, chronic stress can lead to serious health problems. Stress always damages your quality of life and practicing the stress management techniques are only the cure of this.

Keywords Stress, Stress management, Stress management strategies, techniques, health problems, quality of life, body adapt.

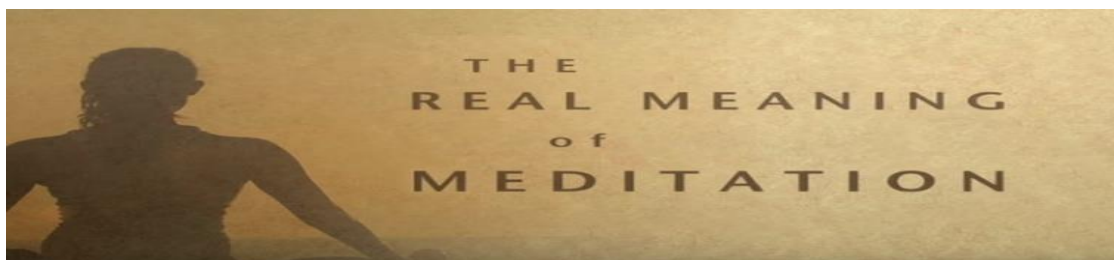
Introduction

Stress is happening because you do not know how to conduct your body, how to conduct your mind and how to conduct your emotions. Human mechanism is the most sophisticated gadget on the planet. Stress is defined as a person's psychological and physiological response to the perception of a demand or challenge. Stress management offers a range of strategies to help you better deal with stress and difficulty (adversity) in your life. Managing stress can help you lead a more balanced, healthier life. When a person has long-term stress, continued activation of the stress response causes wear and tear on the body. Physical, emotional and behavioural symptoms develop. Physical system includes Aches and pains, Chest pain, Exhaustion or trouble sleeping, Muscle tension, Stomach or digestive problems, Weak immune system etc. whereas emotional stress symptoms include sadness, tension, no smiley faces, disputes in relationships etc. In Mental stress system includes anxiety, depression, aloneness, bad dreams, insomnia, panic attacks etc.



Stress management is a pathway of happiness as people use to adopt new techniques in their daily routine life to cure their stressful life. Stress can be managed by people through different approaches of this pathway. Some of these approaches are Learning skills, enhancing your ability to cope with adversity, practicing relaxation techniques, Improving your personal relationships. To manage stress in daily routine life people, use to adopt new practicing relaxation techniques and tools to become healthier or to reset their body alarm accordingly. Some of these techniques are: -

- 1) Meditation: - It is a process in which you will concentrate on single point after closing your eyes and then OM sound will pronounce many times while doing meditation in proper sitting position. Its purpose is to help increase both physical and mental peace and calm, which also helps you to learn how to live more fully in the present. It helps in increasing your concentrate power.



Meditation will help in several important ways like: - it helps to build resilience in your body, it is a technique to get a centred when you are thrown off from emotional stress, it helps in reducing stress by relaxing the body, helps in normalizing the blood pressure, your mind creativity will be increase if you were adopting meditation in your routine life cycle, it also helps reducing sweat from your body etc. People who meditate on regular basis they find it easier to give up life-damaging habits like smoking, drinking, and drugs. They also find it easier to stop rumination from ruining their day.

- 2) Journaling: - According to the researchers in 2011 when people use to write a journal, they use feels free or stress free which helps in expressing their views in

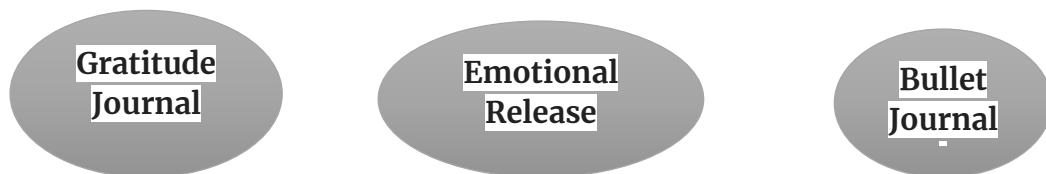
written form. It also reduces stress through emotional release or relief from the negative thoughts.



Writing about positive emotions may be helpful in reducing stress and anxiety - according to the British journal of health psychology. Journaling is nothing but it is just to maintain a diary in which people use to write their day-to-day life cycle and positive thoughts which makes their mind stress-free. In This research it is analysis that there are some benefits of Journaling such are: -

Journaling decreases the symptoms of asthma, arthritis, and other health conditions, it improves cognitive functioning, it can strengthen immune system response, it can counteract many of the negative effects of stress.

