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ANALYZING ABOUT THE TYPES, CAUSES AND CONSEQUENCES IN TERMS OF STRESS

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ABSTRACT

"As healthcare workers are exposed to multiple job stressors that can negatively affect their mental and physical health and decrease their productivity on the job, it is essential to document the causes and management of stress in any healthcare unit or among healthcare professionals for an effective intervention." The study's objectives are twofold: first, to better inform healthcare practitioners about stress management; second, to better understand the effects of diverse occupational stressors on job performance; and third, to better understand the role of healthcare in stress management. The goal of this study is to examine the causes, consequences, and remedies of stress among healthcare professionals. While completing assignments for her management courses that dealt with stress, the author was motivated to perform this study. As the author has studied more about the problem and seen the effects of stress on the lives of healthcare professionals, her interest in the issue has deepened. The study's authors aimed to determine the efficacy of various psychological interventions and stress-reduction techniques in reducing burnout among medical professionals. All of the people who took part in the study were in the medical field and were trying to reduce their stress levels. Our thesis is that stress may be greatly reduced by using psychological and coping skills.

Keywords: - Stress, Medical, Health, Population, Studies.

I. INTRODUCTION

The term "stress" has different connotations in different contexts. Stress has been demonstrated to have serious effects on ecosystems and animal populations in a number of studies. Stressors, such as severe temperatures, lack of water, or food, are identified by biologists. According to social scientists, the most emotionally taxing experiences result from direct engagement with the world around us [1]. Stressors may be anything that upsets a person's normal

routine, health, or state of mind. It occurs when a person's physical capabilities are pushed to their absolute maximum, or when they are asked to do tasks that are outside of their normal range. Anger outbursts are one moderate symptom of stress, whereas acts of physical aggressiveness are one severe one. A stressor is any outside influence that makes things more difficult than they need to be. Stress may have both positive and negative outcomes, depending on the person experiencing it. For instance, when it comes

to stress, one person may see it as a motivator, while another may view it as a hindrance. There are two potential stress reactions. The word "eustress" represents a healthy response to stress, whereas the word "distress" describes the opposite. The effects of stress on one's body and mind may be detrimental [2]. Both the body and the mind experience a surge of energy during eustress, leading to more creative behavior. Distress is a negative tension that may throw one off balance mentally. Some of them include insomnia, eating problems, cardiovascular illness, and even suicidal ideation. When there is no stress in your life, you can't help but become listless and boring. Positive stress may boost an individual's motivation and performance. Problems emerge, though, if this tension is more than is required. Some individuals flourish under intense pressure, whereas others have "last-minute syndrome" and freeze up at the last second.

II. CONCEPT OF STRESS DEFINITIONS OF STRESS

(Hans Selye, 2009) defines stress as "a non-specific reaction of the body to any demand for change." Depending on the author, stress can be understood as the body's natural reaction to anything that requires change (Benson and Casey, 2006); a state of flux in which a person faces a choice, a limitation, or a demand in relation to something they want, the result of which they see as potentially significant but ultimately undetermined; or a state of mental or emotional strain or tension caused by adverse or demanding circumstances. Thus, stress is defined as "any condition in which there is a marked discrepancy between

demands placed on worker's capacity or perceived capacity to respond," implying that stress is typically caused by an imbalance between the demands placed upon an individual and the resources available to help that individual cope with those demands (Howard, 2008, p105). Unfortunately, job-related stress is common among healthcare professionals due to the high workload and little resources available to them. The mental and physical demands of the healthcare industry may put even the most resilient worker to the test if they are deemed excessive and go beyond the worker's abilities or resources (Howard, F.2008, p.106).

The necessity to offer a conceptual explanation for stress is proving to be one of the most difficult elements of these research. The origins and consequences of stress are becoming more contentious amongst experts, but beyond this continuing discussion, a general conclusion may be drawn about the concept of stress itself [13]: that it originates from a feeling of disharmony between the individual and the external environment. Attempting to cope is necessary anytime a person is subjected to several demands, both internal and external, for which he or she lacks the resources to deliver an effective answer.

In Latin, the term "stress" means "to tighten," and it is from this root that we derive the English word "stress." One common definition of stress is an individual's emotional response to demanding situations. According to scientific research, stress is "a state of being in which an individual's wellbeing is

diminished as a result of his inability to meet the demands of a given scenario."

