

STRESS MANAGEMENT DURING COVID IN MUMBAI

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ABSTRACT:- Now a days stress is an integral part of life and during covid everyone feel stressed, infact reason of stress is quite different among person to person . stress infliated among children of all age group. Their should be proper management infact it is very difficult . stress can occur with good happening as well not only bad once . during covid their was no proper routine of a person or children which results in increasing level of stress. Their was many stress management courses for the persons but they were unable to attain those ;some lack of time and other shows lack of interest . An attempt is done through this paper to know how to manage stress level in pandemic and make it more effective , so that every one can easily manage their stress level . The objective of this project research is to assess, to identify ,to analyze, to observe the stress level during covid and many more .Survey method is used in this paper ,of 1000 respondent .

KEY WORDS Stress,Stress management ,Covid-19,Prevention ,Health.

INTRODUCTION:-

STRESS :- Stress can be defined as any type of change that causes physical,emotional or psychological strain .stress is your body response to anything that requires attention or action Common

signs of stress are change in mood, sweaty palm ,diarrhea, digestive problem etc.Stress is negative when in the persons life there is no relaxation for a continuous period .

STRESS MANAGEMENT: - It consist of making changes to live life stressful by preventing stress doing self care relaxation and managing our response to stressful situation accordingly. Study says that healthy amount of stress management leads to brain functioning, boost immune system , and prepare for better stress ful life in future. As a result it positively affect emotional health with professional and personal life . we can easily live our life with full of enjoy.

COVID-19:- Covid is a contagious disease caused by a virus, the severe acute respiratory syndrome corona virus 2 (SARS-Cov-2). The first known case was identified in wuhan,china December 2019. The disease quickly spread worldwide, resulting in the world wide, resulting in the covid-19 pandemic.

Definition :- An acute respiratory illness in humans caused by a coronavirus ,capable of producing severe symptoms and in some cases death , especially in older people and those with underlying heath condition. It was originally identified in china in 2019 and become pandemic in 2020.

A mild to severe respiratory illness that is caused by a corona virus ,is transmitted chiefly by contact with infectious material or with objects or surfaces contaminated by the causative virus ,and is characterized especially by fever ,cough and shortness of breathe and may progress to pneumonia and respiratory failure .

SYMPTOMS OF COVID :- These are different according to person to person but these are often include fever , cough , headache ,fatigue , breathing difficulties ,loss of smell, and loss of taste.

COVID AND STRESS MANAGEMENT:-

During this covid-19 pandemic situation, feel stress ,fear,and anxiety.social distancing affects every part of our lives including relationships,finances,transportation, jobs ,education, and healthcare. Routines are essential because they create a sense of normalcy and control in our lives. Lack of social support leads to increase stress among people .when everyone is experiencing the same sence of uncertainty,there is no real ‘anchor’ to help and manage stress .

It is essential for good physical health and it is especially important right now as the world addresses the covid -19 pandemic.

When people are more pessimistic, depressed, or anxious their immune system goes down and produces more stress hormones , reducing our immunity and increasing inflammation.

Stress can also put a strain on our health, relationships,and productivity.

OUTBREAK OF STRESS :-

Stress during an infectious disease outbreak can sometimes cause the following :-

- I. Fear and worry of you and loved ones.
- II. Financial crisis .
- III. Less support .
- IV. Changes in schedule.
- V. Less sleeping and concentration.
- VI. Chronic health problems.
- VII. Mental health condition.
- VIII. Increased in drinking alcohol and tobacco.
- IX. Increased in domestic violence against women.
- X. Less enjoyable activities.
- XI. Feeling helpless.
- XII. Disconnection from others.

COPING WITH STRESS DURING THE 2019-ncov OUTBREAK ACCORDING TO WHO:-

- I. It is normal to feel sad,stressed,confused,scared or angry during crisis .
- II. Talking to people you trust can help. contact your family and friends .
- III. Maintain healthy life style being in home.
- IV. Don’t smoke, alcohol or other drugs to deal with your emotion.
- V. If you feel overwhelmed talk to consultant, counsellor or health worker.
- VI. Find credible source you can trust such as WHO or state public health agency.
- VII. Less worry.
- VIII. Draw on skills you have used in the past that have helped you to manage previous life’s adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

LITERATURE REVIEW

A.Y.Tatheer (2013).Majority of the bankers of Pakistan claim that they are highly stressed because of their jobs that not only affect their performance in banks but also equality affect their and personal life . They also declare that the organizational politics and bureaucracy are the main reasons of stress in their banks.

