

AN ARTICLE ON POSITIVE & NEGATIVE STRESS

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ABSTRACT

Stress may be referred to as an unpleasant state of emotional and physiological arousal that people experience in situation that they perceive as dangerous or threatening to their well-being. We may not live in a dangerous world, but we do live in a stressful world. Despite dealing with predators, early man had a somewhat easy life. All they had to do was eating and stay safe. Now, we work full time, we deal with incredibly complex social groups, and more. Anxiety was probably helpful for those under long term stress in the past, because it gave them a sense of urgency to stay away from danger. Now, long term stress is not just stress, and damaging to psychological health. This article explains two aspects of stress positive and negative. Stress is not negative all the time. Sometime stress is positive, it depend on person how he/she handle, situation of stress.

POSITIVE & NEGATIVE STRESS

Even though we tend to view and discuss stress from a negative perspective, it isn't always a negative influence on our lives. Indeed, there are two faces to stress- one positive and second negative.

Constructive stress, or eustress, acts in positive way. It occurs at moderate stress levels by prompting increased work efforts, stimulating creativity, and encouraging greater diligence. You may such stress as the tension that causes you to study hard before exams, pay attention, and complete assignment on the time in a difficult class.

Destructive stress, or distress, is dysfunctional for both the individual and the organization. One form is the job burnout that shows itself of loss of interest and satisfaction with job due to stressful working conditions. When person is “burned out”, he or she feels exhausted, emotionally and physically, and thus unable to deal positively with work responsibilities and opportunities. Even more extreme reactions sometimes appear in new reports of persons who attack others and commit crimes in what is known as “desk rage” and “workplace rage”. Too much stress can overload and break what down person's physical and mental systems, resulting in absenteeism turnover, errors, accidents, dissatisfaction, reduced performance unethical behavior, and even illness.

Stress is common word using these days. People want stress free life. Stress is barrier of happiness and sometime positive stress is motivation. Stress is something is challenging from routine, it comes when u are not ready to accept easily. Every situation which we are facing these days makes us frustrated and disappointed. Even we forget to come out from this trap

of problems and start thinking in negative manner.

Stress is just state of mind which gives you motivation in positive and depression when it becomes negative. It depend on one person how they take or handle their situation against stress.

Positive stress gives and pressure of work or situation makes more energetic and try to work hard. Even some people take as passion for work and in spirit to do something better. A person who always complains about their situation makes them unhappy. People are never ready to accept different and new situation and challenges, not able to handle stress in positive sense.

Few years back when online banking method were new people went on strike and create disturbance without knowing what all is about. Banking employees were not ready to accept change in their routine work and not ready to learn new technology about their work. Computers are new development technology for convince of employee and consumer both but they people were afraid how it happens and thinking their own thoughts. But when government hired technician to gave existing employee training about those software then people who were belongs to banking understand the importance of change. This stressful situation was dealt with positivity.

Negative thinking towards stress makes a person weak and dull. Those people who take stress on hyper level become heart patients. Negative effect of stress makes you forget a little happy moment of daily life. All the time these people thinking, lost in negative thought and bad results, damages them.

Stressed person behave so arrogant and rude. It shows in their behavior too. Positive stress is good for those who take challenge and ready to accept something new. In contrast negative thinking and distress makes you feel weak emotionally and physically. Your body reacts different ways. Your blood pressure become high and low. Its changes your routine habit like eating, sleepless nights drinking alcohol. All these bad habits make human body weak and impact on our immunity system of body.

People who thinks all the time due to stress forget what they have instead they start thinking what they don't have. Due this negative aspect, they forget world around them, they going far away from social life too. Thinking about solution of problem, people who can't and handle positive way, start thinking about the problem deeply. Up to some extant stress is good but when it takes negative impact of distress, its harmful. It depend on person how they handle stressful situation and deal on time.

If you are suffering from extreme stress or long-term stress then your body will eventually feel down. But sometimes, small amounts of stress can actually be good.