Stress is defined by the American Psychological Association as "a state of tension that results from any demand, real or imagined, that necessitates adjustment in response." Allen (2002) argues that stress develops whenever an individual doubts his or her ability to handle a certain situation. The stress of teaching may significantly impact the health of women in various ways, including the development of anger. Depending on the context and the person employing the term, "stress" may mean many things. According to Davis (1981), stress is "a state of anxiety" that may impact a person's mood, physical health, and mental clarity. Di Martino (2003) defines stress as "the mental and physical reaction which arises when the needs and demands of the job do not meet the capabilities/potentials" Stress may be beneficial in certain situations. It's a reaction, after all, and people's individual responses to it vary widely.

III. TYPES OF STRESS

A few of the most prevalent manifestations of anxiety are:

- Eustress
- Distress
- Neustress

Eustress

The term "eustress" describes stress in a positive light. This kind of tension arises when something good happens in a person's life. Overcoming and adapting to stress is possible if the level of stress is manageable and the individual has the resources to deal with it. It's a great source of inspiration and

happiness for them. Pleasure and growth in one's character are the results of eustress. In a nutshell, the term "Eustress" refers to "good stress." The stress a person feels when they win a prize or the lottery, the stress a student feels as they prepare for an exam, the tension a bride feels on her wedding day, etc.

Distress

Distress is the term for unwanted tension. A person would feel stressed out if the demands placed on him are too great and he does not have the means to meet them. Distress demodulates a person, and it's usually something they don't want or need. Distress may have a domino effect of poor productivity and inefficiency, along with irritation and sadness. Prolonged emotional anguish is detrimental to a person's well-being. Losing a championship, the loss of a loved one, getting a bad grade on a test, etc. all cause tension in people.

Neustress

A lack of tension causes apathy. There is no positive or negative connotation to it. There are instances when external factors cause us mental anguish. Consider a person's reaction after learning about the horrors of a tsunami, flood, tragedy, etc.

IV. CAUSES AND CONSEQUENCES OF STRESS

The stresses that healthcare personnel face on a daily basis are called "occupational" or "work-related" stress since they are directly tied to the nature of their jobs. According to the research of Abu Alrub and Al-zaru (2008), "any work situation perceived by the participants as threatening the situation and

individuals' coping abilities" is considered a work stressor.

The inherent factors include long working hours, excessive work load, dealing with death and dying, inter personal conflict with other staff, patients' expectations, and the threat of malpractice litigation. These factors led to the classification of workplace stressors often faced by healthcare professionals in the healthcare environment into three classes or categories: organizational stressors, task characteristics, and social factors. According to (Sardiwalla 2007), some of the most common sources of stress in organizations include issues with communication between employees and higher authorities, difficulties with team workers, role antiquity, and administrative factors. Potential for interpersonal conflict among coworkers in healthcare settings due to ambiguity about responsibilities and established hierarchies. There might be communication and trust issues if commands aren't followed appropriately. Task characteristics arise because working with the dying and the deceased is now a standard need for healthcare workers. Anxiety that can negatively affect a healthcare provider's positive attitude toward their patients and the quality of care they provide can be a social factor, and in multidisciplinary teams, where one part of the team may feel superior to the other, or where one healthcare professional may feel his or her role is more important than the other in the survival of their organization, such differences may contribute to stress.

If healthcare workers aren't able to effectively cope with the pressures listed

above, they're likely to experience burnout.

It has been shown that chronic exposure to high levels of stress at work may lead to a phenomenon known as burnout. The function of burnout Job-related stress and subsequent behavioral rejection (Howard 2008, p.105).

According to the American Psychological Association (David Ballard, 2009), "job burnout" occurs when an employee's effectiveness at work degrades due to weariness and apathy. One of the leading causes of burnout is dealing with persistent anxiety. When this happens, it's because you're being subjected to excessive stress. A person's physical health, emotional well-being, relationships, and capacity to conduct job may all suffer if burnout is left untreated.

V. CONCLUSION

Pressure is being put on employees at all levels of management as a result of increased competition in the healthcare industry and the introduction of cutting-edge technology, which has led to a decrease in the available labor force despite a correspondingly large increase in the number of patients seeking treatment. Working women in India are under double pressure since they are expected to tend to both the home and the office. Despite the low profile of stress management in India, the rising number of hospitals makes it imperative for corporations to develop techniques to minimize stress among employees in order to boost both productivity and morale. Management and female employees alike would benefit from learning more about stress and how it affects

their work. The hospital administration should prioritize measures to reduce occupational stress, which would boost productivity and allow female staff members to better balance their professional and personal lives. Effective stress management will not only enhance the health of female workers but also the quality of their work lives. Recent studies have sought to identify the causes, extent, and consequences of workplace and organizational stress, as well as effective coping mechanisms. Recent studies have focused on factors such role ambiguity, role expectation, role inadequacy, work overload, role isolation, role stagnation, inter-role distance, and individual inadequacy.

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