Chen,J.C.,&Silerthron,c.(2008).Labeled job stress as a work related psychological pressure and a worker’s ability to respond and grip the specific situation .

Everlyjr,G.S.,Flannery Jr,R.B.,&Mitchell,J.T.(2000).Critical Incident Stress Management comprises a range of crisis intervention servives that usually include pre-crisis training,individual crisis counseling,group debriefing,and post-incident referral for primary and secondary victims. CISM is

utilized to address the aftermath of violent acts and has evolved from earlier crisis intervention and group psychological debriefing procedures. These approaches have been used throughout the world, and CISM is emerging as a standard of care. This article reviews the literature on crisis intervention, group debriefing, and CISM interventions within a methodological context. The strengths and weaknesses of literature as a whole are presented. Implications of findings are discussed.

Fatima,s.,Bukhari,s.,Pacella,J.(2020). The coronavirus disease of 2019 (COVID-19) is a global medical crisis that has posed immense challenges to medical fraternity worldwide. COVID-19 is caused by Severe Acute Respiratory Syndrome-Corona Virus – 2 (SARC-COV-2) that targets the host's Angiotensin-Converting Enzyme-2 (ACE2) receptors present in the lungs, heart, blood vessels, kidneys and intestines. Symptoms are primarily respiratory in origin but the disease has the propensity to involve all organ systems quickly to cause multi-organ failure and death. The patients with pre-existing cardiovascular disease are more prone to contracting infection, and the involvement of the cardiovascular system itself has been linked to increased morbidity and mortality in COVID-19 patients. Therefore, learning about the cardiovascular implications of SARS-cov-2 infection is of paramount importance for the cardiology world at this juncture. Herein, we review the initial literature relevant to SARC-COV-2-associated cardiovascular pathology, highlighting cardiac manifestations, biomarker utility, and therapeutic landscape in the present era of COVID-19.

Holmund-Rytkonen,&standvik,T.(2005). It's as an inability of an individual to meet the demands from job due to the imbalance in the person environment perceptions. It is the situation where individual's job

performance, both physical and mental health is affected poorly.

Karthik R.(2013). Employee's performance at work is influenced by stress that can be either positive or negative. The employee's performs better if they face low to moderate amount of stress. Hence, it aims at reducing the level of stress rather than eliminating stress completely.

Leka,etal,(2004). People may feel stressed when their resources in the form of their comprehension and capabilities about the situation are found to be inadequate to cope with situation are found to be inadequate to cope with the hassles and difficulties in environment.

Liu,X.,Liu,J.,&Zhong,X.(2020). This study conducted in mainland china was aimed to explore the cognition, psychological state, anxiety and depression level of college students during coronavirus disease 2019(COVID-19) epidemic, to understand the psychological dynamics of college students under stress. The data of 509 college students were collected by an internet questionnaire. And self rating anxiety scale and center for epidemiological studies depression scale were used to assess anxiety and depression symptoms, respectively. During the COVID-19 epidemic, the majority of college students strongly agreed to reduce outgoing and gathering, accounting for 77.21%. There were statistical difference between genders of college students in the unease and panic emotion of risk exposure. Moreover, the anxiety and depression levels of college students in china during the COVID-19 epidemic were higher than the national norm level.

Luo,M.,Guo,L.,Yu,M.,&Wang,H.(2020). The coronavirus disease 2019(COVID-19) pandemic has caused enormous psychological impact world wide. We conducted a systematic review and meta-analysis on the psychological and mental impact of COVID-19 among healthcare

workers, the general population, and patients with higher COVID-19 risk published between 1 Nov 2019 to 25 May 2020. We conducted literature research using Embase, PubMed, Google Scholar, and WHO COVID-19 databases. Among the initial search of 9207 studies with 162,639 participants from 17 countries were included in the review. The pooled prevalence of anxiety and depression was 33% (95% confidence interval: 28%-38%) and 28% (23%-32%), respectively. The prevalence of anxiety and depression was the highest among patients with pre-existing conditions and COVID-19 infection (56% [39%-73%] and 55% [48%-62%]), and it was similar between healthcare workers and the general public. Studies from China, Italy, Turkey, Spain, and Iran reported higher than pooled prevalence among healthcare workers and the general public. Common risk factors included being women, being nurses, having lower socioeconomic status, having high risk of contracting COVID-19, and social isolation. Protective factors included having sufficient medical resources, up-to-date and accurate information, and taking precautionary measures. In conclusion, psychological interventions targeting high risk populations with heavy psychological distress are in urgent need.