Understanding your stress level is important. If nothing in your life causes you any stress or excitement, you may become bored or may not be living up to your potential. If everything in your life, or large portions of your life, cause you stress, you may experience health or mental problems that will make your behavior worse.

Recognizing when you are stressed and managing your stress can greatly improve your life. Some short-term stress - for example what you feel before an important job presentation, test, interview, or sporting event -- may give you the extra energy you need to perform at your best. But long-term stress -- for example constant worry over your job, school, or family -- may actually drain your energy and your ability to perform well.

Positive Stress is experienced when a stressor leads to an improvement in your overall performance and productivity. Positive stress is usually the outcome of a positive attitude towards a stressor (being proactive), good time management practices, and effective prioritizing of one's activities (putting first things first). Good news, or an unexpected benefit, can also cause a positive stress experience. Experiencing positive stress leads to several benefits which include:

- **Increased Creativity:** Not only are you able to make or develop things, you are also able to think of new or more effective methods for completing tasks.

- **Higher Productivity:** You are able to complete more tasks at work, and participate in more activities in your personal life.
- **Improved Self-Esteem:** You generally feel good about yourself, and happy with the life that you are leading.
- **Better Health:** Positive stress stimulates your immune system to operate optimally, meaning that you are less likely to become ill.

Whilst positive stress has excellent benefits for your life, it is important to note that positive stress depletes the body's reserves just as much as negative stress does. Over-exposing yourself to positive stressors without effectively managing your stress, it can transform positive stress into negative stress, thereby inducing exhaustion. Positive stress is a belief in a good outcome and your ability to cope and manage the stressor and the outcome. Put to good use it can help you stay motivated to accomplish a challenge and leave you feeling hopeful and exhilarated when the stress is done.

NEGATIVE STRESS

Normally, stress coaxes the best performance out of a person. However, should your stress threshold be exceeded, one becomes over-stressed, and the outcome is that your overall performance and productivity becomes impaired or completely debilitated: this is known as a Negative Stress experience. Negative stress is usually the outcome of a poor attitude towards a stressor (being reactive), poor time management practices, and failing to prioritize one's activities. Sometimes, traumatic events can also lead to the experience of negative stress.

Because you are over-stressed, your body's ability to cope with the stressor becomes depleted at a much faster rate. This leads to an early onset of exhaustion – often before you are able to successfully resolve a stressful situation. If stress is a neutral is a neutral concept, then the goal is to reduce distress and maintain eustress. Thus, we are concerned with maintain balance and equilibrium, realizing that it is a dynamic process. Balance here implies several things. For example:

- Uncertainty can lead to distress, but so can certainty or over control
- Pressure can produce distress, but so is lack of contact or limbo
- Responsibility can lead to distress, but so can lack of responsibilities or insignificances
- Performance evaluation can lead to distress, but so can

lack of feedback regarding your effort

- Role ambiguity can lead to distress, but so can job descriptions that constrains that constrains individuality.

With a negative stress or distress perception of a stressor, your response may be one of increased anxiety and fear and despair. This can result in chronic stress, anxiety, depression and physical illnesses.

Table Showing Differences between Positive & Negative Stress

Positive Stress	Negative Stress
Feels exciting	Feels unpleasant
Increase performance	Decrease performance
Motivates & focused energy	Cause anxiety
It is short term	Can be short and long term
As perceived as coping ability	Perceived as outside coping ability

CONCLUSION

Eustress is positive stress that accompanies achievement and exhilaration. Distress is harmful stress characterized by a loss of feelings of security and adequacy. An optimum level of stress is needed to spur people to peak performances. Managers seek the positive performance edge provided by constructive stress. At the same time, they must also pay

attention to destructive stress and its likely impact on people and work performance in a negative way. One of the most difficult tasks here is to ascertain the optimum level of stress for yourself and for the person you supervise in the workplace. Once the stressor is gone, eustress leaves you upbeat or exhilarated rather than dejected. When the stress is over, your stress system is turned down and you return to your former state of balance. If, however, you stay on high alert and remain revved up instead, your good stress can evolve into the symptoms of negative stress. It is really important to make balance between positive and negative stress.

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