

**NPTEL
NPTEL ONLINE CERTIFICATION COURSE**

**Course Name
Stress Management**

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Lecture 03: Types of Stress

Hello welcome to the third module of scientific foundation of stress.

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**SCIENTIFIC FOUNDATIONS
OF STRESS**

In today's module we shall discuss about the types of stress and what are the effects of stress on behavior.

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OUTLINE

- TYPES OF STRESS
- EFFECT OF STRESS ON BEHAVIOUR

But before we go into the details of it let us just take a do a brief review of what we have learn so far.

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Review...

A few important points to remember about Stress –

- We all experience stress at times
- feeling → overloaded, wound up tight, tense, worried
- sometimes motivates to finish a task /perform well
- Harmful if over-stressed
 - interferes with ability to get on with normal living

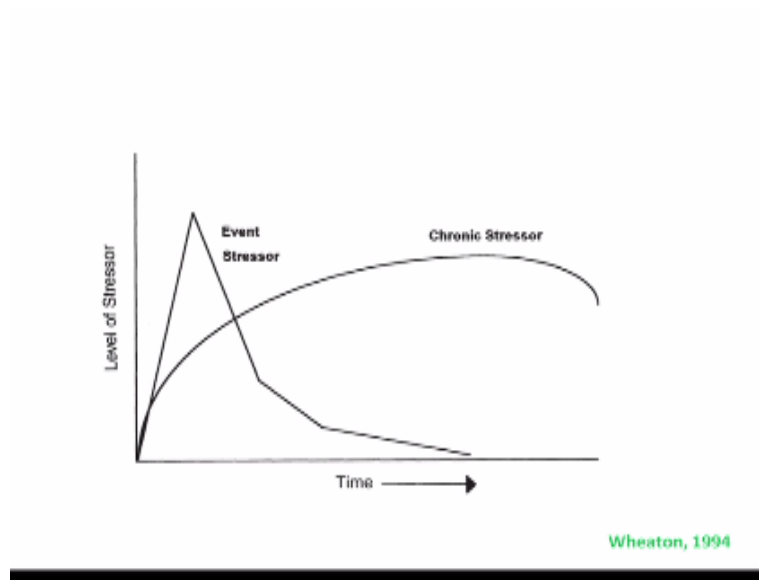
So what are the main points that we should remember about stress? Stress can strike anybody and everybody at any point in time and we all experience different types of stress, now what is a concept what is a feeling of stress so what do we how do we feel when we are stressed most of the times we are overloaded or we are exhausted we are we have this wound up feeling if we tight there is sense there is a sense of being stuck up there is a sense of feeling overwhelmed and also and primarily we feel very worried about what is going on in our lives.

Stress we have seen that can it can be also good for the performance and that is known as U stress so U stress is that part of stress that helps us to do well when the stressor becomes more as compared to and the performance falls then is known as the stress, now we have also seen that if the stressor continues for long it has harmful effects if a person is over stressed as we were talking right now there are harmful effects and it interferes with the regular living conditions or normal day to day life.

So how does it affect a normal day to day life it can affect our academics if you were a student it can affect your occupation if you were a doctor or a nurse or if you were teacher or even into

a job it may affect your cognition it may affect your interpersonal relationships with people and it may affect your daily overall well being awkward and finally your quality of life.

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So here I just taken and dotted this model from Wheaton in 1994 he said that the stressors can be primarily of two types one is an event stressor and the other is a chronic stressor, now what do we understand by an event stressor, an event stressor is an acute stress generally due to some particular event that is happening that is suddenly happened in one's life so it could be a something that one was completely not anticipating it was an unexpected stressor so it could be a something some of the examples that I may talk of when I am talking of an event stressor or acute stressor naturally calamities. Suddenly the effects it has struck or failure in an exam or interviews presentations.

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A few acute stressors...

- Failed an exam
- Interview / presentation / submissions around the corner
- Recent relationship break up
- Lost a job recently
- Accident
- Deadline to meet soon
- Car broke down / maid didn't come
- Sudden illness or death of a close one

If you have a place when interviewed or if you have a submission to make these might be a sudden stressor recent relationship breakup which has happened suddenly loss of a loved one sudden findings of an illness of a severe illness some dead line that has to be met soon accidents and also some daily assents may act as a stressor like when you are going to your job suddenly your car has broken down when you have attend a very important meeting or there is a road block and that is why the trains are not travelling.

