

## **“Pertinence of Stress Management and its Efficaciousness to Research” In Context to Researches Made in North East**

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### **Abstract**

Stress is a fact of nature which forces from the internal or external world affecting the individual. The individual responding to stress is in the ways that affect the individuals as well as the environment they belong. The overabundance of stress in our modern lives makes us usually think of stress as a negative experience. Stress management with a seemingly obvious meaning is a widely used term. The literature research study is contained with many studies that evaluate its effectiveness. But a clear view is not there as to how many different forms of stress management exists and how effectuality for which target problem. This study is an attempt to look forward with the various stress management research taken in North East and its applicability in the field of social science and humanities for the researchers here opting to provide definite solution for those in need. It is based on data collected through personal and telephonic interview method and extensive study from internet, conducted across different areas of the state of North East. The study further attempts to put forward suggestions towards the area of research which would help the upcoming researchers to apply stress management in the field of social science and humanities apart from only psychology field of study discipline.

**Keywords:** stress, stress management, problems and research.

### **1. Introduction**

A condition or circumstance which is not always adverse can disturb the normal physiological and psychological functioning of an individual. In medical parlance

‘stress’ is defined as a perturbation of the body’s homeostasis. This demand on mind-body occurs when it tries to cope with incessant changes in life. Stress is part of life and will always be around. The keys to dealing with stress are appropriate control of stressors and management of our physical (physiological) and mental (psychological) responses. In general, stress is related to both external and internal factors. External factors include the physical environment like job, relationships with others, home, and all the situations, challenges, difficulties, and expectations confronted with on a daily basis. Internal factors determine our body's ability to respond to, and deal with, the external stress-inducing factors. Internal factors which influence our ability to handle stress include our nutritional status, overall health and fitness levels, emotional well-being, and the amount of sleep and rest one gets.

This paper questions whether or not stress management (SM) researchers agree on what SM is and what the necessary treatment ingredients are and whether or not comparisons of different studies using SM are possible and meaningful. Previous experience with the conduct of controlled studies of SM for health outcomes [1 and 2] and the desire to continue this line of research motivated us to begin examining the efficacy of SM with the possible goal of conducting a meta-analytic review. A minimal, yet pivotal, requirement for considering analysis is that the same or very similar treatments can be meaningfully clustered together so that differential efficacy with either different populations or disease categories can be determined [3]. Hence, it was necessary to determine whether SM was a sufficiently homogeneous approach to permit analytic comparisons. In addition suggestions for designing and reporting future research on SM are offered.

The sheer range of problems where SM has been applied is exceedingly diverse, and to cite a few studies have reported evidence for the efficacy of SM interventions for a large variety of problems including psoriasis, diabetes, pain, coronary heart disease, hypertension, allergies and the common cold. Endpoints studied were equally diverse with studies reporting subjective symptom reduction, biological changes, decreased mortality or increases in subjective quality of life.

In what follows, the reader will find an empirical review that is meant to help decide whether the descriptor "stress management" is indeed suitable for outcome evaluations.

## **2. Objective**

A study is being conducted and the objectives are

1. To study the techniques that intervene to stress.
2. To study whether these techniques of SM, as operationalized by different researchers, can be directly compared with each other?
3. To study the scope for future stress management research.

## **3. Methodology**

The methodology adopted here is primary and secondary methods of data collection. Primary data collection comprised an observation and interview search for researches

in universities and researchers and professors in different colleges. Personal visit to organization was made to find whether any stress management strategies are used in intervenes of stress and if then is it by any research source. Secondary data collection was done by the use of internet and books. Samples of 45 respondents were taken and the area of study was Guwahati, Dibrugarh, Jorhat, Nogaon, Tezpur and Silchar.

#### **4. Analysis and Findings**

Forty five studies on stress management were analyzed to determine consensus in definitions and therapy protocols. Results showed the number of techniques used was very large but were inconsistently labeled and are poorly described.

As per the 1<sup>st</sup> objective we have

Each study was classified according to its target population:

- Physical outcomes- Physical outcomes included those interventions designed for individuals with a physical disease, such as temporomandibular disorders, diabetes coronary heart disease, etc.
- Worksite- The worksite category includes articles with SM directed towards employees in a work environment.
- Student- the "student" category encompassed those interventions aimed at student populations, such as medical or nursing students, and high school students.
- Psychiatric- the psychiatric category were composed of interventions designed for people with psychiatric diagnoses, for example, Post Traumatic Stress Disorder (PTSD), and anxiety disorders.
- Other- The "other" category is composed of articles with target populations that did not fit into any of the above categories; examples of such groups are individuals with general health risk factors such as lack of social support and poor coping skills, the disabled, spouses of elderly veterans and patients undergoing medical procedures.
- As found by the researcher the result posed
- The great majority of studies endorsed a cognitive-behavioral approach. Cognitive-behavioral techniques (CBTs) were used most often, comprising 60% of the techniques cited by the stress management researchers.
- Examples of frequently used cognitive-behavioral strategies include emotion-focused or problem-focused cognitive coping skills, self-monitoring of stress intensity, thought record keeping and writing or rewriting, cognitive repeated or reappraisal, time management, assertiveness training, systematic desensitization and various didactic and educational topics. Although treatment manuals are available for specific applications of CBT like generalized anxiety or panic disorder, the CBT strategies used for SM are rarely laid out in standardized treatment manuals.
- Emphases on imagery, relaxation and meditation technique were used by the researchers comprising of 28% of the techniques cited by the stress management researchers.

