

Effect of Stress on Adolescent and the Management Techniques for its Upliftment

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ABSTRACT

Adolescence period is crucial period. This time of period adolescent has to undergo a lot of changes like physical and psychological. Nowadays, stress is an important issue and growing up day by day in every life of stage. Stress is not always bad but sometimes it can help us to perform under pressure and motivate you to do our best. But when we are continuously do it that time this stress effect on our mind and body. Diagnosing and stress management techniques can prevent severity of problem further more aid in recovery. Stress management the most important thing of our life. Today management techniques are important for everyone. This technique our help to understand this problem and find out behind this causing stress. This strategy to help us how to deal with, reduce, and eliminate the stress. So stress management techniques are undoubtedly a remedy to reduce and deal with this stress.

1. Introduction

Adolescence is a period when individuals become independent from their parents. The period of adolescence it was well recognized as a period of 'stress and storm' as an adolescent has to undergo a lot of physical and mental changes during this stage. Psychologists refer adolescence as Transition Stage as this is the period where the adolescents transform from a child to an adult. Apart from the home environment adolescents spend most of their time in their school or college environment. School environment, curriculum design, examinations and social support definitely would influence the level of stress experienced by the adolescents. The lifetime prevalence of depression, anxiety, and stress among adolescents and young adults around the world is currently estimated to range from 5% to 70%, with an Indian study reporting no depression among college going adolescents.

Stress is an important issue and growing quickly in every facet of life stress is the process that occurs in response to events that dislocate, or threaten to disrupt, our physical or psychological performance.

Stress is a necessary and inescapable concomitant of daily living-necessary because without some stress we would be listless and apathetic creatures, and unavoidable because it relates to any external event, it is agreeable or anxiety producing. A person's response towards stress depends on whether an event is appraised as a challenge or a threat. Challenging stimulus can lead to positive outcomes such as motivation and improved task performance while threatening ones or distress can result in anxiety, depression, social dysfunction and even suicidal intention.

Stress isn't always bad. In small doses, it can help you perform under pressure and motivate you to do your best. But when you're constantly running in emergency mode, your mind and body pay the price. If you frequently find yourself feeling

frazzled and overwhelmed, it's time to take action to bring your nervous system back into balance. You can protect yourself and improve how you think and feel by learning how to recognize the signs and symptoms of chronic stress and taking steps to reduce its harmful effects.

The situations and pressures that cause stress are known as stressors. We usually think of stressors as being negative, such as an exhausting work schedule or a rocky relationship. However, anything that puts high demands on you can be stressful. This includes positive events such as getting married, buying a house, going to college, or receiving a promotion. Of course, not all stress is caused by external factors. Stress can also be internal or self generated, when you worry excessively about something that may or may not happen, or have irrational, pessimistic thoughts about life.

Stress is the process by which an individual or a person reacts when opened to external or internal problems and challenges. The organism processes numerous systems to coordinate such adaptive responses both at systematic and cellular levels by this, stress has direct effect on the brain and the whole anatomy of the body as such failure to adapt to a stressful condition can result in brain malfunction, physiological problem and also many areas of psychological challenge's in the form of depression, anxiety, pain and burnout. Physiologically, stress-related diseases in the form reproduction, cardiovascular, metabolism and gastrointestinal diseases are determined by great areas of genetic and developmental factors which are different from a person to a person but also symptoms of this disease may be similar sometimes among individuals.

2. Effect of stress

Students today experience high levels of stress in many areas of life. The most dangerous thing about stress is how easily it can creep up on you. You get used to it. It starts to feel familiar, even normal. You don't notice how much it's affecting

you, even as it takes a heavy toll. Limited stress is beneficial and can lead to excellent performance. However, uncontrolled stress can lead to exhaustion, depression and several other sicknesses. In fact, college students are prone to episodic stress. This happens when exams are around the corner. Stress and depression also occur when getting ready for a presentation or an interview. Several students contemplate or commit suicide.

Effect of stress on Academic

Stress affecting students academically leads them to have bad performance in school work. Students experience a lack of concentration. Stress in college students can affect the ability to concentrate, and there have been studies conducted that prove that stress interferes with a student's ability to concentrate. Stress in students is not something we can take lightly. Ironically stress improves concentration for a short term because when students are little stressed up they then to focus to try to get the issue in question which stresses them away but these concentrations doesn't last for long since they will have more school work or others assignments to do which demand long-term concentrations rather than the short term. stress cause students to be confused and also suffer from amnesia. All people when stressed upturn to be sixes and sevens with the little- complicated issues. In the academic life of students, they easily have misunderstandings with what is been taught in school and don't know what to do. On the other hand, many of them also forget easily what have they know or have been taught because their minds are burdened with the issues that are stressing them up. All these points impact of stress on students, in the long run, cause them to perform poorly in school.

Effect of stress on socially

Students are social beings by nature, as they characteristically have an essential need and wish to uphold helpful social relations. Thus, they typically treasure keeping encouraging social bonds to be beneficial. Social relationships can offer nurturance, foster feelings of social inclusion, and lead to reproductive success. Anything that disrupts or threatens to disrupt their relationships with others can result in social stress.

