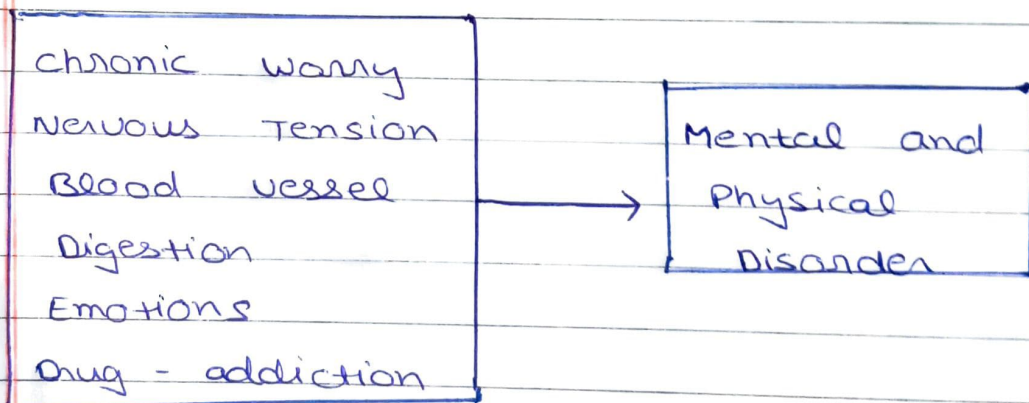


Q1 → What do you mean by stress? Explain its nature.

Stress is the pressure people feel while at work and in private life. Stress at work is inevitable because of the thought process required in the job performance. Private life is full of anxieties and personal pressure. But stress becomes very harmful when it is seriously realised by the mind and heart. Then it becomes painful and creates many physical and psychological problems.

Stress



Nature of stress.

Some points related to nature of stress:-

1. stress is a neutral word:-

stress is not bad itself. But when stress is created by undesirable outcomes, it becomes distress.

2.

2. Stress is associated with constraints and demand:-

Constraint prevent and individual from doing what he or she desires. If a person wants to buy something, but he does not have the necessary cash, it is a constraint.

3. Two condition are necessary for potential stress to become actual stress:-

- (i) uncertainty over the outcome and
- (ii) outcome must be important.

4. Stress is not simply Anxiety:-

Stress may be accompanied by anxiety, but the two are not synonymous. Anxiety is psycho-social and emotions whereas stress operates in the psychological sphere also along with psychological sphere.

5. Stress should also be differentiate from Nervous Tension:-

Nervous Tension may be a result of stress. Stress is a subconscious action.

6. The term "Burnout" is also closely associated with stress:-

Burnout is a type of stress, but these are generally used interchangeably.