Journaling is a highly effective gadget for stress respite and can take several forms, so there are different options that can work for people. Always try to add new way of journaling which must be different from others, like: -



- Gratitude Journal - Some people keep a daily gratitude journal where they list three or more aspects of each day for which they are grateful. It is very effective strategy for reliving form stress and create a more positive mood at the moment.
- Emotional Release- some people use to write about their emotional responses to events that have happened throughout the day as a way of coping with the stress. This can help them to process what they are feeling and perhaps even explore more positive reframing options.
- **Bullet Journal** - Some people simply keep journals to track what they need to do each day, goals they have, memories they create, and other things they don't want to forget.

3) Practicing Relaxation Techniques: - These techniques are the great way to help in reducing stress in your mind as well as from body. A simple relaxation technique gets started on de-stressing your life and improving the health and overall well-

being. Some of regular used relaxation techniques are Deep breathing, Massage, Tai chi, yoga, Biofeedback, music and art therapy etc. normally in medical terms there are three types of relaxation techniques used on people to get relief from stressful life, such are

- **Autogenic relaxation-** In this relaxation technique, people use both visual imagery and body awareness to reduce stress. Some people repeat words or suggestions in your mind that may help in relax and reduce muscle tension.
- **Progressive muscle relaxation-** In this relaxation technique, people use to focus on slowly tensing and then relaxing each muscle group. This can help in focus on the difference between muscle tension and relaxation. People can become more aware of physical sensations.

Research Methodology

Design and ethics

This study is a quasi – experimental study with pre-post-test approved by the research committee of the Jayoti vidhayapeeth women’s university, Jaipur, India. The population available on WhatsApp group, Telegram group, Facebook, Instagram and LinkedIn helps in conducting research through online polling in May/2022. All questions are basically based upon the techniques used by people to reduce stress from their routine life.

Inclusion and Exclusion

Inclusion criteria were educated, familiar with the online survey and stress-free people with the ability to perform without inability to exercise, whereas exclusion criteria included stressful people who refuse or are unwilling to use stress management techniques, not ready to adopt such relaxing techniques, always depends upon the pharmacologic management strategies like allopathy. Either they do not believe in natural therapy of stress and adopt a life to spend through allopathy which harms their body deeply.

Assessment tools and management

To collect data, the questionnaire of LIKERT SCALE-22 was used. The validity and reliability of this standard questionnaire was examined by Research Department of Jayoti Vidyapeeth women’s university. In this survey the half data is dependent and another half is independent data which are normally distributed also having a similar number of variances within each group. Two test samplings are done, as the whole data is collected on gender basis which specify the comparison between male and female that which gender is much satisfied after adopting stress management techniques and how these techniques are impacting their lives.

Correlation & Regression

n= 145,

x = 84, y = 61

x = number of females participated in survey

y = number of males participated in survey

n = number of people participated in the survey

Correlation Analysis

correlation	X	Y
X	1	
Y	0.25595	1

Thus, above table show the relation between x with y, which shows that both variables not having any relationship between each other. Whereas, when comparing similar variables with each other then of course X = x and same repeats in Y=y. In above table also shows that there is no relationship between X ≠ y.

Regression Analysis

It indicates the average relationship between two variables. In this analysis one variable is dependent variable that is x and another variable is independent variable ie. Y. The whole analysis is based on simple regression type analysis as the whole research is based on two variables only.

SUMMARY OUTPUT (X)

Regression Statistics	
Multiple R	0.255947
R Square	0.065509
Adjusted R Square	0.026572
Standard Error	1.114224
Observations	26

*R indicates the regression in table.

ANOVA	d.f.	SS	MS	F	Significance F
Regression	1	1.346973	1.346973	1.118707	0.301180032

