

Stress Management A Study in Covid 19 Era

Dr. Archana Sharma

Head of Department, Business Administration, (Commerce)
S. S. Jain Subodh Girls PG College, Sanganer, Jaipur, Rajasthan, India

Abstract: *Stress is a part of our daily routine life. Everyone has some stress in everyday life. So we should manage our daily activities by time management. Stress is a cause and some Change situations in our body. Sometimes it leads to critical health issues in the Human body. Stress is anything that causes change in the body can be called stress. Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. Stress can cause several health problems and in extreme cases can cause death also these changes usually come from different feelings we have, like:*

- *Happiness*
- *Sadness*
- *Scare*
- *Madness*
- *Work -place environment*
- *Extra working hours*

This study included causes and reasons for critical stress situations and how to manage our stress levels for healthy life and happiness.

Research Methodology: *In this study primary data were collected from local areas and 100 people were selected for sample size and different ways to find out the stress level in work at home in covid 19 era. some questions were asked through quesnair for responding answers.*

Keywords: Eustress, Distress, Nervousness, Pressure, Conflict

I. INTRODUCTION

Most people define stress as worry, tension and pressure, but all stress is not bad. Some stress can be happy. Exciting and challenging. We need stress in our lives. Without it life would be dull. What causes stress to be good or bad are our thoughts, feelings and beliefs about a situation, which can make stress good or bad .Good stress leads to a positive impact in our life like that increases morale and always gives us motivation for good thoughts and feelings. Bad stress leads to a negative impact on our mental and physical health. it creates critical frustration, nervousness, headaches, lack of concentration, absence in mind ,short memory, hypertension, sad depression etc.

1.1 Scope and Objective of the Study

In this study focus on how to manage stress level in our daily routine life activities, like work place and dynamic environment conditions we can manage stress. For this purpose I have collected primary data through questionnaire method in respondent. Local area was selected in this survey by filling the questionnaire .This study aims remove and manage the stress level in different ways in our life.

1.2 Causes and Sources of Stress

Stress can be physical or emotional. it can generate positive and negative impact on our health .It can be some events, situations, feelings ,emotions work place environment and their conflicts. Bad habits like smoking, drinking, some bad addiction in human behavior and life so create frustration and stress causes. most of the people attitude behavior, fighting nature, joulisy, show of anger carelessness, lack of performance .hectic time schedule ,busy routine over workload, strictness some physical and mental situation create stress level is very high in everyday life .so it can be say that stress is become a

part of our daily routine life. There are four sources of stress: organisational, group, personal, general cause. Signs of stress-headache, frustration stomachaches, dry mouth, cold hand and feet, high blood pressure, low blood pressure, diarrhea, digestive problems, backpain, asthma, worry or anxiety, difficulty in sleeping.

Stress management we should remain aware of signs of stress. Stress management is an important part of our daily lives. We should pay attention and manage it by the time management. Some stress levels are dangerous in our life and health. it can harm our physical and mental health such as health, Happiness, work performance, team spirit, relationship, personal development. It should be managed by some techniques and strategies for reducing stress in daily routine life.

- Counseling
- Meditation and yoga exercise in daily
- Job redesign, job rotation.
- Time management
- Role clarity
- Clear cut objective determined by the organization
- Positive thinking
- Maintain human dignity
- Learning from mistakes
- Provide and choose a solution
- Evaluate the choice
- Make a good habits for daily routine life
- Improving in performance
- Listening music
- Dancing and cheering the enjoy movement
- Shopping some favorite and likeable products online by Amazon, snap deal, etc.
- Reading your choice
- Watching movie
- Meeting someone like you and your best friend and sharing your feelings, emoticons to reduce stress makes you feel good and happy.
- Sound therapy
- Walking for stress relief
- Music therapy
- Training for stress
- Creative
- visualization

So thus, it we can manage your daily stress level in our daily routine life if someone have suffer danger level of hypertension situation should be consulted by the doctor treatment in prescribe form in disease.

Developing skills for stress relief Attitude has a lot to do with weather events and occurrences that produce feelings of stress. Once we admit that we are not able to control everything, we will be better equipped to handle expected situations. Stress management comes down to finding ways to change our thinking and managing expectations.

II. SUMMARY AND FINDING

In this study I have collected data from primary from nearby my location from sample size of 100 people .they were working with different area and field with job status I have asked some open ended question from questioner .filled by the questioner by the responded positively and data were collected.80 percent Out of 100 people have some stress in different ways .they have face many stress situations on the work at home environment in present situation covid 19 era .most of the responded replied me that they have suffer many stress problems due to covid 19 situation and changing working environment with advance technology . Some responded tell me that stress problems create some positive impact for them. Because they were update skills and knowledge by the online platform. They have used their knowledge for self development and growth. Rest reaming responded adjustment with dynamic and changeable with working environment.

due to stress they have manage it by regular exercise, dance, watching movie, some entertainment tools use by the people .for reduce stress level yoga, meditation reading some interesting books. They have managed it with likable and interesting work in this situation. Thus we can say that every person have some stress in life. So it can be manage by time management and different ways of reduce stress level activities. There are some stress reduce activities describe in this study we should be follow that in daily routine life and we make life happy and healthy with work satisfaction.

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