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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 inflated 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 100 respondent .

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

I 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.

During this covid-19 pandemic situation, feel stress ,tear,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.

Statement of problem

Covid was the very negative situation that results in negative feelings or thinking in a person. This problem leads in stress that makes everyone's life harder because everyone body is in a state of alertness.

Due to stress management we can manage everyone's life easily during pandemic, which leads to stressful situations

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 equally 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.,&Silerthrone,c.(2008). Labeled job stress as a work related psychological pressure and a worker's ability to respond and grip the specific situation .

Malta(2004). Stress is any discomfort which is felt and perceived at a personal level and triggered by instances, events or situation 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 Rajaand Nima M Joseph.,(2007). Work stress means the harmful physical and emotional response that occur 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 etal.,(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.

SalamiO.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.

StephenP.Robbins etal(2007). A dynamic condition in which an individual is confronted with an opportunity, constrained 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.

III OBJECTIVES OF STUDY

- a. To identify the factors causing stress among the persons .
- b. To analyze the impact of stress.

IV RESEARCH METHODOLOGY

The research methodology includes the various steps involved in the particular research and systematically solving the problem with the objective of the fact .

- 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.

4.2 Sampling technique :- The sampling technique used for the study is convenience sampling

4.3 Sample size :- The study was conducted by taking sample of 101 respondents.

4.4 Area of study :- The data was collected through google form from various respondents residing in mumbai

V DATA ANALYSIS AND INTERPRETATION

5.1 Table-1 Gender

| Gender | Frequency | Percentage |
|--------|-----------|------------|
| Female | 74 | 73.28 |
| Male | 27 | 26.73 |
| Total | 101 | 100 |

(source primary data)

Interpretation :Table-1 Table shows that 73.8 of respondent are female and 26.73 are male.

5.2 Table-2 Age group

| Age group | Frequency | Percentage |
|-----------|-----------|------------|
| 20-30 | 40 | 39.604 |
| 30-40 | 33 | 32.673 |
| 40-50 | 24 | 23.762 |
| 50-60 | 04 | 3.96 |
| Total | 101 | 100 |

(sources primary data)

Interpretation : This table indicates the age group. Out of 101 respondent 39.604% are in the age group 20-30,32.68%are in the group of 30-40,23.762%are in the age group 40-50,3.96%are in the 50-60%

5.3 Table-3 Educational qualification

| Educational qualification | Frequency | Percent |
|---------------------------|-----------|---------|
| 12 th complete | 30 | 30 |
| Graduation | 26 | 25.743 |
| Post graduation | 45 | 44.554 |
| Total | 101 | 100 |

(Source primary data)

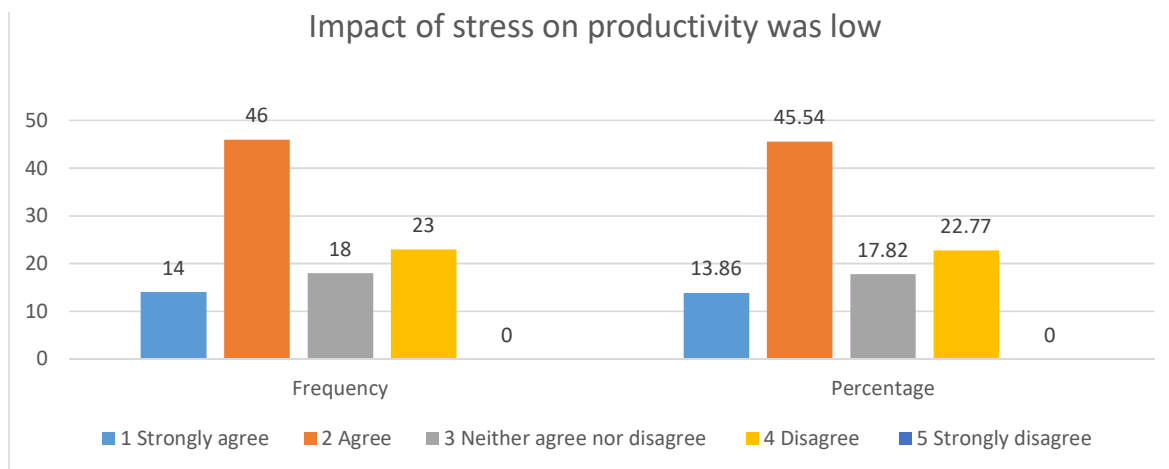
Interpretation :Table 3 shows respondent based on their qualification 30% respondent are 12th complete, 25.74% are graduation ,44.55% are post graduation.

5.4 Table – 4 Impact of stress on productivity was low

| Option | Frequency | Percentage |
|----------------------------|-----------|------------|
| Strongly agree | 14 | 13.86 |
| Agree | 46 | 45.54 |
| Neither agree nor disagree | 18 | 17.82 |
| Disagree | 23 | 22.77 |
| Strongly disagree | | |
| Total | 101 | 100 |

(Source primary data)

Interpretation : This table shows impact of stress on productivity was high during covid, 45.54 % respondent are agree.

