

Stress

Psychology



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STRESS “ Stress is a physical response to an undesirable situation” (Oxington 2005). Stress can be caused by many factors or we can call them stressors. These stressors can be physical or emotional and at times both can occur simultaneously. A stress can be defined as the body’s reaction to any kind of mental or physical tension. In today’s world stress has become one of the leading health concerns. However, stress is something that can be managed if handled properly by a person. One cannot completely avoid stress because we face stressors everyday in our lives, for instance if a student has an exam coming up and he has not done any preparation for it then this can be a cause for stress.

Most of the time stress is thought to have only harmful effects on a person but this is not entirely true, a stress can be both negative and positive. Sometimes in order to complete a certain task we need some kind of internal push, because without it we do not get the drive to do that particular thing. At times stress is required for survival as well, like for example, if you get into a situation where you think that you might get physically harmed by something the body responds instantly to this stressor and you feel your energy level increasing. This happens due to the stress the body goes through because of the stressor. This mostly occurs in “ fight or flight” situations. However, physical stress can be harmful as well if gets out of hand.

Stress depends both on external and internal factors. There can be a lot of external factors that influence stress, such as the environment that surrounds us, our relationships with family and internal factor that is our body’s reaction to these factors. Internal factors depend upon the ability of the person to cope with emotional situations, health, fitness and last but not

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the least proper rest. Health and relaxed state of mind plays vital role in dealing with stressful issues.

Stress is mostly related to psychological and emotional turmoil. Stressful circumstances can lead to a number of emotional symptoms that can in return cause a number of short term or long term problems. These symptoms include anxiety attacks, distractions, phobias, depression and at times stress is also fatal if it remains for a long time. Regular stress can eventually be very dangerous both physically and mentally. A stressed out person gets easily demotivated and in most cases can lead to compulsive behaviors and fear as well. Symptoms for depression and long term stress are almost the same because they both finally cause negativity and attraction towards addictions. The consequence of stress on health is also drastic as it leads to high blood pressure, sleeping problems, constant headaches, disturb stomach and in worst case scenario nervous breakdown or other diseases.

References:

. Oxington, Kimberly V. Psychology of Stress. New York: Nova Biomedical Books, 2005. Print.