

**REDESIGN LIFE THROUGH STRESS MANAGEMENT**

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**ABSTRACT**

*Stress is an inevitable part of today's fast life. It is a disease of modern times. It affects people regardless of their station in life however stress is more evident and is probably more wide spread in technologically advanced countries. In this age of globalization and liberalization of the economy, competition among organizations has increased. Managers attempt to outperform one another to reach the top. Stress is the order of the day among male and female and is impossible to be entirely without stress. Therefore this study mainly focuses on the causes and issues of stress. The comparative study was undertaken between male and female and suggestions were given.*

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## INTRODUCTION

Stress is our body's way of responding to any kind of demand. It may be due to both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give the body 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. Stress is defined as "Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response".

## OBJECTIVES:

The overall objective of the study is to analyze the stress management and more specifically:

1. To examine the causes of stress.
2. Comparative study of stress management among men and women.
3. To bring out the issues.
4. To offer suitable suggestions to overcome the stress.



## RESEARCH METHODOLOGY

The present study has covered only Chennai. A sample of 100 respondents was selected on the basis of Simple Random method. The sample consists of 50 women and 50 men occupying middle and senior management positions. Interview method is followed to collect the data. Simple Percentage Method is used for analysis.

## CAUSES OF STRESS

There are so many reasons for stress. Some of the common causes are divided as follows:

- a) Internal Stress: This is one of the most important types of stress. This often happens when we worry about things which are beyond our control.
- b) Environmental Stress: This means our response to things around us that cause stress like noise, crowd, life style etc.
- c) Fatigue and Overwork: This kind of stress arises due to overload of work, overtime at jobs, school, college, house etc. It can also be caused by not knowing how to manage the time or how to take rest and relax. But this can be avoided.
- d) Survival Stress: This stress is based on the phrase "fight or flight", that is response to danger which can be found in both people and animals. When people are afraid that someone or something is going to physically hurt them, their bodies naturally respond with the burst of



energy so that they better be able survive the dangerous situation (fight) or escape it all together (flight).

### GOOD VS. BAD STRESS

There is also good stress which is called as positive stress, which lets one react to danger like pulling someone from a burning building. Negative Stress arises due to worries like family problems, college and job pressures, etc.

### ANALYSIS AND INTERPRETATION

This section deals with the analysis part.

**Table 1.1**  
**Work Arena**



Work Arena	Men	Percentage	Women	Percentage
Job Insecurity	25	50%	20	40%
Work Load	10	20%	15	30%
Technology	5	10%	10	20%
Work Place Culture	10	20%	5	10%
	50	100%	50	100%

Source: Primary Data

The above table shows that, out of the respondents related to the variable job insecurity, stress is more on men than on women employees. The stress level among men is 50% as compared to women which is only 40%. Job insecurity arises due to reorganization of organizations like takeover, merger, downsizing and other changes as organizations try to live up to the competition to survive. Whereas workload causes more stress on women which amounts to 30% as against men which is 20%.

Table 1.2

**Home Arena**



Home Arena	Men	Percentage	Women	Percentage
Bringing up the Children	20	40%	30	60%
Social Activities	10	20%	10	20%
Financial Problem	20	40%	10	20%
	50	100%	50	100%

Source: Primary Data

The above table shows that, related to the home arena, women get more stressed in bringing up the children as compared to men. It is the highest level of 60%. Whereas men are prone to more stress when there are financial problems at home, this is 40%.

Table 1.3

**Individual Arena**



Individual Arena	Men	Percentage	Women	Percentage
Promotion	25	50%	10	20%
Anger	10	20%	20	40%
Revengeful Attitude	15	30%	20	40%
	50	100%	50	100%

Source: Primary Data

From table 1.3, it is clear that 50% of men get stressed when their promotion opportunity is denied whereas 40% of women get stressed due to anger and revengeful activities.

**Table 1.4**  
**Stress Manifestation Arena**



Stress Manifestation Arena	Men	Percentage	Women	Percentage
Ill Health	25	50%	20	40%
Job Dissatisfaction	15	30%	12	24%
Poor Work Performance	10	20%	18	36%
	50	100%	50	100%

Source: Primary Data

This table shows that 50% of men fall sick and 36% of women get stressed due to poor work performance.

## **FINDINGS**

From the above tables, the following were found:

1. From Work Arena table, it was found that job insecurity at workplace creates more stress on men when compared to women, the reason being, in most of the families, men are the bread winners.