Residual	23	27.69303	1.204045		
Total	24	29.04			

*d.f = degree of freedom

*SS= sum of square

*MS= mean of sum of square

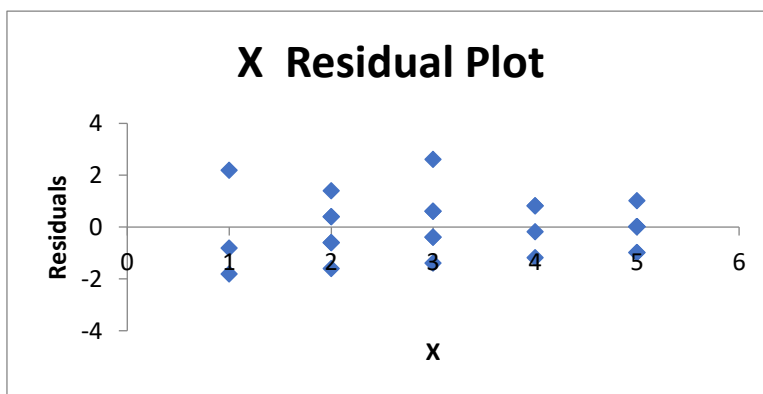
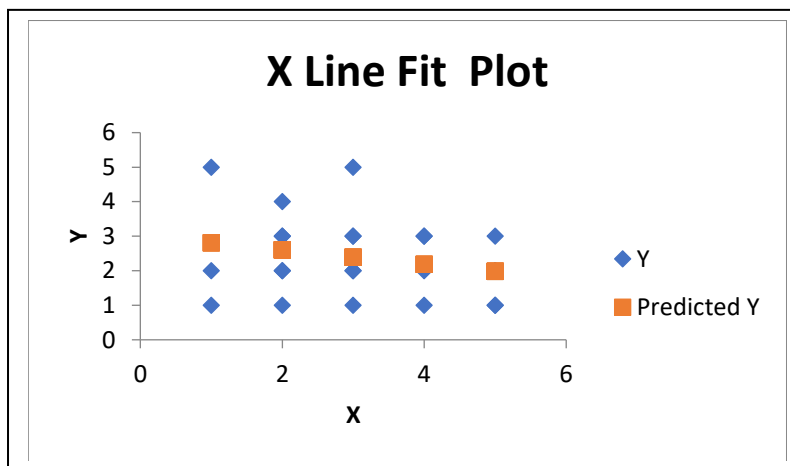
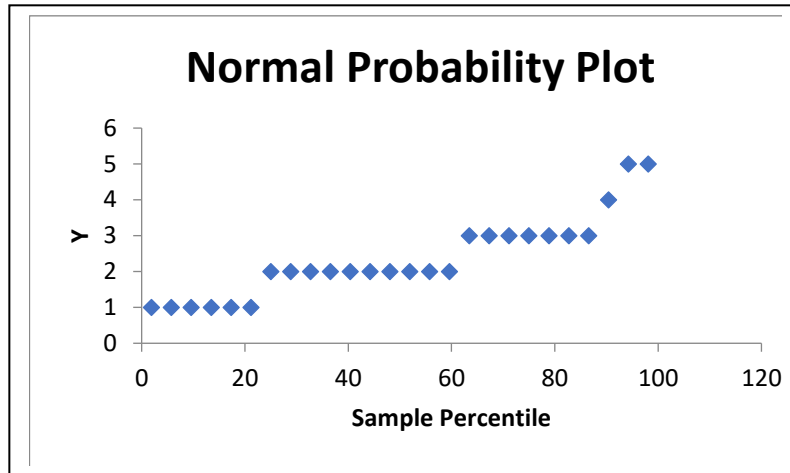
	Coefficients	Standard Error	t Stat	P-value	Lower 95%	Upper 95%	Lower 95.0%	Upper 95.0%
Intercept	3.015823	0.560627	5.379375	1.6E-05	1.858746	4.1729	1.858746	4.1729
X	-0.20728	0.159803	-1.29709	0.206933	-0.5371	0.122539	-0.5371	0.122539

RESIDUAL OUTPUT (Y)

Observation	Predicted Y	Residuals	Standard Residuals
1	2.601266	1.398734	1.28123
2	2.393987	0.606013	0.555103
3	2.808544	2.191456	2.007357
4	2.186709	-0.18671	-0.17102
5	1.97943	-0.97943	-0.89715
6	1.97943	0.02057	0.018842
7	2.393987	-1.39399	-1.27688
8	2.601266	0.398734	0.365237
9	2.601266	-0.60127	-0.55075
10	2.601266	-0.60127	-0.55075
11	2.393987	2.606013	2.387088
12	2.808544	-0.80854	-0.74062
13	2.186709	-1.18671	-1.08702
14	1.97943	0.02057	0.018842
15	1.97943	-0.97943	-0.89715
16	2.393987	0.606013	0.555103
17	2.601266	0.398734	0.365237
18	2.186709	0.813291	0.744968
19	1.97943	0.02057	0.018842
20	1.97943	0.02057	0.018842
21	2.393987	-0.39399	-0.36089
22	2.601266	-1.60127	-1.46675
23	2.393987	-0.39399	-0.36089
24	2.808544	-1.80854	-1.65661
25	2.186709	0.813291	0.744968
26	1.97943	1.02057	0.934834

PROBABILITY OUTPUT

Percentile	Y
1.923077	1
5.769231	1
9.615385	1
13.46154	1
17.30769	1
21.15385	1
25	2
28.84615	2
32.69231	2
36.53846	2
40.38462	2
44.23077	2
48.07692	2
51.92308	2
55.76923	2
59.61538	2
63.46154	3
67.30769	3
71.15385	3
75	3
78.84615	3
82.69231	3
86.53846	3
90.38462	4
94.23077	5
98.07692	5