And I am going and that is why you cannot reach a place so or if say for lot of women who have to keep the house if the maids would not enough it is a very important stressor then and it can act as a acute stressor, so now these are some of the events.

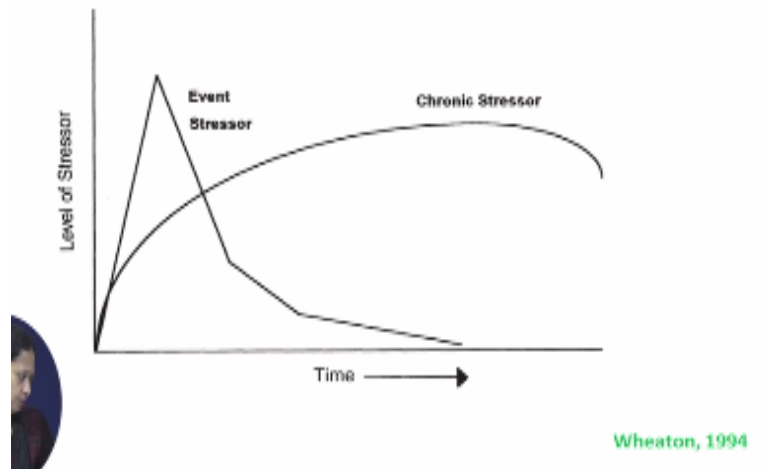
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Symptoms....

Acute stress symptoms – easily recognized by
people in stress

That may actually Cause stress.

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Now when we are talking of a chronic stressor as you can see that a chronic stressor spreads over a long time long period of time that is why the term is a it is named as chronic so it has been continuing for a long whine and what happens is, the as you can see that after a certain level of time it is almost set a Plato so the level of stresses almost at a Plato so it is there is not a sudden peak like in the event stressor but in the chronic stressor what the stressor is continuously effecting.

So even though it is started at a very low levels say here if you see that the event stressor it rapidly short up so or the acute stressor rapidly short up and the intensity of the stressor was very high within the short period of time while in chronic stress the chronic stressor actually remains gradually it may increase, the stress may increase gradually but the major criteria is that it is there or a long period of time.

And that by itself causes a lot of physiological changes and lot of change physiological changes that bring about several psychosomatic disorders and also other problems in occupation and elsewhere.

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A few acute stressors...

- Failed an exam
- Interview / presentation / submissions around the corner
- Recent relationship break up
- Lost a job recently
- Accident
- Deadline to meet soon
- Car broke down / maid didn't come
- Sudden illness or death of a close one

So coming back to acute stress we just saw some of the acute stresses.

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The exciting part about Acute stress

Thrilling events cause acute stress

Adventure sports

Someone jumping on you – startled response –
link to F-or F response

Or the that affecters now acute stress several times can be pretty exciting too so think about you are going for a scooper diving or you doing a parrot trooping adventurer sport so what happens is, they then it is definitely a stressor when you are going down at the bottom of the sea or you are jumping from way up in the higher altitude but these are bow it is a stressor it is also very thrilling.

So say for people who are very adventuresses it may be very thrilling and accelerating for them, but the problem is that see the performance will not remain the same if it is continued if the stress the stressor continues for a long period of time. So what will happen?

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The exciting part about Acute stress

Thrilling events cause acute stress

Adventure sports

Someone jumping on you – startled response –
link to F-or F response

So at the very beginning when an adventures sports, when an individual participates in an adventure sports there can be a fight of flight response, so the individual is excited accelerated so here the sympatric activation system we will talk about this in the latest section gets active and they have the individual is response is ready to fight the stressor so the body is active to address a situation and if this the sympatric activation can continue for certain period of time if it continues for more than that what happens is the body gets exhorted it.

So if the acute stress would continue so imagine that intensity of the event if it continued for a longer time period what would happen to the individual you would naturally feel extortive and that would also affect this cognitive abilities.

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The disadvantages..

Thrills are exhilarating and fun for short periods of time

Tiring and draining if continued for long

So though the adventures sports and the thrills of acute stress can be extremely exhilarating but it is fun for short periods of time, and if it continues for long it can be really tiring and draining.