Luzzi, V., Ierardo, G., Bossu, M., & Polimeni, A. (2020). During the period of health emergency linked to the current COVID-19 pandemic, the management of children's oral health presents specific problems related to the infectious spread of the disease. These problems must be faced on the one hand by acting on the oral health prevention methods, and the other by implementing specific protocols relating both to the conditions of oral pathologies that normally do not represent an emergency and to those clinical situations that fall into the category of pediatric dental emergencies. In this perspective, in addition to defining rigorous and highly

effective infection control protocols in dental settings, it is of fundamental importance to work on remote communication and education aimed at maintaining the oral health of the children. This article, after an analysis of the risk factors from COVID-19 associated with pediatric dental treatment presents a series of considerations on potential oral prevention strategies and on the management of emergency and non-emergency dental procedures in a context of disease transmission control, proposing new approaches and models of treatment based also on remote interaction techniques which will then retain their usefulness even at the end of the current emergency period.

Malta (2004). Stress is any discomfort which is felt and perceived at a personal level and triggered by instances, events or situations that are too intense and frequent in nature so as to exceed a person's coping capabilities and resources to handle them adequately.

P. Anna Raja and Nima M Joseph. (2007). Work stress means the harmful physical and emotional response that occurs when the requirements of a job do not match the capabilities, resources or needs of the worker.

Pratibha G. (2010). The impact of distress level on the quality of life is negative that may result to serious burnout problems in private banks. The distress level in the banks can only be reduced by various stress management programmes or interventions that would also improve the quality of work life.

R. Abualrub et al. (2008). Stress is the key component and has positive significant correlation with high turnover and turnover intentions, absenteeism and costs substantial health problems.

Richardson (2008). A classification of stress interventions has been done, those are primary, secondary and tertiary. He

suggested all the employee's to adopt relaxation training intervention for stress management which is the easiest and least expensive approach to implement.

Salami O.S.(2010). Stress can be defined as the experience of unpleasant negative emotions such as tension, anxiety, frustration, anger and depression resulting from aspects of work.

Satija S.& Khan W.(2013)-According to him Occupational Stress is as same as job Stress that need to be controlled at the workplace otherwise it will affect negatively employee's work attitudes and behaviour. He conducted a study to investigate the relationship between Emotional intelligence and occupational stress. The findings of his study revealed that Emotional Intelligence as a significant predictor of Occupational stress.

Siegrist J, Rodela.,(2006). Stress as a latent construct that indicates a state of elevated activation of the autonomic nervous system with coordinated manifestations at the affective, cognitive, and behavioural levels.

Stephen P. Robbins et al(2007). A dynamic condition in which an individual is confronted with an opportunity, constraint to redemand related to what he/she desires and for which the outcome is perceived to be both uncertain and importance.

Yan, H., & Xie, S(2016). Stress define as a series of physiology, psychological and behavioural response due to the continuing effects of one or more stressors on individuals in an organization.

METHODOLOGY

- I. I am going to use survey method .
- II. That is primary source of collecting data .
- III. The secondary data will be used to understand about all over the covid related problems.

- IV. These all data will be of person live in Mumbai faces stress problem during covid.
- V. The sample will be collected from 1000 respondent .
- VI. I will use statistical software spss.
- VII. Their will one type of question.
- VIII. Closed ended questionnaire which will filled by 1000 respondent.
- IX. There are variable to design research question.
- X. To analyse and interpret data ANOVA technique will be used and to check significance level of hypothesis t-test, pearson correlation will be apply.

SOURCES OF DATA :-

- I. The primary data will be collected through questionnaires and scheduled from the respondents.
- II. The secondary data will be collected from literature review, articles, journals, internet, newspaper etc.

TIME PERIOD :-

The time period of research i.e data acquired for the research will be 2 year from 2020-2022.

STATISTICAL TOOLS USED IN THIS RESEARCH WORK :-

- I. In this research work I am going to use SPSS(Statistical Package for Social Science). As the data obtained from spss is used for suveys.
- II. Their will be pie chart, bar graph to make result meaningful and attractive .
- III. To check the level of stress management their will be chi square test .

STATISTICAL TECHNIQUES :- As I am going to use chi square test to analyze the raw data collected from respondent.

Will used to measure the stress and how they manage their stress during covid.

T test- will be used to measure the stress level during pandemic .

The pearson'correlation will be used to measure the stress management during pandemic .

The chi-square test will be used to measure the persons satisfaction after stress management.

CONCLUSION

I have focus on overall stress management during covid I hope further study should be done only on intervention and meditation activity used to reduce stress,or help in doing stress management with increase in sample size. Either we can consider particular age group for further study .

Addressing limitations and suggestions for further research may give more relevant results and interpretable results .

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