This was found from top management to lower management, whereas it was found that workload in office and technology changes create more stress among women than men,

because women play multiple roles in family, society apart from their work spot. They do not find much time to learn new technologies.

2. Through table 1.2 it was found that women get more stressed than men in bringing up the children, the reason being they are more concerned about family. Children are their main attraction, whereas it was found that men are more stressed when there are financial problems at home. In most of the Indian families, men are the earning members. It is interesting to see that stress is equal among men and women regarding social activities like attending marriages, entertaining the guests, visiting temples and other recreational activities.
3. Taking Individual Arena, promotion aspect creates more stress on men as they are more concerned about their promotion, whereas women are giving less importance to promotion. The reasons they quoted were fear of transfer, increase in responsibilities and workload.
4. Table 1.4 reveals that because of stress, the health of men is affected and it is 50%, whereas for women, it is only 40%. This is because, women express their feelings and emotions and share their grievances with others both in family and at workplace, whereas men suppress their emotions and moreover they are addicted to alcohol and smoking as a result of stress.

## ISSUES

Stress related problems are on the rise in India's outsourcing industry. The problem is an increasingly serious one, reports the Washington Post. The Indian Council for research on Internal Economic relation is projecting a possible 20 – fold increase in lost productivity due to health issues such as heart diseases & diabetics over the next decade if the country does not take some kind of corrective actions. India's health minister is pushing for a special health policy for the employees in the IT industry, mostly men and women in their 20's & 30's who work for long hours performing tedious and sometimes stressful tasks such as writing software code or answering customer service calls.

IDC surveyed more than 1700 employees at 19 companies and found that 32% suffered from sleep disorder, 25% experienced digestive problems and 20% reported issues with their eyesight.

## SUGGESTIONS

Change is constant is life. Stress is an integral part of it. Since people do not want to perish under it, they have to adhere to the bottom-line for survival. The suggestions were:

1. To reduce the stress due to job insecurity, they should understand today's business climate and should be prepared for changes to avoid stress and survive in the competitive world.
2. Find and protect whatever time we get to refresh, re-energize and remotivate ourselves.
3. Spend quality time with the family which can be an excellent source of emotional and moral support.
4. Develop positive attitude towards stressful situations in life. Give up negative mental traits such as fear, anger and revengeful attitude which actually germinate stress.
5. Take balanced diet, avoid caffeine and alcohol intake.

**To reduce the stress, follow the ABC strategy**

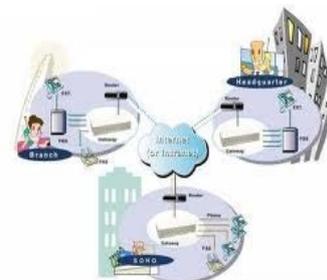
### **ABC Strategy**



**A Awareness**



**B Balance**



**C Control**

## CONCLUSION:

From the above study, it was concluded that both men and women are prone to stress and should learn stress management skills. The survival sutras are:

- Breathe deeply
- Relax the muscles
- Laughing
- Yoga and Mediation



The answer to stress can be found in the every letters of the word, “Stress”



S - Strength both physical and mental



T – Traffic control i.e., we need to regulate and control our thoughts



R – Re design i.e., we tend to view life and ourselves through our own philosophy



E – Erase i.e., ego, anger, fear etc. as they are negative emotions that reduce efficiency

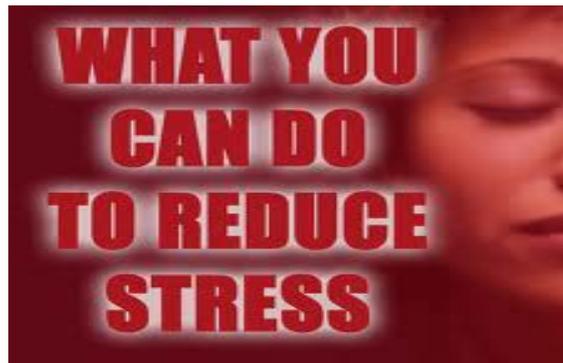


S – Sharing i.e, share our wealth, knowledge & work load



S – Surrender to the Lord

## MISSIONS OF STRESS MANAGEMENT



- Let us add our strengths
- Subtract our worries
- Multiply our happiness
- Divide our responsibilities