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Effects of Acute stress

- Physiological changes
- Emotional changes
- Cardio vascular changes
- Digestive changes



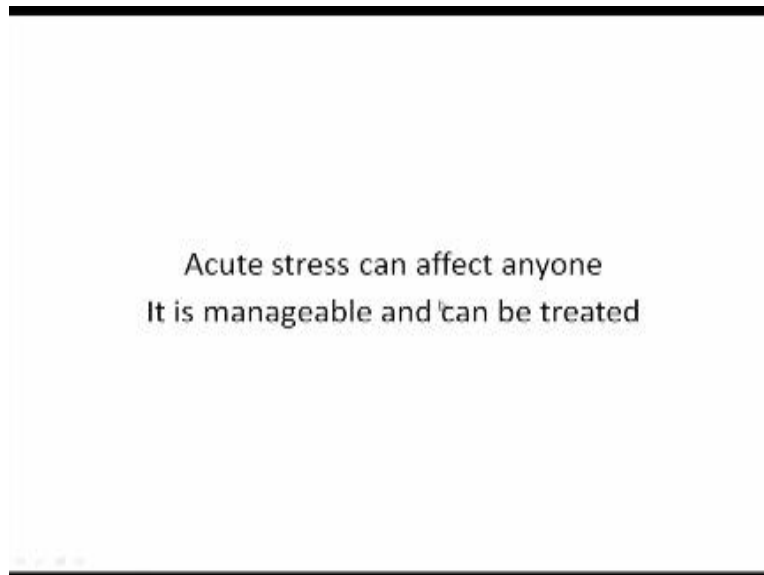
So some of the effects of acute stress are physiological changes, so they are they may cause also changes in the emotional level so emotional changes cardio vascular changes and digestive changes, so we actually we see that most of these physiological changes we will address this in this next section some of the emotional changes that happen are like snapping behavior, anger, irritability, along signal so are hyper vigilance that may happen with acute stress. Some cardio vascular changes can be a palpitations many times so high BP and a lot of other sympatric activation related problems. In fact several stress of course that is for chronic stress primarily in several stresses may also calls the changes in the enteroquinal system of the body.

So that brings about this regulation of the several glands and brings about other symptoms like annagation symptoms excessive basin of hyperthyroidism of blood routines in the blood sugar level extra. Digestive system, digestive changes are also very common in presence of an acute stress or in the presence of an event stressor so it could be long high problems with stomach upsets, problems in digestion, constipation, irritable bowel syndrome and of course irritable bowel syndrome happens with many people affected by chronic stress also.

So now these changes definitely if is the stressor is for a short period of time then these changes are transient, but if imagine that if a stressor goes on for a long period of time these changes

become more prolonged and stamped in the body system and what happens is the individual suffers from several illnesses related to these changes.

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So that brings us to a very important point, so we have been talking about acute stress and chronic stress and how stress can be diversely harmful to an individual but we must remember then these can be treated and managed and acute stress can be very well managed through several life style changes and also several times if the stressor is not being able to be done without and the individual is showing exhausting symptoms of chronic stress then therapy is very important.

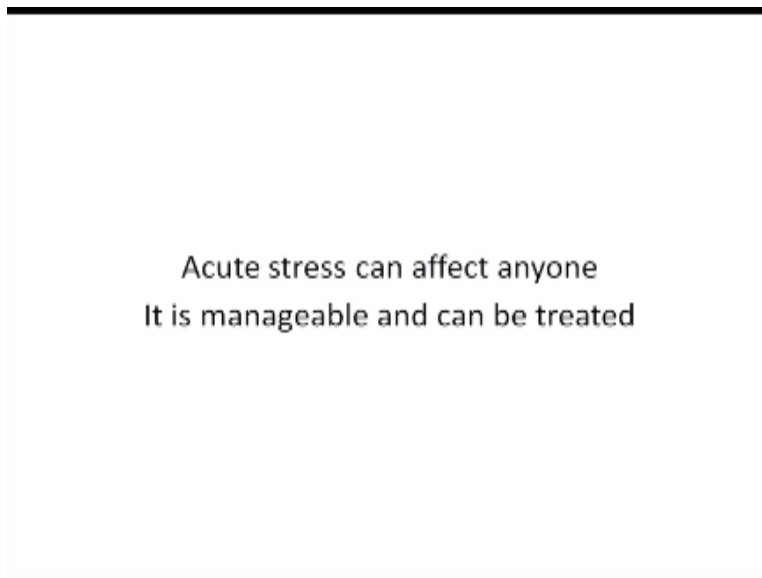
Many times we come across individuals suffering from phases of acute stress, so that can be a little dangerous like as there you see that if a person is suffering from today there is an event that is affecting him that is causing him immense stress after a few days if there is another event about which he is really stressed or rather which is stressing him a lot then we will have to see that if there are any personality variables that are related to his stressful condition.

