

A Conceptual Study On Self – Perception And Stress

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ABSTRACT

Stress is the "wear and tear" our bodies experience as we adjust to our continually changing environment; it has physical and emotional effects on us and can create positive or negative feelings. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. As a negative influence, it can result in feelings of distrust, rejection, anger, and depression, which in turn can lead to health problems such as headaches, upset stomach, rashes, insomnia, ulcers, high blood pressure, heart disease, and stroke. Stress will help or hinder us depending on how we react to it.

Keywords: Meaning of stress, feelings of stress, types of stressors, types of stress, stress at work, symptoms of stress, self perception of stress and early research of self perception of stress.

1. INTRODUCTION

STRESS

Stress is **not** something **bad** but it all **depends** on **how we take it**, most of the **stress** we experience is **self-generated**. It is generated on how we **perceive** life, whether an event makes us feel threatened or stimulated, encouraged or discouraged, happy or sad **depends** to a large extent on **how we perceive ourselves**.

Self-generated stress is something of **paradox**, because so many people think of external causes when they are upset. But one should **recognize** that **we create** most of our own **upsets** in our daily life **through** our way of **responding** to things in a **negative** way which may be due to **lack of awareness** or our **inability to perceive** things as they are **ought to be**.

SELF – PERCEPTION AND STRESS

WHAT IS STRESS?

Stress is the reaction that people experience due to excessive pressures or other types of demand placed upon them. It arises when they worry that they can't cope. Stress is the "wear and tear" our minds and bodies experience as we attempt to cope with our continually changing environment.

DEFINITION

S = P > R

Stress occurs when the pressure is greater than the resource.

FEELINGS OF STRESS

- Worried
- Tensed
- Tired
- Frightened
- Elated
- Depressed
- Anxious
- Anger

TYPES OF STRESSORS

- External.
- Internal.

EXTERNAL STRESSORS

- Physical Environment
- Social Interaction
- Organisational
- Major Life Events
- Daily Hassles

INTERNAL STRESSORS

- Lifestyle choices
- Negative self - talk
- Mind traps
- Personality traits

TYPES OF STRESS

- Negative Stress.
- Positive Stress.

NEGATIVE STRESS

It is a contributory factor in minor conditions, such as headaches, digestive problems, skin complaints, insomnia and ulcers. Excessive, prolonged and unrelieved stress can have a harmful effect on mental, physical and spiritual health.

POSITIVE STRESS

Stress can also have a positive effect, spurring motivation and awareness, providing the stimulation to cope with challenging situations. Stress also provides the sense of urgency and alertness needed for survival when confronting threatening situations.

STRESS AS SAID BY A STRESS GURU

In the words of Swami Sukhabodhananda: Your thoughts, beliefs, values and your conditioning create internal stress. It depends on those thoughts you entertain. Assume for a moment that you are in a house where all the windows are closed or you find yourself in your office with a poisonous snake. Now what would be your reaction? You have to be extremely alert. You have to first open the window and allow the lights to come in or switch on the lights, remove the furniture and very tactfully make the snake to find its way out. In the same way you have to weed out the causes of your internal stress. There are three important realities in the realm of Yoga:

EARLY RESEARCH ON STRESS

Hans Selye was one of the founding fathers of stress research. His view in 1956 was that “stress is not necessarily something bad – it all depends on how you take it. The stress of exhilarating, creative successful work is beneficial, while that of failure, humiliation or infection is detrimental.” Selye believed that the biochemical effects of stress would be experienced irrespective of whether the situation was positive or negative. Since then, a great deal of further research has been conducted, and ideas have moved on. Stress is now viewed as a "bad thing", with a range of harmful biochemical and long-term effects. These effects have rarely been observed in positive situations.

SELF-PERCEPTION AND STRESS

In the World of today,

To our surprise **90%** of the people **visiting psychiatrists** are those from the **IT** Sector and even **90%** of the **divorce** cases are from the **same** sector. This clearly shows that stress in this field is playing the key role in effecting the personal life's of the people. Various industries **like IT, BPO's and Animation** are now **in focus**. Skill sets like communication, creativity and innovation are being recognized and those people are now in demand which is making the whole world to look in for. Most of the people are from these sectors who work for **late nights and long lasting hours**. They continuously work in front of **computers and light boards** under the **pressure of targets and dead lines**.

In **such** people, as a result of stress, mental, emotional and behavioral symptoms are more observed than physical symptoms in a long run. So, here are given some of the symptoms often observed.

As a result of this, people's **responsiveness** is also being mainly affected. **People** are **changing** to such **situation** where they **can't** even **restrain** to small **things** and **changes in life**. Stress is the “**wear and tear**” our minds and bodies experience as we attempt to cope with our continually changing environment. Stress mainly **occurs** when the **pressure is greater than the resource**.

EARLY RESEARCH ON SELF-PERCEPTION

In my view, even **self-perception is an inherently social phenomenon**. It cannot be studied in isolation from two facts about interpersonal perception: the **individual always acts as a perceiver** and is **always a target of perception**. I have taken seriously this interplay of self-

perception and interpersonal perception and applied my multi level approach of social perception to some longstanding issues in the field. For example, I have examined whether self-perceptions are basically accurate or they are characterized by positive illusions, and, **whether accurate self-perceptions or positive illusions are related to mental health**. Additionally, I have taken a **cultural perspective** to examine whether the notion of self differs across individualistic and collectivist cultures. For example, **“Do positive illusions of self have the same impact on mental health in collectivist cultures as in Western individualistic cultures?”**

QUOTES FOR SELF-PERCEPTION AND STRESS

Here are few quotes mentioned by Swamiji,

“Experience is not what happens to a man but it is what he does with what happens to him.” – Aldous Huxley

“The problem is not the lock but the key of success which doesn’t always fit your ignition.”

“The strange thing is that a man demands less for himself and much more of others.”

“When you are submerged to your ears in crisis, try using the part that is not drowned.”

“Almost everything can be purchased at a reduced price except satisfaction.”

“Stress is like a TV commercial even a short one is too long.”

“There is no narrow lane other than discouragement.”

“Stress is one of the qualities renounced by a “Self-made” man.”

“A lot of stress arises from people who don’t think and from thinkers who don’t work.”

“The easiest way to get stressed is to be in the right place at the wrong time.”

“If for all psychological stress I hold myself responsible, then problems would disappear magically.” “A wise person has many ways to be happy and few ways to be unhappy. An unwise person has many ways to be unhappy and few ways to be happy.”

2. CONCLUSION

The stress levels measured were found to be low and there is almost negligible chance of the impact of negative stress on the associates. It is concluded that good self-perception always helps the individuals in controlling their stress levels and hence there is almost negligible chance for the impact of negative stress levels in the organization. But in view of the changing scenario this study helps the organization to organize various in-house training programs for the employees/associates and also to take necessary decisions on the suggestions which would increase the enthusiasm among the employees and results in the increased levels of skill sets, satisfaction, productivity and the retention rate. As a student this research helps the researcher to grasp a practical knowledge which provides a scope for the application of his theoretical knowledge and makes the education more applicable and nurtures the required skills. This study helps as a basis for the further studies and research’s which may help the organizations as well as researchers.

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