

THE SECRET OF LETTING GO : STRESS MANAGEMENT

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Abstract :

Studies In the present scenario of ever growing number of new technology entering formal workforce increasing amount of work stress both at home & work place & ultimately its impact on both environment increase & decrease gravity of stress. This research paper is focused on stress and crimes interrelation in linear fashion ie stress causes crime and in vice versa victimization inducing stress. This paper poses causal relationship between crime and stress. whatever grounds of stress for eg. greed, revenge, anger, jealousy and pride are the same reasons responsible for crime. An analysis of crime is biological and physiological phenomenon arising from stress. Behavioral studies shows that due to stress accumulation insecurity, nervousness emotional imbalance results in prohibited behaviors it means an identified behaviors that are deemed illegal or create unsafe, threatening or insecure environment for others. These feelings may prompt crime. As mental element is the first step in commission of crime when that mental element is coated with stress it act as "Giant". many time stress can be cause of crime but there is no immunity for such criminal but certainly the crime rate is increasing due to it crime record bureau shows that. So impact of stress in need to be studied and safeguarded to maintain not only individual mental and physical wellbeing and peace but for societal peace as well. Present study entitled to provide a overview of what is relation between STRESS and CRIME ... ? the ways to minimizing stress which has become a new lifestyle diseases. High stress job refer to work which involve hectic schedule & complex job responsibilities that result into imbalance between personal & work life. let's check it out how can we tackle stress....! Recommendations for future research in stress management and crime reduction are discussed.

Keywords : stress,crime, stress Management, Depression, Burnout syndrome, mediation.

1. Introduction.

Stress means someone trying to repair every situation solo.

while dealing with stress I stopped explaining myself when I realized people only understand from their level of perceptions, then I come to know Don't stress yourself with useless people who don't even deserve to be an issue in your life. Why...? because the people in your life should be a source of reducing stress & not causing it. In 2018 the theme of 'WORLD HEALTH DAY' which is celebrated on 7th April is 'DEPRESSION' as per AIIMS research every 3 students among 5 are suffering from high blood pressure of Delhi. Day by day the patients of hypertension is increasing initially it is disease of old age people but now there is no age group this is all happens due to stress.

2. What is stress ?

As per various researchers stress is physical, mental, emotional response to when we are unable to meet all demands placed upon human being.

Hans selye in 1936 define stress as.

“The non-specific response of the body to any demand for change.”

According to **Richard S. Lazarus** : “Stress is a condition or feeling experienced when a person perceives that demands exceed the personal & social resources. The individual is able to mobilize.”

2.1 Stages of stress :

As per ‘**General Adaptive syndrome model**’ of Hens selye there are 4 stages of stress.

1) Alarm reaction stage. 2) Resistance stage 3) Exhaustion stage 4) Termination. We are unable to draw a thin line between all these stages because we even don’t understand we are working under stress.

2.3 Signs of stress: There are various signs which indicate in our thoughts, behavior, emotions & in physical appearance also that we are in stress. When we are feeling hopeless, angry, upset, when we unable to finish tasks within time, sleeplessness, headache, hypertension etc.

2.4 Sources of stress :It may comes from every field of human sphere. May be from Marital life, daily hassles of family life ,dissatisfaction in married life, those who are single are also facing stress, work pressure, target achievements, exam tension, study stress, parents expectation, competition, low academic performance, breakup relationship. These are & many more sources of stress we can not list up them it is seen in every corner of the world & varies from person to person & situation to situation stress occurs when the pressure is greater than the resource.

3.Major type of stress:

Work stress, environmental stress, heat stroke, study stress .

4.NCRB REPORT 2020 on accidental deaths and suicides in India.

This report divides into nine categories as shown in graph.it shows that number of suicides in India increase 10 % from 2019 and it was all time high rate almost double between 2014&



if we consider cause wise analysis poverty, unemployment, drugeabuse or alcohol addiction,illness due to stress. crime victims may suffer from post-traumatic stress disorder. Herman has suggested that "survivors of prolonged, repeated trauma," such as battered women and abused children, often suffer what she calls "complex post-traumatic stress

disorder, The emotional damage and social isolation caused by victimization also may be compounded by a lack of support, and even stigmatization, from friends, family and social institutions, that can become a "second wound" for the victim. We examine whether particular types of stress are related to particular types of crime or whether all types of stress are related to all types of crime. Our estimates are based on analyses of within-individual change over a 36 month period among recently incarcerated offenders. We find that assault is most strongly related to family stress, suggesting that conflicts between family members lead to assault. Economic crimes (property crimes and selling illicit drugs) are most clearly related to financial stress, suggesting that these crimes often reflect attempts to resolve financial problems. On the other hand, crime is generally unrelated to stress from illness/injury, death, and work. The results support the idea that criminal behavior is a focused response to specific types of problems rather than a general response to stress. They are more consistent with explanations that focus on perceived rewards and costs (e.g., the rational-choice approach) than with explanations that portray negative affect as a generalized impetus toward violence or crime (e.g., frustration aggression approaches).