So many times personality variables maybe a huge or an important fact we have spoken about personality earlier, we will talk about it a little more later in details. So personality variables can also be a very important factor in stress, so an individual who often expresses acute stress or

goes through undergoes acute stress maybe prompt to stress so now when we are talking have been prompt to stress it does not mean that the individual is calling the stresses to at same.

But what happens is that he takes or he perceives that situation as stressful as compared to another individual who would know. So then brings us to the way he actually look at a situation so it could be some of the cognitive factors that are at play it could also be a personality type so that is actually responsible for changing stressed.

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Now several times we see that such individuals are unaware that the cause of stress is them they themselves so it has nothing to do with the stressful situation only, so it could be that it is because the individual has a certain personality type that he actually is getting more stress than others. So that brings us to chronic stress.

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Chronic stress

Grinding stress that wears people away day after day year after year

- War
- Financial crisis
- Long term relationship problems
- Traumatic experiences
- Unwanted career/ job
- Chronic illnesses
- Dysfunctional families

- unrelenting demands and pressures for interminable periods of time –
LEARNED HELPLESSNESS


- From traumatic childhood experiences – internalized as a part of daily life

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So we spoken about chronic stress spreading across a large period of time a chronic stressor and the level of stressor may or may not be on the same intensity as an acute stressor, but the major t he most important factor is that it runs it is present for a prolong period of time.

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Symptoms....

Acute stress symptoms – easily recognized by people in stress

- Lost a job recently
- Accident
- Deadline to meet soon
- Car broke down / maid didn't come
- Sudden illness or death of a close one

So the path about acute stress that one must remember is most of the times acute stress is recognized by individuals they will tell you or even if you are going through such a stressful situation you will that I am stress because of this in the case of an individual who goes through intermit and acute stress he may not realize that the stress what the stress it is he might say that oh, it is because of this situation it is because of that situation but he may not identify it will increase personality practice or himself being a factor for chronic stress most of the times a chronic stress is something that ways of person away over days together.

So it could be day after day year after year that an individual is undergoing some stress so what and calamity is you know the natural calamity can be an acute stress when it is straights but the peed after the facts of the wall or the after affects of the calamity is work causes and individual chronic stress so others factors in financial crisis long term relationship problems think about somebody who is going through a disturb marriage for 20 years or say may be along with that relationship problem there are other issues have not being independent and.

We need into move out of the house and he or she has to bare the branch of the relationship along with other problems traumatic experiences most of the times traumatic experiences like abuse childhood sexual abuse and civil times otherwise physical abuse may have may cause.

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Chronic stress

Grinding stress that wears people away day after day year after year

- War
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- unrelenting demands and pressures for interminable periods of time –
LEARNED HELPLESSNESS

- From traumatic childhood experiences – internalized as a part of daily life

A extreme stress to an individual and many times a we come across people who had been undergoing these experiences for quite some time so for so this may cause several problems related to chronic stress so think about an individual who is in a job or occur real what that he does not like so he is got into a job he is got into a an academic prospect carrier choice that was not his is maybe we come across civil students who see that well I have got into a engineering because my parents wanted me to do it.

I will I am very good at a writing and I would prefer getting into something no literary but so think about this individual how would you feel when he is going through the studies overtime of course we must remember that many times one individual may not be aware of what he likes or dislikes and preferences to academics and mostly when somebody is a good student in our country they were daily shifted or directed towards the engineering or the medical sciences so may be the person is not aware.

I am not talking a such an individual who is not aware whether he really likes the science or he prefer something else so if he may find some for such individuals see may find some a pleasure while do in their activity but there are others who are on the job and who is on a carrier move for

a quite some time but without being able to shift from it then that is one of the major courses of stress when the individuals starts feeling that I am unable to move out I am helpless so this concept of learned helplessness.

Makes the individual feel more exhausted and more in a lack of control now 7 times a chronic illness is and can also be one of the stress specially if somebody is win through financial crisis or his family is going through a lot of adversities because of a chronic illness that may cause stress by itself this functional families where there are conflicts in the family lot of fights and the other related factors like abuse physical abuse or may be financial crisis or other problems creeping in moving from one place to the other.

