



Stress as an Integral Part of Our Life

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Abstract

The modern world is full of stressors. Dealing with these stressors and being satisfied with life is the most important goal of almost everyone. Stress is an inevitable phenomenon in people's daily life. We constantly have to face, deal with and adapt to many stressful situations. The main goal of every person is the feeling of satisfaction with life, therefore, it is important to learn to cope effectively with stress in order to avoid the complications that accompany a stressful event for a long time. Each person is individual and therefore uses different methods to cope with stress. The report discusses stress as an integral part of human life, how it affects the development of the individual, how it affects the biological systems of the human body and the psyche as a whole. The reason for our conflict with the outside world is explained, as well as why there are many events and circumstances in our lives that cause us to react to stress. We tried to learn ways to overcome it. However, whether this provocation develops further, answers lissidiology, which offers a new face of this problem. The connection between depression and stress. The purpose of my study was to determine the general level of stress in a certain part of the population and to study the relationship between stress and depression. It is noteworthy that all our lives are related to stress in one way or another. Unfortunately, human life does not exist without

stressful situations, stress accompanies all spheres of human activity, its existence is beyond doubt. It is significant that stress has a significant impact on both physical health and mental state, social-psychological functions of a person. It is reflected in all aspects of our creative life and leaves a certain and quite serious mark on all our possibilities and ways of interacting with the outside world. In the conditions of the Covid-19 pandemic, problems related to psychological well-being are especially relevant for the modern world. In reality, the problems created by the pandemic lead to an increase in stress, anxiety and depression rates in society, which may become a determinant of a pessimistic attitude towards life, a decrease in self-confidence, a loss of faith in the future, and a change in life goals and values (Kekelia, Kereselidze, Shanava 2021).

Keywords: Stress, Depression, Reaction, Human, Values, Health

Introduction

It is noteworthy that all our lives are related to stress in one way or another. Unfortunately, human life does not exist without stressful situations, stress accompanies all spheres of human activity, and its existence is beyond doubt. It is significant that stress has a significant impact on both physical health and mental state, social-psychological functions of a person. It is reflected in all aspects of our creative life and leaves a certain and quite serious mark on all our possibilities and ways of interacting with the outside world.

Modern human lives in a world full of daily stress, in the background of environmental cataclysms, political, social and economic crisis, which has been accompanied by the Covid-19 pandemic in the last two years. Under the influence of the above-mentioned circumstances, people have a feeling of impending danger, anxiety, uncertainty about the future, fear of losing their job, desire to keep it at any cost, striving to move to a relatively high-paying step of the career ladder. Accordingly, tension in interpersonal relations, aggressiveness, and intolerance increased (Berdzenadze 2022).

Physical-mental-strong and mental stress has a great impact on our body and mind. The question is, what is stress anyway? Stress is a state that arises in response to environmental conditions and their changes, it is a state of mind when it is impossible or very difficult for a person to cope with a situation caused by an event. Stress differs in strength, they arise in response to situations that threaten life - this is captivity, war, natural disasters. Stress is not always a negative event, because positive events are no less burdensome on our psyche. (every stick has two ends)

Many factors cause stress. It can be the high pace of life characteristic of the modern era, competition, violence, fear of terrorism, natural

phenomena such as: Earthquakes, tsunamis, floods, etc. can be caused by family situations, such as the death or illness of loved ones, as well as divorce and domestic violence.

"Stress is not what happens to us, but how we perceive it" (Selye 1936).

Recently, the world has been engulfed by the pandemic of "Covid-19" and it has become a great stressor for the masses of the population.

Although stress causes many diseases, according to G. Selye, it makes no sense to avoid it, since "stress is the flavour and taste of life, and only those who do nothing can avoid it. Complete freedom from stress means death."

Research methods

Observational method in stress research. Among the qualitative research methods, we used the observation method. We got interesting results, the respondents provided us with quite thought-provoking data. Observational method is a method of collecting information in natural or laboratory conditions through direct, targeted and systematic perception and recording of socio-psychological phenomena (facts of behaviour and activity). The observational method can be used as one of the central, independent research methods.

The research showed that the general level of stress in a large part of the respondents is low, and although a rather high level of stress was expected in the background of the world situation, we got a different result. The research results did not support the assumption that the current global health crisis affects people's stress levels and causes them to increase. Against the backdrop of the global pandemic, 55% of respondents still maintain a low level of stress, 35% have an average level of stress, and 15-20% have a high level of stress.

Here we present the results of the depression research; in the depression study, moderate depression was detected in 52% of respondents, moderate to severe depression in 29%, severe depression in 13% and mild depression in only 6%. In addition, most importantly, the connection between stress and depression has been confirmed. It turns out that as the stress level increases, so does the risk of developing depression.

Stress and the unwanted consequences of stress

The first modern researcher who studied the effects of long-term, strong stress on the body was the Canadian endocrinologist Hans Selye (Tezelashvili, 2007).