Descriptive Statistics of x and y

X	
Mean	3.230769
Standard Error	0.273483
Median	3
Mode	5
Standard Deviation	1.394495
Sample Variance	1.944615
Kurtosis	-1.27046
Skewness	-0.06354
Range	4
Minimum	1
Maximum	5
Sum	84
Count	26
Confidence Level (95.0%)	0.563249

Y	
Mean	2.346154
Standard Error	0.22148
Median	2
Mode	2
Standard Deviation	1.129329
Sample Variance	1.275385
Kurtosis	0.600384
Skewness	0.866789
Range	4
Minimum	1
Maximum	5
Sum	61
Count	26
Confidence Level (95.0%)	0.456146

Hypothesis testing

Here, alternative hypothesis indicates stress management techniques are helpful in reducing stress and makes life healthier and happiest. Where null hypothesis indicates that these techniques are not helpful in reducing stress and making people happy. Thus, from the above tables of correlation and regression of two samplings data which clearly shows that these two variables have a difference, and there is no lack of information to state. Here we except alternative hypotheses and reject null hypothesis. Because the alternative hypothesis disproves the null hypothesis.

$$H_1 = \text{alternative hypothesis}$$

$$H_0 = \text{null hypothesis}$$

Hence, $u_1 \neq u_2$ (there is no significance in the relationship of two variables)

The calculated value of X & Y is less than the tabulated value of X & Y at 95% level of significance and 23 & 24 degree of freedom, so alternative hypothesis is accepted and null hypothesis is rejected, and we can conclude that both genders perceptions towards the

stress management techniques are either helpful and not helpful is differ significantly. As the result, in current scenario people use different strategies to reduce their mental stress as well as physical stress. Very common strategy people use to adopt to reduce their stress is YOGA which is helpful in reducing any type of stress level.

Findings & Results

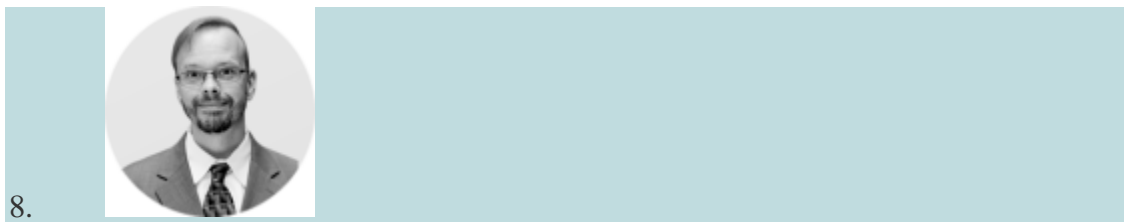
The principle point of this study review is on the results of gender trials in determining the strategies adopted by people to manage stress. Of 145 trials addressing the effects of stress techniques on different people (145) out of which 125 trials acclaimed a compelling decrease in stress and anxiety or depression symptoms when a new technique to manage stress like Yoga was applied however, many of the studies were also obstructed with by limitations, such as large study populace, lack of randomization, and lack of control group. Fourteen of the 145 studies released that the physiological markers of stress, generated unpredictable support of techniques to get relief from stress. Appraisal of the forward-looking primary literature is expressive of the interest of strategies in stress relief, but further survey into this relationship using small, overall populations (above 18 years), adequate controls, randomization and long duration should be explored before justifying stress techniques are useful.

Conclusion

Stress inflicts catastrophe on your emotional equilibrium, as well as your physical health. It narrows your capability to think sharply, function effectively, and enjoy life. It may seem like there's nothing you can do related to the stress. The securities won't stop spending on hospitals/clinics, there will never be more hours in the day, your work and family importance or either responsibilities will always be demanding. But you have a lot more control than you might determining. Effective stress management helps you to burst the hold stress has on your happy life, so you can be happier, healthier, and more productive. The eventual goal is equitable life, with time for work, relationships, relaxation, and the resilience to hinder the under pressure and meet challenges head on but stress management is not one-size-fits-all. According to the research, the perception of males and females for adopting new techniques of stress management is really helpful and managing health of people, which is helpful in relaxing, flexible and charming your body. A 2018 review of studies Trusted Source found federation between work-related stress and coronary heart disease. regardless of this, the authors could not confirm the exact system through which stress causes coronary heart disease. Stress management therapy can help by removing or changing the source of stress, sterilizing how a person views a stressful event, lowering the effects that stress might have on the body & learning replacement ways of coping. People can develop their stress management techniques by using self-help books and online resources. Alternatively, they can attend a stress management courses or classes on daily basis like YOGA classes, Gym, Dance class, meditation class etc. These alternatives help in reducing stress very effectively and makes human more productive.

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