4.1 Related Initiatives:

4.2 Mental Healthcare Act, 2017: It aims to provide mental healthcare services for persons with mental illness.

4.3 KIRAN: The Ministry of Social Justice and Empowerment has launched a 24/7 toll-free helpline to provide support to people facing anxiety, stress, depression, suicidal thoughts and other mental health concerns.

4.4 Manodarpan Initiative: It is an initiative of the Ministry of Education under Atmanirbhar Bharat Abhiyan. It is aimed to provide psychosocial support to students, family members and teachers for their mental health and well-being during the times of Covid-19

5. Effects of stress :

5.1 Depression : Due to different types of stress depression results. In a research on 950 people in Germany they study effect of work pressure on their body & mind. In that research they found due to it. 'C' reactive protine is more than its normal level in depressed people. It means you may suffered from major & danger disease in future, it may cause heart diseases.

5.2 Sleeplessness : Due to stress it causes & sleepless affect on our work efficiency & productivity. We need to have a sound sleep of near about 8 to 10 hours then only we can lead a healthy mind & body. In a survey in 2015, 93% of India are unable to have proper and sound sleep. Due to sleep disorder we are unable to have quality sleep & chances of heart attack, diabetes in young age. Mental status of sleepless people is more than a drunken driver.

5.3 Burnout syndrome : It is a state of emotional, mental & physical exhaustion caused by excessive & prolonged stress it occurs when you feel like unable to meet constant demands, it causes concentration & memory problem, inability to make decisions, reduce productivity & imagination, it affect on our psychological & physical well being & we can't enjoy our life.

5.4 Nomophobia : Now a day we are imprisoned in a touch screen mobile world. We are getting more & more isolated from society & more involved in social media. We are living in fear of losing mobile. We can not spend a minute without it. More internet means 'Net loss' of relationship. Sometime it may lead to even suicide also. In last month highly qualifies,

student suicide in Nanded . Actress Jiah Khan, Khushal Punjabi, Pratyusha Banerjee, Divya Bharti, Parveen Babi, Tony Scott. There is indeed darker side to the celebrities life. They are facing depression anxiety & even severs mental disorder or illness & some find themselves feeling so stressed out, that they turn to suicide as a last resort.

6. Stress Management :

There is need to more positive thought process in our mind. No need to achieve more. Try to find a limit of your own satisfaction because expectation never ends. There are various strategies to deal with stress but it also various from person to person & situation to situation & also on gravity of stress. I would like to discuss some common stress dealing strategies to live healthy & prosperous life. There are two main stress coping strategies.

6.1 CBSR : Cognitive behavioural stress reduction.

6.2 MBSR : Mindfulness based stress reduction.

MBSR consist weekly sessions aims to enhance mindfulness awareness & attention through the use of breathing body scans, mediation, gentle hatha yoga & group discussion. evaluate your priorities, listening soulful Music, time management, mediation, yoga it gives you mental strength, family support, social support, vacations.

6.4 Digital Detox camps.

Such camps are taken for saving the youngster from mobile addiction.

Don't look towards your weaknesses make positivity your strength.

Conclusion :

Moral of the story is that we need to download positivity in our thoughts & mind. It is very complex phenomenon so need to deal with various factor. A single factor can not fight with stress. If your body is free of tension your mind tends to be relaxed. Help us to take proper decisions & solve problems & concentration. Our **P.M. Modiji** also trying to reduces stress of 10th & 12th students. '**Parishes pe charcha**' & try to solve their problem & enhance their 'feel good factor' so that they get motivated & perform better in exam. **Pewdiepie** a famous & popular youtuber recently took a break because he get bored of his routine. Our will power must be strong to combat with stress. Every individual should learn how to deal a stressful situation in a positive way & not to react negatively. it should be from early age i.e. from school level. We need to learn stress management technique like sit comfortably analysis the problem & come up with positive solution.

Milton says 'The mind is in its own place & in itself can make a heaven of hell & a hell of heaven'. So we need to master our mind so that we get a stress proof brain & learn the art of letting go.

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