

STRESS MANAGEMENT THROUGH HEALTHY RELATIONSHIP

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Abstract

Today in the mechanical world of science and technology, human life has become materialistic. No doubt industrial development has provided many career opportunities for the youth and the chances of rapid growth and development are available to all of them but still people face the continuous cycle of uncertainty. Everyone needs economic stability in order to live a happy and peaceful life. The most important question is whether people feel peace and happiness after getting job. Most of the time it is observed that people don't feel happiness and peace due to the stress they experience. This stress affects the physical as well mental health of the people. This is the same case with job seekers, employed, working women, housewives, businessmen etc. This paper investigates the reasons behind the stress people feel in different situation. The paper attempts to provide proper solutions in order to balance the stress. The attempt of this paper is to highlight the need of healthy relationship among people in stress management .It shows how healthy relationship is a significant tool to live happy and peaceful life which is an ultimate goal of human life.

Keywords: Stress management, relationship, career, positive attitude, personality development, etc.

Stress management has become a central concern for the industries, educational institutes, or any firm where a group of people work together. The employees are the valuable assets of company. The future growth of the company depends upon the capabilities of its employees. They increase the productivity of the company or firm when work positively but if

they are in stress it directly affects the performance of the company in the market. B.N Ghosh writes about stress: “Stress is not the same as worries, but they are inter-related. Worries produce stress and stress may lead to worries.” (225) Therefore it becomes necessary to find out some causes which create stress. Human life is full of challenges and one has to face those challenges. Sometimes people do efforts and instead of that if they don’t get the expected result they become anxious. Different people feel differently in the moment of failure. Some people become demotivated but on the contrary some can take the failure as a challenge .Simply speaking the people who face the stress with positive spirit come up with positive results and overcome the problems in their life. The study shows that worries and anxieties are the unavoidable part of life. But how one handles them and bring out something positive and constructive matters in one’s life. In this respect Voichita M. Dumitru, and Doina Cozman write : “Stress represents a normal, necessary and unavoidable life phenomenon which can generate temporary discomfort as well as long-term consequences.” (34)

Man is a social animal and he wants to nurture and grow in the company of others. He has a natural desire to succeed and lead a socially approved life .Nobody loves solitariness that is totally detached from social contacts. This human trait is very significant when one discusses the stress management.The reason behind this crave for socialization has its roots in his own survival.People feel secure in the company of each other.They want to have this feeling of security for life long. Maintaining human relationship only can give them lasting happiness since they feel secure in a group. This human trait is very helpful to reduce stress effectively. There are many more reasons behind stress. Lazarus and Folkman write :“Stress management was developed and premised on the idea that stress is not a direct response to a stress or but rather one's resources and ability to cope mediate the stress response and are amenable to change, thus allowing stress to be controllable.” Stress management has emerged as a significant branch of knowledge in field of psychology with the purpose to study the life threatening stress and to provide solutions to it. While studying stress management it is worthwhile to mention the causes behind it. To mention but a few too much work pressure at the office, family matters, sudden change in routine are some external causes which give stress. There are some internal causes too which are responsible for stress.They occur due to the perception of the people.Most of the time people worry with the internal conflict in their mind.Actually nothing wrong has happened in their life but still they worry due to their wrong perception of the situation.Here it is significant to discuss about the attitude that people develop with the passage of time.People either develop positive or negative attitude.Needless to say ,attitude makes difference in each and every situation.You look at the situation with the attitude you have .Therefore it is very important to develop a positive attitude in order to bring out positive results.If not conflicts occur such as quarrel with the colleagues at the office, lack of communication with the family members which later on results into misunderstanding and disappointment, internal conflicts related to different problems in life etc.