To start isolations is one major impacts stress has on the social life of students. Mostly when students are tensed and have a lot of issues thinking about, they prefer to be away from their friends and be alone to ponder about those issues, of course being alone at times helps to resolve out stressful issues but doing so on a regular basis or frequently also means risking to lose your friends since you are mostly not with them. Students also losing their friends in the long causes more harm than good.

Effect of stress physically

Stress that continues without break can lead to a state called distress, a negative stress reaction. Distress can lead to physical problems. The Physical impact of stress basically reflects on the health of the student. Stress causes fatigue in students. When students are stressed up, they are always tired because the use the energy they have in just thinking about whatever issue that's making them stressed. When this

happens they have no energy left in them for academic purposes or to even do other this for them self. Being fatigue can make students mess up a whole lot of things which are supposed to help them in life.

Effect of emotional stress

Some students with stress may show some outwards signs of anxiety fidgeting, biting their fingernails, and tapping their feet. In other people, chronic activation of stress hormones can contribute to severe feelings of anxiety examples are, racing heartbeat, nausea, sweaty palms feelings of helplessness and a sense of impending doom. These feelings make the student vulnerable to anxiety feelings. Stress causes irritability and bad temper in students. Students who stressed easily get annoyed with the least thing that another person. Stress in its own way kills the tolerance of student making them vulnerable temper issues. Student tries to be calm but because they are worried and disturbed they lose that control easily.

3. Stress Management Techniques

Stress management is the need of the hour. Today stress management is important in everyone's lives. It's necessary for long happy lives with less trouble that will come about. Stress management involves understanding the psychology behind or that is causing the stress and finding strategies to deal with, reduce, or eliminate the stress. Stress can result from viewing yourself or your situations negatively or with insecurity. Stress reduction results from managing or viewing situations in a positive way, taking action, organizing, planning, and finding solutions.

There are some techniques and methods that can help reduce stress.

- **Physical activity includes:** walking, tourism, individual physical exercises, physical exercises in group, physical work. Some of the new studies emphasize, that physically active students have better stress management level than those not active. It has been found that the most popular exercises were aerobics and fitness.
- **Replacement gratification – techniques include:** listening to music, reading, creative activities, hobbies, meeting with friends. Creative activity is understood as creative spending of time, making something, drawings, and poems so on. It has been found artistic activities can help in stress reduction of those suffering of chronic and serious diseases.
- **Distancing, stepping away from the problem – techniques in this category are:** sleeping, joking about the situation, forgetting the situation, escape in fantasies, pseudo-rational explanation of the situation, neglecting the stress factors. The category is focused on defense mechanisms, such as “joking about the situation” (humor as defense mechanism), “forgetting about the situation” (connected to denial), “escape in fantasies” (connected to fantasizing), “pseudo rational explanation of the situation” (connected to rationalization).
- **Escaping the difficulty – techniques are:** seeking pleasure in food, risky behaviors, substances abuse,

religious practices, resting. Religious practices it is a way of support, which people get in religious practice and participation in groups. It allows one to handle better a stressful situation, by taking the responsibility from oneself and seeking the sources of the events in the will of God's.

- **Solving problems – techniques of this category include:** concentration on solving the problem, analyzing and planning actions.
- **Support – techniques are:** looking for support of others and contacting specialists. The category was added due to its importance, and because it has been listed as the separate category of coping. Support of others is aimed to strengthen the person as well as make people to be aware of the possessed resources and limitations which are important in dealing with difficult situations. To the support category we have included the technique known as "contact with specialists" which means seeking help from the professionals (psychologists, counselors, etc.).
- **Adjusting tension and emotions – techniques included in the category are:** relaxation, meditation, breathing techniques, muscle strengthening techniques, Jacobson's progressive muscle relaxation, Schultz's autogenic training, and visualization, focusing on sensual impressions, self-suggestion, and self-affirmation. From all the above situations only relaxation, breathing and positive thinking were described as methods regulating the tension.

In our study we have added techniques, which are often understood in terms of stress coping:

- **Meditation (connected to contemplation) –** it requires focusing on reflection, leading to the better understanding of one's thoughts.

- **Muscle strengthening techniques –** they are focused on learning how to control muscles as well as developing the consciousness of one's body.
- **Jacobson's progressive training –** it is a mechanical method of stretching and relaxing muscles, allowing for a distraction from a stressful situation.
- **Schultz's autogenic training –** it refers to autosuggestion and focusing on bodily expressions, such as warmth, heaviness or cold.
- **Visualization –** it refers to focusing on sensual and emotional experiences. Going through them allows for realizing future plans and handling future difficult situations.
- **Focusing on sensual experiences –** it refers to the mindfulness technique, that is focusing on the present moment by being open onto all feelings from the inside and outside world.
- **Self-suggestion-** also referred to as autohypnosis, is about giving oneself the suggestion that can influence the feeling of calmness, sleepy and positive mood.
- **Self-affirmation –** it is positive reassessment of the stressful situation, neutralizing the negative emotions connected to the situation.

4. Conclusion

Hence it is well stated that stress management techniques employing physiological and psychosocial aspects in its techniques to triumph over stress issues do work wonders and heal such problems to a great extent. Stress management techniques necessary for all people who suffer from day to day life. Today is most important issues so pay attention to their plight and help us to deal with and reduce the problem.

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