May also may be a part of this functional family pattern so these may had two chronic stress issues now I was talking about learned helplessness Seligman introduce this principle and he spoke about individuals oh feel helpless once they once they have this sense of lack of control of the situation so now 7 times traumatic childhood experiences may and individual feel internalize and symptoms and he that well I cannot control situation I shall be a victim of circumstances no matter when and what the situation it is while be a victim of circumstances throughout mu life so several times such a sense of helplessness is actually imbibed into the personality pattern and that causes that agro wave stressful situation.

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Common signs of chronic stress

Physical signs:

Psychological signs:

Earlier I was talking about the common science of an event stresses or an acute stress in now we shall talk about this common science of chronic stress so many times we see the and individual in chronic stress also exhibiting the same symptoms or similar symptoms as in acute stress and so some of the physical science mean dry mouth difficulty in breathing bounding heart stomach aches and chronic headache and also the psychological science of utility problems in concentrating focusing in a tension in something it was a narrowed perception of restricting of losing of control and frequency link of fitting but this what is the difference between huge stress and chronic stress.

When we talking about the symptoms what happens is that these symptoms of physical and psychological symptoms these finds also affect the individual in a prolonged way so if it continuous for a prolong time so what happens is that you will see such peoples of in complain of a digest problems of an has severe problems which psychosomatic illness like migrant pension headache and some of the symptoms they also have that effect that digestion sexual activity and combination.

In fact chronic stress may also have a huge effect on the growth of the individual, now to come to the effects of chronic stress on performance we often see that individual say that during a

stress will situation I have lost my amplitude what happens is digestion is a pure empathic activity so during stress we already know that the empathic activation system is functioning so what this empathic system being activated the empathic nervous system being activated it makes an individual vigilant and aroused but it is a presses appetite.

So several time an individual may say that I am not being I do not feel like eating I have lost my appetite many times you will see that give to the in chronic stress in to the increase secretion of acids in the stomach and give to the feeling of low appetite there out perforations in the stomach world and they make result in ulcers so person who is having ulcers for a long time or it is complaining of septic ulcers may actually be suffering from chronic stress.

So in digestion and constipation or also related to chronic stress problems in fact we will see that an irritable bubble in room is also a symptom of a chronic stress have an individual thing through chronic stress.

So stress also effects the sexual activity of an individual so sexual arousal and reproduction are innovated by those physiological concomitant of stress, so what happens is it in males the stress was stay around his stopped deregulated and it also reduces the concentration of estrogen in females. So the sexual activity and the inter trend sexual activity is also reduce during a stressful situations.

And of course we know that stress has it is major effects on cognition sop we often see that such a stressful individuals complain of not being able to concentrate as I was talking about also have problems with memory so they cannot remember things for long and may times they have severe working memory problems also what happens is a chronic change a change in the overall believe system towards the cognition towards the world self and future.

So it is small like after because of the stressor being affecting the individual for long and specially when this individual starts feeling that I cannot be with the situation it aggravate the sense of believe that I am not good enough to deal with it deal with the situation or the world is

adverse towards me there is no hope. So several times such stressors and chronic stressors may also leave to depression.

Now we have seen that stress also effects growth how does it do that so during the stress that the sympatric nervosas can releases various digestive system the release effects the release of various digestive in cymes, and several neutrinos of the body are not observed so that by itself causes nutritional deficits leading to growth at problems so the growth of an individual is affected because of the nutritional deficits which is actually related to the secretion of the digestive in cymes.

What happens in adults when the stress hormones are distrusted so what stress hormones are release of the stress hormones actually disturbs the processes by which the body deconstructive self through the use of calcium so you will very often see that an individual way in through chronic stress may exhibit symptoms of brittle bone so there is a disintegration of bone because of the nutritional deficits and also because of the calcium deficits in the body so stress may also a long terms stress may also effect the calcium up date absorption of the body and that may intern affect the bones. So finally to sum it up what we discussed today is.

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SUMMARY

- TYPES OF STRESS
 - EFFECT OF STRESS ON BEHAVIOUR
 - COGNITION
 - SEXUAL ACTIVITY
 - DIGESTION AND GROWTH
-

The various types of stress and affect those stress on behavior that is primarily cognition sexual activity digestion and growth. Thank you.