Above all, one thing is common in all these issues ie.human interaction with colleauges, friends, family members and the relationship that exist between each other. One feels stressful when too much workload is there at the office. In such a case one has to speak assertively with the boss and makes him to understand the genuine problem. But most of the people don’t communicate and they become silent sufferers at the work place. The basic problem here is the employee’s relationship with each other and with their boss. If one has become a victim of such a case and living a very stressful life the other colleagues shall come for his rescue.If not, the same case may happen with anyone. Besides office, at home too one feels stressful and there may be

many more reasons behind it. Such as Communication gap between husband and wife, insensitive attitude towards each other, inability to make the ends meet, etc. Here too the strong family bonding is required which can sustain balanced relationship. If there is sound relationship between the family members there will be no place for stress. It means at both level at home as well as at the office maintaining relationship helps in order to reduce stress. R. M. Onkar rightly asserts in his book *Personality Development and Career Management*: “Relationship is an important consideration and is the means to establish a two way interactive traffic and feedback from outside the world with you. Training is one aspect of this relationship whereby continuous learning is possible from others in order to update yourself in knowledge, skills and abilities. It enables you to face challenges of the modern world and move upward in your skills of performance, management, logistics and human relationship. (H.R.) If you want to keep pace with the continuously changing world and its competitive events, you are required to allow important space to relationship in your personal mission and career.” (94)

While facing stress it is important to understand the basic reason behind it and later once you understand that you are in stress you must try to come out from that state. People are the most important resources and with their help you can face the stress effectively. There are some ways to develop rapport with people and maintain strong relationship with people. Maintaining relationship with people is just like to build up a powerful platform to save yourself from the future consequences of stress.

BE A TEAM PLAYER:

It is observed that people who work in a team they feel motivated all the time. The main reason behind it that they look at the problem with the collective eye and not with the single eye. Therefore instead of facing the problem lonely one has to open up the doors for others to get them enter into your trouble. The problem will definitely resolve. It will strengthen your relationship with others which will later result into the reduction of the stress.

POSITIVE ATTITUDE :

Positive attitude brings miracles in one's life. William James once said : “ The greatest discovery of my generation is that human being can change his life by changing the attitude of mind.” (qtd. Ghosh. B.N: 41) One has to look at the bright side of the life all the time. It is only optimism that can save someone from the tragedies of life and not pessimism. Positive attitude transform the life of the individual. People having positive attitude do better than those who are negative. In this respect Voichita M. Dumitru, and Doina Cozman write in the article “The relationship between stress and personality Factors” : “People with an optimistic outlook towards life experience everyday events in a positive manner and have positive expectations regarding the results of their actions.” (34-35) As a result the people having positive attitude gradually develop rapport with the other people. However, their stable and healthy relationship sustain them physically as well as mentally which leads everlasting stressfree life.

SELF-DISCOVERY:

Self-Discovery means knowing one's strengths, weaknesses, opportunities and threats. It is self evaluation in order to understand one's true potential as well as drawbacks. Self discovery helps to reduce the stress since it studies the situation in an objective manner. It helps one how to handle the crisis. Self –discovery helps one to maintain the relationship with other people. The

people who have gone through self-discovery are flexible for change which is a positive attribute for healthy relationship. Eventually it helps in stress management.

POWER OF ACCEPTENCE:

For making good relationship with people one has to develop the power of acceptance. One has to accept the other with his strengths as well as weaknesses which is a difficult task. People feel irritated when any near ones too has some bad habits and it becomes stressful for them.

One has to accept stress positively and has to discuss the situation with others. One must be positive enough to share the truth with your friends, colleagues. Prejudices kill the relationship and people face loneliness at the time of crisis in their life. Once the stress is faced collectively it turns out as a ladder to success. Klinik Community Health Centre write about stress in the book *Stress and Stress Management*: “Stress is a normal part of life. In small quantities, stress is good; it can motivate you and help you become more productive. However, too much stress, or a strong response to stress can be harmful. How we perceive a stress provoking event and how we react to it determines its impact on our health. We may be motivated and invigorated by the events in our lives, or we may see some as “stressful” and respond in a manner that may have a negative effect on our physical, mental, and social well-being.” (03)

Thus, stress is not an object but a perception that is felt by people. If positively handled stress may be productive enough to bring fruitful results in one’s life. Being human one can not face each and every trouble in life at single handedly. Sometimes one needs to knock the door of others in order to resolve the problem with collective efforts. In doing so one has to nurture good relationship with the people. People are the great resources in one’s life and no one can deny this truth. Therefore, this is very significant today to build up healthy relationship with the people in order to face stress constructively. It makes life peaceful and happy which is an ultimate goal of humanity.

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