

Stress Management in Families

Ku.Kavita R. Kirdak

Dept.of Home Economics, SPM Science and Gilani Art, Comm. College,Ghatanji Dist.Yavatmal.

Abstract

It is said that stress is the main chartrstic of modern epoch. Due to the rebuilding power of human, innovative inventions are invented. New industries are developed very fast. The scope of urbanization is increasing very fast. The globe is rendered into a small village due to the audiovisual means like computer and television due to the advance means of communication the distance between man to man become less. But on the contrary the distance between two minds is increased consequently men are going away from one another.

In the mutual relationship of the individuals now there is formality instead of naturality insensitivity instead of emotions, selfishness instead of pure friendship. There are many problems like unemployment, dearness, corruption hooliganism, contradictory jealousy due to such problems common man has become helpless.

Industrialists in the industrial field are also perturbed due to the absence of workers, strikes, decrease in production, struggle between workers and management etc in short every person in any filed has to face at least a kin of stress such stress causes, heart attack, diseases of lungs, high blood pressure etc.

Introduction :

Good health is very important in human life. Good physical and mental health is a secret of happy life. In 21th century psychological problems increased in large numbers. In modern epoch science and technology brough improvement in the quality of huaman life in many ways. Various means of communication are available but minds are parting from each other. It also resulted in many new crises crowding noise pollution, competition, social insecurity, unemployment, growing expectation, violence, loneliness etc. are all accompaniments of modern living.

Stress is an integral part of our livers while stress is considered a major cause of problems of mental and physical health, its effect is not always undesirable. Infect stress is bsic ingredient of every human life.

Attraction of success feat of unsuccess, growing competition stress, unemployment, unsettled economic conditions, growing expectation and needs, modernization etc are major causes of mental and physical health. Frustration increases in youth. Due to all these things social and cultural environment were stired, so child, young women, Adult old pervaded by psychological problems.

Indian working women is neither a hobby nor a luxury consumer household aspiration demand that they contributed to the household income to maintain living standards. This means that they must work with all the compromises that society demands and despite the pressures. They experience of work and home.

The modern urban woman wants to be a multi tasker an efficient career woman, a loving, caring wife and active socialite. In this process she gets stressed without even realizing.

Meaning :

Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response. Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feeld stressed by something goin on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength , which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing if their stress is in response to something emotional and there is no outlet for this extra energy and strength.

Types of Stress :

1. Stress from a Physical perspective : Our body and mind affect each other sometimes our body hurts or gets any kind of pain due to some other reason in such cases also feeling some kind of stress but the intensity of this kind of stress is less as compared to psychological perspective.
2. Stress from Psychological perspective : Human has such complex brain system which control our all emotion, feeling and activity of our body. If any emotions or incident occurs our mind secretes special kind of hormones and chemicals which results to all actions of our body to show all our expression that's why the psychological created stress is more important.

Common Causes of stress in families :

- Experience of senses of isolation.
- Suffer form loneliness.
- Lack of intimacy
- Often distrustful
- Seldom go out with family
- Interpersonal Conflict
- Concern about weight
- Health of family member
- Lash out at others
- Reduced contact with friends
- Disturbed family relationship.

Aim of the study :

The aim of the present study is to manage stress in the family property.

Objectives :

- To Study the factor of stress
- To Study the effect of stress in our physical and mental health.
- To Study how to develop coping skills to manage the stressful issues.

Methodology :

Secondary data was used for study.

Factor of Stress :

The following factors make the individual more vulnerable to stress.

Individual factor :

- a) Type 'A' personality, they are ambitious, always in hurry, they want to achieve more in short time, they set high targets and quality for themselves.
- b) Low self esteem they underrate themselves and have negative attitude and approach.
- c) Health problems.
- d) Needs are not fulfilled (food shelter, sex, love, recognition etc.)
- e) Unhealthy habits.
- f) Inadequate knowledge and skills.
- g) Loneliness and feeling of ideation and neglect.

Family Factors :

- a) Confusing and demanding roles high expectations.
- b) Interpersonal relationships strained with natural distrust, suspicion, hatredness or fear.
- c) Inadequate resources of both men and matter .
- d) Improper use of reward and punishment.
- e) Lackcaring love and affection.

Job Factors :

- a) Less or more work, unrealistic targets.
- b) Nature of job not clear and job satisfaction.
- c) Frequent transfers.
- d) Criticism and neglect.
- e) Discrimination in giving increments and promotions.

Heat and blood circulation :

We feel the heart pounding in the chest. Blood flow increases under the skin and we blush we feel the warmth we sweat the blood flow to the brain is decreased. We feel giddy and in the severe condition we may faint blood pressure rises.