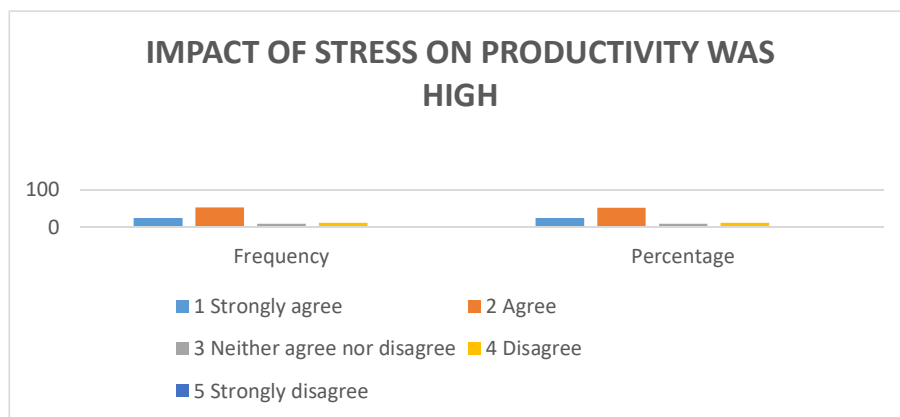


5.5 Table-5 Impact of stress on productivity was high

| Option | Frequency | Percentage |
|----------------------------|-----------|------------|
| Strongly agree | 25 | 24.75 |
| Agree | 53 | 52.48 |
| Neither agree nor disagree | 10 | 9.90 |
| Disagree | 12 | 11.88 |
| Strongly disagree | 1 | 0.99 |
| Total | 101 | 100 |

(Source primary data)

Interpretation : This table shows impact of stress on productivity was low during covid ,52.48% respondent are agree with this statement.

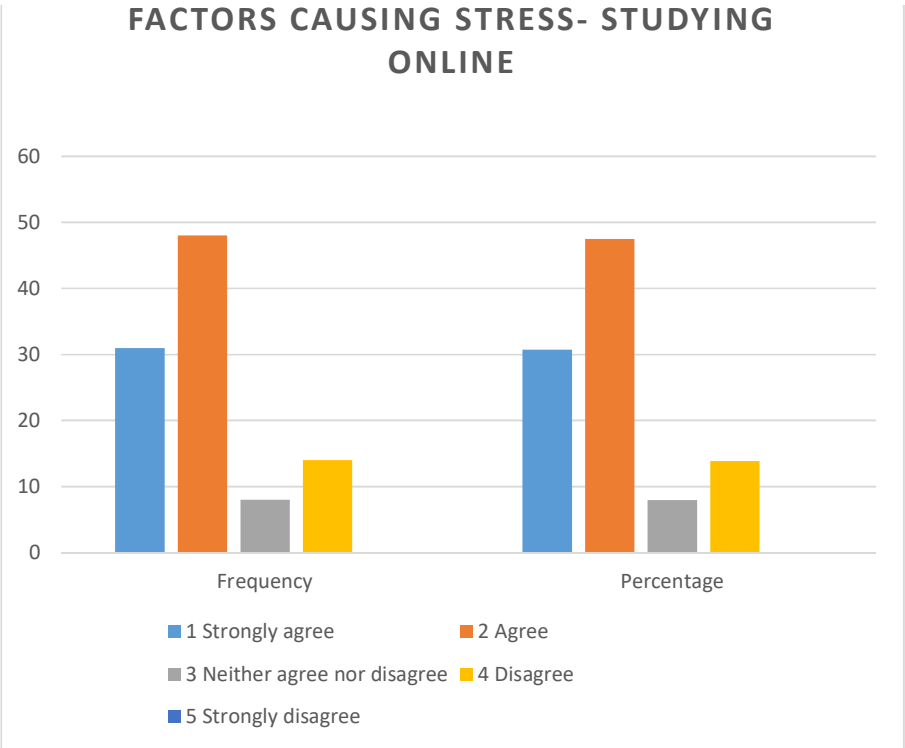


5.6 Table 6 Factors causing stress- studying online

| Option | Frequency | Percentage |
|----------------------------|-----------|------------|
| Strongly agree | 31 | 30.69 |
| Agree | 48 | 47.52 |
| Neither agree nor disagree | 08 | 7.92 |
| Disagree | 14 | 13.86 |
| Strongly disagree | | |
| Total | 101 | 100 |

(Source primary data)

Interpretation : This table shows factors causing stress 47.52% respondent feels that factors causing stress is due to studying online.