- Types of strategies in the imagery, relaxation and meditation category with particularly frequent applications were: diaphragmatic breathing, directive and receptive imagery, yoga, progressive muscle relaxation, autogenic training and massage therapy. Most of these can be taught using treatment manuals that will facilitate later comparisons across studies. Examples of manual-based interventions are visualization [4], Progressive Muscle Relaxation as pioneered by Edmund Jacobson in the 1930s [5], Autogenic Training (developed by Schultz [6] and manual in English [7].
- Systemic approach technique is regarded by 12% of the techniques cited by the stress management researchers as the SM focus on altering the social, environmental or political factors, those external to the individual, which contribute to stress. Thus, systemic approaches can be classified into multiple levels, depending on the distance from the participant to the target. For instance, a lower level intervention might include attempting to modify family dynamics and personal relationships that may cause or exacerbate existing stressors, and a higher-level approach may involve inducing societal change through creating and implementing new government policies. An example of a low-level (or proximal) systemic approach is to invite participation of spouses and family members in an intervention.

As per the 2<sup>nd</sup> objective

The techniques assessed as per the first objective gives us the view to a help in reduction of stress but in very few cases they are found to be compared with each other. For each study, SM techniques were identified, tallied and classified, subject to the categories: arousal reduction approaches i.e., imagery/relaxation/meditation, biofeedback and coping skill training i.e., multi component cognitive-behavioral.

The most widely used SM components are strategies that fit with a cognitive-behavioral orientation .A detailed list of the techniques for half of the outcome studies is not provided here but can be obtained from the authors. For this analysis, only every second study was chosen for the sake of parsimony. The majority of the studies endorsed a multi component cognitive-behavioral approach 77% and/or an approach based on imagery, relaxation or meditation 85%. This pattern of results indicates that many studies used both, a multi component behavioral approach packaged with an approach based on imagery, relaxation or meditation. 75% were judged to provide an adequate description of the treatment by paired group and individual formats. Session lengths ranged from 15 min with total treatment durations.

As per the 3<sup>rd</sup> objective

A lot of stress management research is been carried out in the world but very few in India and least in North East India. Therefore after an extensive study the scope of future research for stress management in the field of commerce, arts and science is huge in North East India.

Only 3 researches have been till date conducted in commerce related to stress management. The subject in commerce brings out a clear optimism for researchers taking initiative in this field of research. From banking to management stress is

everywhere here in this filed. Therefore a huge scope lies here for a study on stress management. An amount of 2 research is been made in arts filed as considered to stress management and 8 in science.

## 5. Suggestion

Medline, Psychinfo and Web of Science searches were conducted for the period of 1990–2000 using the search terms "stress management," "stress reduction," "stress management program," "stress reduction program," "outcome" and "effectiveness." Some other articles were found by scrutinizing the reference lists of these initial articles. Articles were included if they were empirical in nature, featured an intervention labeled as stress management or stress reduction in the abstract or as a keyword and reported treatment outcome measures. Communication issue pertains to levels of categorization, which occurs when logically super- and subordinate levels of categorization are treated as being equivalent. One—at best, partial—solution to the conundrum of a consensual definition of SM is to improve the manner in which findings are communicated. SM publications should contain sufficient detail to permit replication and to guide clinical practice. Ideally, a standardized SM treatment manual would be developed that research can then refer to.

## 6. Conclusion

According to research, the percentage of researchers who have studied about stress in North East India in any discipline is very few. Stress at work is high, and it's only getting higher. The CDC's National Institute of Occupational Safety and Health, studies have found the number of who are “extremely stressed at work” .Therefore a great need of research for the organisations of North East India.

Unfortunately, work stress has significant health consequences that range from the relatively benign -- more colds and flu -- to the more serious, heart disease and metabolic syndrome. Because stress at work is so common that finding a job which is low stressed may be difficult or impossible for many people. A more realistic choice would be too simple adopting more effective strategies to reduce stress at work. And the element that would finally help implement stress reduction strategies are researches made on stress management and made applicable in different fields of society be it corporate or state development.

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