Lungs and respiratory system :

There is an increase shallow breathing we may struggle to breath. There may be sensation of constriction in the chest.

Digestive system

Dryness of mouth, poor or no appetite lack of taste, fullness of stomach nausea vomiting, indigestion, increase flatulence, diarrhea or constipation.

Brain and mind :

Negative emotions like fear, anger and sadness engulf the individual decreased attention, concentration poor memory, inability to take remain comfortable and composed are the common complaints of people. Thus there is general decline of mental including fractioning of the individual. This naturally increases the stress and it becomes a vicious circle.

Mental Disorder

Anxiety disorder (generalized anxiety, panic phobic disorders) depression hysteria, somatoform disorders acute psychosis, exacerbation of already existing mental disorders are frequently seen in people who are under stress.

Alcohol and other substance abuse :

It is a common experience of many people that when they are under tension, they smoke and drink more than usual they run high risk of abusing these substances and eventually become dependent on them.

Physical Disorders :

- a) Peptic disorders and peptic ulcer.
- b) Heat related disease like hypertension (BP)
- c) Chronic bronchitis and asthma
- d) Chronic arthritis.
- e) Menstrual irregularities.
- f) Migraine and tension headache.
- g) Skin disease like eczema psoriasis.

Coping skills

We have to increase our coping skills to manage the stressful issues and situations.

- a) Ability to relax and remain calm on composed in times of stress.
- b) Ability to understand the nature of the problems and think of possible solutions.
- c) Ability to have positive thinking and remain optimistic.
- d) Maintain self esteem and take control of the situation.
- e) Ability to set realistic objectives and goals and try to achieve them.
- f) Ability to get the help of family members and other in facing the situation or the problem.
- g) Ability to have more realistic and appropriate attitude knowledge and changes the behavior as required situation.

How to Develop coping skills

1) **Play your role properly**

Each one of us have to play different roles in our family, occupations and social life as a parent, as a spouse as brother, as employee as a friend and soon understand the role responsibilities and make honest effort fit into the role as expected in your community.

2) **Self introspection**

Know your assets and limitations know your strength and weaknesses know your resources is term of knowledge, money, materials, feel proud of you assets stop warring about your weakness and limitations.

3) **Cultivate people.**

Stop criticizing other, stop finding fault with others, show respect to elders and love to the youngsters cultivate friendship , Request people to support you to help you in time of stress.

4) **Discipline yourself and mangle you resources well.**

Whether it is time, money, materials, every one of use have the luxury of haing unlimited resources therefore we have to plan, prioritize our needs and allot time money and materials.

5) **Understand the problem and situation**

Before you plan, act react to them try to know how and when the problems started, who has contributed to it. What are the aggravating factors and what could be the outcome.

6) **Face one problem at a time**

If you have many problems in hand, make a list of these problems, think which one you have to handle first, Handle one problem at a time.

7) **Positive attitude**

Tell yourself that you will do your best and stop worrying about he results keep trying and keep working Be optimistic and tell yourself that you will succeed.

8) **Set Attainable goals, make action plans**

Set goals which are practical and realistic keep pursuing you goals in between periodically look at yoru gains and feeld happy this improve your self esteem.

9) **Share your failures frustration.**

Share your failures, frustrations negative emotions with yoru family members and intimate people you feel the relief.

10) **Relaxation**

In between you busy schedule and work, find a few minutes to relax, take a deep and slow breath ten minutes to relay thing of happy moments in you life bring image of people you like or love in front of you look at flowers, plants trees, birds or animals and children enjoy the nature creations music, arts, light, reading, chitchat with friends, colleagues, a cup of fruit juice, cool water help you to relax.

11) **Help Others**

Do well to other though a kind word a good gesture give an occasionally, donate something you can afford to involve yourself in service activity have a nice feeling of doing something good to others. This will help you to find a meaning and a purpose to live which increase yourself confidence.

12) **Physical Activities**

Every and evening spend an hour or so in activities like sports, exercises, yoga, mediation, gardening and other type of physical activities.

13) **Take good food :**

Eat food rich in protein, vitamins and minerals, Eat at regular intervals.

14) **Lead a simple and continual lie**

Do not go behind luxuries and materialistic life. Simple living is environment friendly.

Conclusion

Stress is an inescapable part of modern life that's the bad news. The good news is that stress isn't altogether bad news. In metered doses, It can be helpful it can even make you better at what to do and help give you the edge stress is and adaptive responses. This response was probably beneficial to our cavemen ancestors who had to fight off wild animals but today stress itself has become the wild animal. Untamed all allowed to run rampant in our live, it can destroy our health.

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