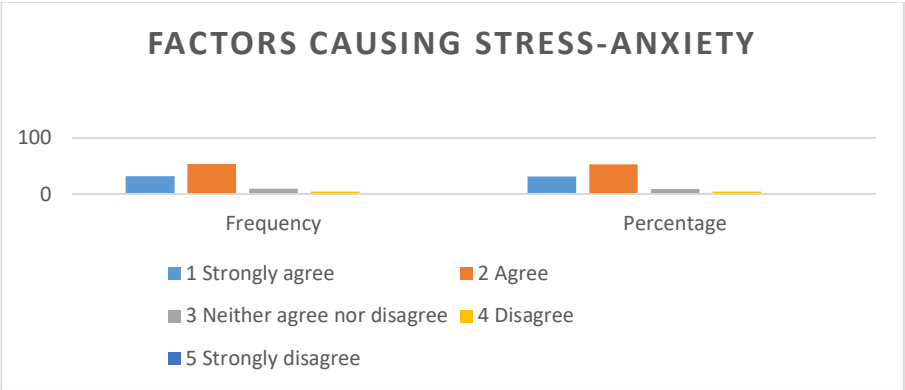
5.7 Table 7 Factors causing stress-Anxiety

| Option | Frequency | Percentage |
|----------------------------|-----------|------------|
| Strongly agree | 32 | 31.68 |
| Agree | 54 | 53.46 |
| Neither agree nor disagree | 10 | 9.90 |
| Disagree | 05 | 4.95 |
| Strongly disagree | | |
| Total | 101 | 100 |

(Source primary data)

Interpretation :

This table shows factors causing stress 53.46% respondent feels that factors causing stress is due to Anxiety .



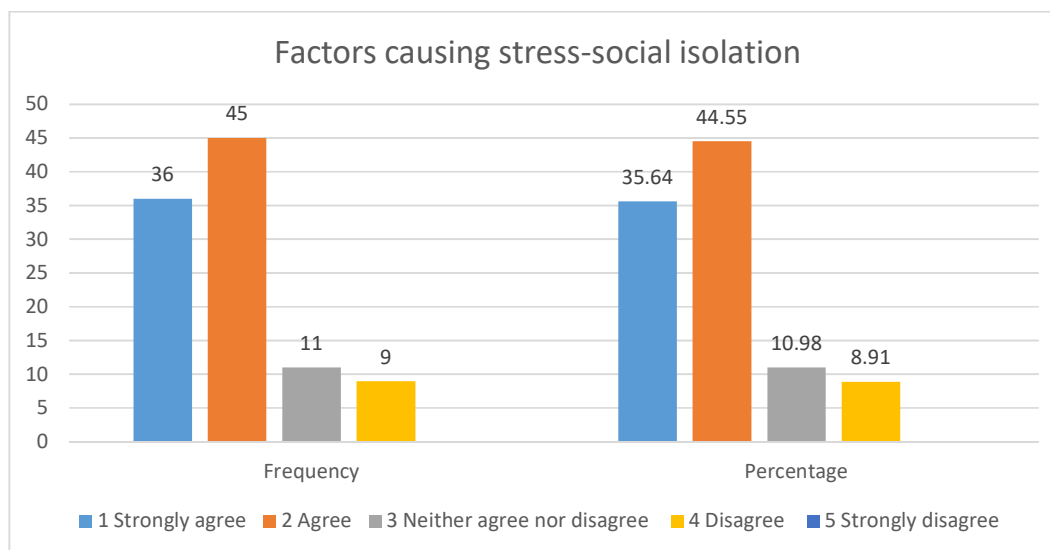
5.8 Table 8 Factors causing stress-social isolation

| Option | Frequency | Percentage |
|----------------|-----------|------------|
| Strongly agree | 36 | 35.64 |
| Agree | 45 | 44.55 |

| | | |
|-------------------|-----|-----|
| Strongly disagree | | |
| Total | 101 | 100 |

(Source primary data)

Interpretation: This table shows factors causing stress 44.55 % respondent feels that factors causing stress is due to social isolation.



VI DISCUSSION

The motive of this study was to analyze that how people manage their stress during covid and how they deal with their stress and causes of stress during covid. The main objective of the study were to identify the factors causing stress among the persons and to analyze the impact of stress .

The data collected from 101 respondent through online survey . The sample was colected from housewives,students , service persons , teachers etc. Detailed investigation has been done among people belonging household work , medicine , teacher , student.

VII FINDINGS AND SUGGESTIONS

Findings-

- Most of the respondent are female .
- Majority of the age group is 20-30.
- Most of the respondent are post graduation.
- 45.54% of the respondent are agree with the statement impact of stress on productivity was low .
- 52.48% of the respondent are agree with the statement impact of stress on productivity was high .
- 47.52% respondent agree with the question that studying online is the main factor that causes stress during academic.
- 53.46%respondent feels agree that factors causing stress is due to anxiety.
- 44.55%respondent feels agree that factors causing stress is due to social isolation.

Suggestions –

- Be relax.
- Don't panic.
- Do regularly exercise and yoga .
- Feel safe.
- Engaged yourself in positive activity.
- Maintain mental health .
- Engaged yourself in physical activities.
- Students should busy in their studies and extra-curricular activities.

- Watch devotional, comedy movies or serial.

VIII CONCLUSION

If their will be stressful life then stress results in anxiety. This will affect our social, emotional and mental health can be affected .During this pandemic everyone was in stress which leads on our productivity . Some feels that during covid productivity was low and some feels that productivity was high , studying online, anxiety and social isolation was main factors that causes stress. Hence we can manage our stress by doing exercise , and engaging ourselves in activities life medotaion , yoga , watching comedy shows etc. we should be optimistic in their kinds of pandemic.

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