

Hello, this is Ridhima Shirodkar from Government College of Arts, Science and Commerce, Khandola, we're looking at stress management and we're looking at the next module of the same where we will be seeing the characteristics and sources of stress. So the outline would be the characteristics of stressful events and sources within the self, which we will be focusing on. All the learning outcome would be to understand the various features of stressors and to understand various sources of stress within oneself. So let's look at the characteristics of stressful events to begin with.

There are two factors that assess whether a particular event is stressful or not. So when we look at whether a particular event is considered to be stressful or not, there are factors where the situation is taken into place and the individual factors which are also seen so depends a lot of things depend upon a person to person, so something as small as you know, making sure parties could be stressful for some, and for some they may not be at all. So there are individual factors.

A situation factors which come in play a role here.

So does that suggest that even events that have strong demand

Zahner imminent tends to be quite stressful? For instance, if person A knows that he or she is likely to have a painful surgery in the coming week, he or she will be stressed and this would be a stressor. So if I'm going to have a surgery, I know the amount of time it takes to recover and things like that. So that would be quite stressful for the person. So now let's take a look at various events and how and the features of these particular events and why are these events quite stressful to some people? So the first kind we're looking at is a cold as life transitions when we move from one phase of a life to another, and this can be quite stressful to most people. For instance, when our school student from 10 standard moves on to higher secondary 11th and 12th, when it well, standard student moves on to college. These are all events that can be stressful. Getting married and entering a new family or getting a child. These are important life transitions that can bring with them an element of stress. Difficult timing could be another feature. For example, I'm not saying that you cannot study at anytime. Of course, learning is a continuous process, but when older people tend to go into college, what happens is that there is a gap in education, so the timing at

that point is quite difficult for them because they are now moving into a situation where people may be much younger to them. Their classmates and things like that. So this would be just an example, but events that happen earlier or later than the norm, they can be quite stressful to some people.

Ambiguity when there is a lack of clarity in a situation like for example, you've taken up a new job and they have not told you your roles and functions in that job, so you really do not know what to do. So there is a lack of clarity over here. Low desirability, some circumstances are undesirable for most people, like for example when I am told that see you don't have the job anymore, it is obviously something that will cause me stress or you know you're a coconut tree falling on your car. Let's say these are undesirable events, you know not everybody, not most people, don't really want that to happen to them. And these would cause you stress and low control ability, situations that are not within an individual's.

Behavioral and cognitive control. For example. I'm I'm having this constant backache and no matter how much medication or have no matter how much jog or this backache is not going. Or you know this particular thought is creeping

in my mind and I'm trying to get rid of it but I cannot. So that situation is not in my control so these are few characteristics of events which are there that could make an event very stressful. And they become a stressor to an individual moving to the next part of this module. The sources of stress means how is stress caused where does it creep in? How does it have its origin to say we look at sources within the person itself? So we're looking at this person and we're looking what is there within this particular person that is causing stress. One major thing is illness. Illness to an individual or to any family member can be a source of great stress to the person. Elise demands a lot from the person and age tends to play a low roll. So if I'm much older person, an elderly gentleman or a woman has gotten an illness like let's say you know osteoporosis and all they made face a lot of disability and they may be worried that who will look after me in the future. I will have to be dependent on people so that may cause a lot of stress. On the other hand, a child may not actually understand or the implications of having a particular kind of illness so you not at least temporarily. The child will be able to adjust

enough. Better manner because children have lesser understanding is compared to an older individual. The nature of the illness. Two effects, a degree of stress and the way the individual perceives it. So if you know that the illness is quite a chronic one and it is, you know a lifelong illness like let's say multiple sclerosis or something like that, then there will be great amounts of stress attached to these particular kinds of illness. Another cause of stress which we will look at is that of conflict. Conflict arises when there are two competing forces. An individual has to make a choice. So there is a choice which you have to make. We're here and making choices is not easy.

So let's look at firstly the approach approach conflict. So let's say I'll give you a very simple example. So you have an ice cream cone over here. I hope this looks like an ice cream cone, and then you have a sweet over here and your mom comes and tells you or whoever your caregiver it says you have to choose one, but you like both, yeah, so this is the approach.

Approach conflict where there are two choices. Both these choices are appealing to the person, but still they have to choose one. Levels of stress will not be as great in this

particular conflict. Let's look at avoidance avoidance conflict.

Both the choices you do not like so you are told you either clean

the bathroom for today or you do the dishes for today both I

don't like. Again, you have to choose one, give some amount of

stress. This is avoidance avoidance. Let's look at uh,

approach avoidance or single goals. Goal has its pros and

cons. Now for example, as I gave you the example of the back

surgery. So I'm having back surgery now. The advantages that

you know when I have the back surgery, my pain which is there

is going to go and I'm going to

be fine. Disadvantage is that the recovery is very very long

and painful. The money will go for surgery. Things like that.

So again, you have to choose. OK, so everything in life has

this approach avoidance thing, and these are again stressful

situations which are there individuals may face extreme

stress when faced with conflicts in their lives. And this is

another source of stress that comes from within the

individual. Yeah, so we looked at avoidance avoidance approach,

approach, approach, avoidance, right individuals know that if

the choice made us wrong the implications can be serious and

permanent so. If I say that OK Cello Abby, this surgery

is too expensive. I can't do it, but I have to live with this choice because the back pain will be there for a very long period of time, which may not be controlled even with medications.

Some of the most common significant sources of stress come from goals and motives, especially those related to social motives and relationships. Social motives refer to those motives which people have to be valued and respected. That's when people face isolation when they face rejection. When they face conflict, they experience severe stress. So over here I'm trying to tell you is that every individual has a motive to be accepted, a goal to be accepted, though we save very often that I really don't care what this person thinks or that person thinks about me whenever we are isolated. Whenever we are left alone, we experience stress. So in a group of friends, let's say you have an opinion that differs, OK, nobody is saying whose opinion is right or wrong. We're just saying that you have an opinion which differs and your friends get upset with you for this differing opinion and for a few days they kind of feel seem to stay away from you.

What do you do? Do you feel happy about this or do you feel

a little bit anxious and a little bit upset about this so human beings have this thing of being? You know, the need to be accepted, so the moment we start feeling this, isolation this rejection and this conflict, which comes into play, what happens is that we start experiencing severe stress, so these are the references for this particular module. Through this module, we've tried to understand the various characteristics of stress, where we looked at aspects like life, transition, ambiguity, uncontrollability. Low desirability to name a few and then we looked at certain sources of stress which come from the individual themselves where we looked at illness. We looked at how conflict plays a role, how when people are isolated or rejected they also may experience stress, so I hope you have been able to understand the characteristics and sources of stress within self. Thank you and have a very good day.