

## Stress and Its Major Effects on Human Health

**Mr. Devraj Singh Chouhan**

Assistant Professor, Seedling School of Nursing  
Jaipur National University, Jaipur (Raj.), India-302017

---

**Abstract – In the recent time medical sector have better advancement, but few people are having an effort toward Mental health, according to survey in recent year psychological problems are very common that's lead affecting the quality of life and physical health. Stress is a change in body due to the reason of stimuli this change is having a harmful effect on body mechanism & disturbs the nutritional pattern of the body. This paper is helpful to improve the knowledge regarding mental health & how to cope with stress.**

**Keywords:** Stress, Hormone, Anxiety, Health, Conflict.

### **Introduction**

Introduction Stress is a natural in every human life and face in daily life. When an individual has a stress that time is challenging & dangerous situation. There are many conditions that create a stressed on our body, i.e. job, family, carrier, etc. Stress creates alertness & altered the level of energy. It is more harmful when it becomes an overstressed. It's not a medical condition, but severe stressed diagnosed as an anxiety & depression. If stressed is not controlled, then it affect the health, wellbeing, relationships, work and general enjoyment of life.

### **What is stress?**

It is a brain's response to any threats or demand that's lead disturbs our physical or mental equilibrium. It is responding by nervous system. In simple word it is a method of reacting to a challenge. That challenge may be stressful event, that's lead nervous system activate the fight & flight response. There are many physical and emotional disturbances linked with stress.



According to “American institute of stress” due to stress, increase the risk of depression, anxiety, heart attacks, stroke, hypertension, immune system disturbances that increase susceptibility to infections, a host of viral linked disorders ranging from the common cold and herpes to AIDS and certain cancers etc.

Stress shown in three stages in the first stage (Alarm stage) Adrenaline, noradrenalin, and corticosteroids are produced in blood streams & generate a fight & flight response. In the second stage (Resistance stage) body tries to become balanced a symptom of stressed develop during an alarm stage. If stress continues to then suffer with fatigue, sleep problems & difficulty concentrating.

Stage third (Exhaustion) it may be for day of the month, our body completely shuts down the stress. If not covered after days (unending stress) then deal long term damage to the body and immune system.

**Hormonal Changes During Stress** - a certain level of stress is good because it helps to achieve the goal but excess level of stress is harmful. During stress, increase the level of adrenaline and cortisol.

**Adrenaline** – Its cause rapid changes in breathing and heart rate that’s lead sweat and dry mouth, it altered the body metabolism, if the stress is emotional the effect of adrenaline is slower and feeling agitated. If the cause of stress ever for long time person feels tense and never relaxed that is very harmful situated for physical & mental health.

**Cortisol** — It is the other stress hormone. It has leveled increase in stressful conditions. Its short term effect is positive, but the long term effect is very harmful & create a number of health problems by unbalancing in sugar, decrease the level of thyroid, increase the BP, decreased the immunity, decrease the bone density etc.

### **What causes Stress?**

Mainly Four Major Causes of stress are-



- 1- **Environmental Causes-** Disturbances in weather, traffic, noise, pollution, and disturbing images create a stress.
- 2- **Social –** when disturbing in time attention and skills then i.e. job interviews, public speaking, work presentations, interpersonal conflict, competing priorities, financial problems, and loss of relationships and loved ones.
- 3- **Physiological causes** - it produces during growth spurts in adolescence, menopause, and lack of exercise, poor nutrition insufficient sleep, illness, injuries, and aging.
- 4- **Cognitive-emotional causes-** this stress is our own thought. Due to changing in environment & our body (threat assessment).

**Signs and Symptoms of Stress-** Some emotional and physical changes show in stress. According to Cornell research program on Self-Injury & Recovery (By Diana Ballesteros & Janis Whitlock)

**Following Emotional Symptoms are Associated with Stress.**

<b>Emotional Symptoms</b>	<b>Physical Symptoms</b>
Feeling of irritable	Irregular eating
Irregular sleeping pattern	Difficulty in breathing
Easily upset in small event.	Low energy & over tiredness
Withdrawal from peers & society	Lack of concentration
Feeling unhappy	Loss of interest

**Stress and Nutritional Disturbance-** Stress seriously affect the nutritional need status and need of body because nutrition provide a cope with unavoidable stress. We well know that stress disturb the hormone level in body. According to Deborah Kipp, Ph.D., R.D., from the College of Health Sciences and Hospital in Kansas City, Kansas, “These changes, in turn, will influence the metabolism and, consequently, the requirements of nutrients.”<sup>25</sup> Simply put, just as a speeding car needs more gas, a stressed body requires



the right kind of nutrient "fuel." Mainly stress increase the metabolic need of the body & disturb the heart rate, blood pressure, triglyceride level, cholesterol. It means stress alters the nutritional need of the body and if body gets a poor nutrition then it also major cause of stress.

To avoid the nutritional disturbance in stressful situation provide a high fiber diet & fresh fruit. High sugar snacks & whole grain are so beneficial in stress for body nutrition. In simple word improve the quality of food in stressful situation.

### **How can cope with it?**

Following steps are helpful in manage stress.....

- Take 15-20 minutes a day relax & deep breath exercise.
- Try to positive self talk & decrease negative thought.
- Regular nutritional diet.
- Time management and positive life approaches
- Create & use support system.
- Explore stress coping programs
- Set priority basis work.
- If need then visit to a counselor.
- Meditation also beneficial
- Hobby work.
- Proper social communication.

### **References**

[1] Mayo Clinic Staff. "Stress Management -MayoClinic.com." Mayo Clinic Medical Information and Tools for Healthy Living -MayoClinic.com. 19 Mar. 2009. Web. 21 Apr. 2010. <http://www.mayoclinic.com/health/stress-management/MY00435>

[2] Davis, Martha and Robbins, Elizabeth. Eshelman, and Matthew McKay. The Relaxation & Stress Reduction Workbook. 5th edition. Oakland, CA: New Harbinger Publications, 2000.

[3] Hart, Anna. "Stress Management for Students." EzineArticles Submission –Submit Your Best Quality Original Articles For Massive Exposure, Ezine Publishers Get 25 Free Article Reprints. Web. 21 Apr. 2010. <http://ezinearticles.com/?Stress-Management-for-Students&id=480354>

[4] Smith, Melinda, Ellen Jaffe-Gill, and Robert Segal. "Stress Management: How to Reduce, Prevent, and Cope with Stress." Helpguide.org: Understand, Prevent and Resolve Life's Challenges. Helpguide.org, Dec. 2008. Web. 20 Apr. 2010. [http://helpguide.org/mental/stress\\_management\\_relief\\_coping.html](http://helpguide.org/mental/stress_management_relief_coping.html)

[5] "Stress Management." University Health Center at the University of Georgia. 11 July 2005. Web. 21 Apr. 2010. <http://www.uhs.uga.edu/stress/>

[6] "Stress & its Management" Produced by Klinik community Health Centre, Januray 2010.

[7] <http://articles.mercola.com/sites/articles/archive/2013/03/28/stress-affects-heart.aspx>