

WHAT IS STRESS?

by:

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Stress has a momentous effect on the day-to-day existence of every individual. The need to carry out personal and social responsibility are factors that make a person prone to the inevitable physical and mental exhaustion. The Systemic Stress Theory defines stress as a “condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual can mobilize” (Selye, 2009) . Stress is the way of the body’s responding to any kind of demand.

The above premise alone will partially give a clear understanding of the human body’s limitations and inability to sustain social means, especially in a particular circumstance that will develop an immediate feeling of social pressure which in turn will result in the unescapable feeling of stress.

Another notable and well-defined meaning of human stress was given in the book “Analysis of Stress Management” Lim, (2009) - “The word stress in Latin word is ‘stringere’ which meant to ‘draw tight’ which has a description of hardship, strain, adversity or affliction.” It points out the inner feeling of being constricted or feeling under pressure. So, many individuals today undergo so much pressure where stress is taking its role in everyone’s way of life. In other places like America, Europe, and even Asia, the number of people who submit themselves to the so-called stress management program is rapidly increasing.

According to the data result of Analysis of Global EAP, health management program in some parts of the Asian region alone proves that out of several individuals that are being involved in social and public commitment is tremendously affected by the

dilemma of stress, some are experiencing it in a low level and others are in greater heights which develop a sudden breakdown of their self-esteem (Weiner, 2013). The result of the analysis further discusses that stress can be categorized into three different levels. First, some people are confronting stress occasionally while others are periodically under stress. Second, those people who are regularly dealing with others are suffering from regular stress. Lastly, any individual who has permanent stressors are most likely to suffer from severe stress. The need to apply well-tested stress management techniques and their processes must serve well in a manner that will provide an effective coping mechanism for the majority of people who are suffering every day from a different level of stress in personal, in family, or at work.

References:

Selye, Hans. "Systemic Stress Theory". 2009. Vol. X, p. 23-25

Lim. "Analysis of Stress Management, 2009. Vol. III, p. 55

Weiner, Jon (2013). Analysis of Global EAP Data Reveals Huge Rise in Depression, Stress, and Anxiety Over Past Three Years. <http://www.workplaceoptions.com/>