

# STRESS AND COPING

DR. TINNI DUTTA

We live in a stress full and discontented time.

Stress is inevitable .

Stress is the nonspecific response of the body to any demand (Hans Seyle , 1946).

Stress is after the result of the disequilibrium between the demands made on the person and the person's ability to cope with these demands.

Stressors are situations that provoke stress. There are different types of symptoms elicited from stress – physical and psychological in nature.

The Yerks-Dodson hypothesis states that in eustress, there is an increase level of performance to certain level, but in distress de-motivation, anxiety and apprehension is shown.

According to the bio psycho social model of stress, stress involves three components-external, environmental control that is beyond the control of individual, neuro-psychological factors of the individual and the conjugation of external and internal factors. Such factors often disrupt body's homeostatis.

Hans Seley postulated the term 'General Adaptation Syndrome'(GAS) consist of three phases-Alarm reaction, Stage of Resistance, and exhaustion.

**Physical Symptoms: Identification of physiological responses are digestive problems, aches and pains, palpitation, shallow breathing, increased heart rate, lack of appetite, insomnia and so on.**

**Psychological responses are restlessness, difficulty in concentrating, worrying without any apparent reason, aggressiveness, irritability, inability to relax etc.**

**Behavioural Symptoms** consist of staying alone, poor decision making, too much conflict, impaired psychological functioning and impairment in interpersonal relations.

Case study:

Sandipa a 2<sup>nd</sup> years psychology honors student was referred to our department for counseling with the complaints of impaired psychological functioning and pain disorder. Case history and pre therapeutic interview was done. She was designated as suffering from Post Traumatic Stress Disorder. Cognitive Behaviour Therapy was conducted and she was feeling better. Stress was the main root of the problem. Deep breathing exercise and pranayam enabled her to feel better.

It is the need of the hour to look back at Indian psychology through relaxation, pranayama asana .It would surely help on restoration , maintenance and growth of life processes.

Coping is the processes of managing demands which consist of action oriented and intrapsychic. That is to master or tolerate environmental and internal demands.(R.S. Lazarus and Zaunier,1978).

## **Stress Management in the light of Swami Vivekananda**

The Post – Traumatic Stress Disorder (PTSD) is evident in every segments of society . The individual suffering PTSD has typically undergone a stressor of extreme magnitude .Thus the person feels psychic numbing , loss of interest in pleasurable activities , constriction in emotion , poor appetite , sleep disturbances.

It is evident that PTSD may experience permanent changes in the brain involving the amygdala and the hypothalamic pituitary adrenal axis (Nenerof f etal et at 2006) The person suffering from PTSD are prone to psychologically vulnerable.

But PTSD can alleviated through Cognitive Behavior therapy. Changes in cognition can bring changes in emotion . In this context we can take the help of Swami Vivekananda's preaching .

First :Have faith in yourself. Know that though one may be a little bubbles and other may be a mountain high wave, Yet behind the bubbles and the wave there is the infinite ocean .

Have faith (V – 13)

Have faith in your destiny (iii- 445)

Go and preach to all

‘Arise , awake , sleep no more within each of you there is the power to remove all wants and miseries . Believe this and that power will be manifested. (VI-454)

Such type of Stress management program emphasize good habits and social skills and reduce stress which is urgently needed .

Therefore ‘Go or working without an eye to the result. One day you are sure to reap  
The fruits of it ‘(VII :237)

Notes: Collected Works-Swami Vivekananda.

We can conclude ‘at this juncture Indian Psychology have paved the only way of salvation for mankind in an Indian way.’

We should live with dignity in each and every day. By fulfilling each moment we can fulfill our dreams and make our lives successful. Our creed would be to move forward whatever may come . Such a way would be means of healthy joy of living. We would learn to live a healthier, fuller and happier lives.

## **Notes :**

- 1) Cultural psychology of Health in India Ajit K Dalal (2016).  
Page – 18 – 19
- 2) Healthy Values of Living – as quoted by Swami Tathagatananda (2016) –  
Advaita Ashrama Kolkata.  
Page – 64
- 3) Post Traumatic stress disorder in the state of science revision (NCBI)

