

Section-1

Ans-1 Definition of Stress :-

In a medical and biology context stress is a physical, mental or emotional factor the causes bodily or mental tension.

Stress can be external (from the environment) Psychological or social situation medical procedure.

Stress is your body way of responding to any kind of demand or threat - when you sense danger - whether its real or imagined - the body defence kick into high gear to respond, automatic rapid process known as reaction "stress response". the stress body way of protecting you.

Nature of Stress :-

Stress is not a factor that resides in the individual or the environment instead embedded in a ongoing process social and cultural environment

Physical and environmental :-

Physical stress are demand and change state of our body. we feel strained when overtext overolve enough. Sleep. environmental stress are aspect of our surrounding after

Psychological :-

These are stresser generate overolve in our mind unique to person experiencing them. these are important resources and internal etc.

Social :-

These are include extrnally and result from our interaction with out people death or lineness in the family trouble Neighbourx very widely from person who like to person may evening stressful.