From the second half of the 1930s, Selye described the complex reactions of laboratory animals to such harmful agents as bacterial infections,

toxins, trauma, restriction of movement, heat, cold, etc. According to Selye's stress theory, many different types of stressors can cause the same reaction, or general bodily reaction. Every stressor requires adaptation—the body must maintain or restore integrity and health. The mental manifestations of the syndrome described by G. Selye were named psychological stress. R. Lazarus and R. Lanier defined it in their works as a human reaction to the peculiarities of the interaction between the person and the surrounding world. Later this definition was clarified: The interpretation of psychological stress began not only as a reaction, but also as a process during which an individual considers the demands of the environment, based on his resources and the probability of solving the problem situation, which identifies individual differences in response to stressful situations.

In addition to the term "psychological stress", the terms "emotional stress" and "psycho-emotional stress" are also used in the literature. Different researchers (sociologists, psychologists, physiologists, psychiatrists) give this term their own meaning, which, of course, complicates the creation of a unified concept of psycho-emotional stress (Abolin 1987). Some researchers note that the emergence of this term emphasizes the inextricable connection between stress and emotions and even the primacy of emotions in a complex reaction.

The content of this term includes both primary emotional and behavioural reactions to extreme effects of the biological or social environment and their underlying physiological mechanisms. Most often, emotional stress was understood as a negative emotional experience that accompanies stress and causes undesirable changes in the human body. It was later found that sudden and strong favourable changes can also cause typical signs of stress in the body. Accordingly, emotional stress began to be understood as a wide range of mental phenomena, both negative and positive. G. Selye himself wrote in one of his later works: "The mother, who was informed about the death of her only son in battle, suffers a terrible mental shock. If after many years it turns out that the message was false and the child suddenly enters the room unharmed, he will feel the greatest joy. The concrete results of the two events - sadness and joy - are completely different, even opposite, but their stressful effect - a non-specific demand for adaptation to a new situation - can be the same (Scherbatikh 2006). According to WHO data, 45% of all diseases are related to stress.

Stress - a state of general body tension that occurs in a person under the influence of extreme stimuli. As already mentioned above, the founder of the doctrine of stress is the Canadian physiologist Hans Selye. The factor causing stress is the so-called stressor. Stressors can be both physical (heat, cold, noise, trauma, own illnesses) and social-psychological (joy, danger, family or work conflict situation, poor working conditions) factors.

Regardless of the nature of the stressor, the body reacts non-specifically to any such stimulus, i.e. the same type of changes: increase in heart rate, increase in blood pressure, increase in the level of adrenal hormones in the blood (Khechuashvili 2013).

Selye described the reaction to stressors as a general adaptation syndrome (GAS), which includes three stages: the alarm response, the resistance stage and the exhaustion stage. Alarm reactions are brief periods of bodily arousal that prepare the body for vigorous activity. If the stressor is prolonged, the body moves into the resistance stage—a state of moderate arousal. During the resistance stage, the body can endure and resist the destructive effects of protracted stressors for a while, but if the stressor is long enough and intense, the body's resources are exhausted and the body moves into the exhaustion stage (Gerig. R. Zimbardo. F. 2009).

Not all people who experience stress experience it in the same way. However, the consequences of stress for a person depend on the conditions of a person's life and his environment. If you have family, friends and loved ones, then stress is much easier to bear. Stress causes the body's weakened systems to fail.

The development of such diseases as peptic ulcer, bronchial asthma, coronary heart disease, and hypertension can accelerate long-term or severe stress. As a result, such problems as depression or neurotic, anxiety disorders appear, they significantly reduce the quality of life of people.

As you know, the psyche of all people is not equally stable, if the problem has remained in life for a long time and taking into account many environmental factors, it is possible, then eustress turns into distress. The body quickly consumes its resources, a feeling of constant depression appears, depression, aggression, irritability begin.

Depending on how stress affects a person, stress is divided into positive (eustress) and negative (distress).

Stress is a dangerous enemy of the body, but it is not immortal. The main thing is not to give up. Man sets himself the limits of his abilities. He builds bastions of problems around himself, closing himself in them. Once he realizes that walls are not the best defines. As soon as the first steps are taken in accepting a stressful situation, it will be immediately, a picture of a solution and a way out of stress is created.

Human should learn an effective coping strategy to overcome stress. This is one of the important criteria of human emotional maturity (Imediadze 2021).

Although stress causes many diseases, according to G. Selye, it makes no sense to avoid it, since "stress is the flavour and taste of life, and only those who do nothing can avoid it. Complete freedom from stress means death."

Depression and stress

People in the 21st century live in a world full of daily stress, which has been made even more difficult in the last two years by the Covid-19 pandemic, which suddenly invaded people's daily lives and made their existence even more difficult. Human fell out of the rhythm of his usual life, the uncertainty of the effect of the virus intensified his stressful situation. The pandemic was accompanied by a worldwide economic and political crisis, leaving many people unemployed, increasing competition in the labour market, which further deepened their anxiety, frustration and depression.

Depression and stress are a real scourge of modern society. The nervous system of people living in constant physical and emotional stress cannot always successfully cope with stress, often the body simply cannot tolerate it, and it is against this background that a number of diseases appear. We must remember that depression is a serious illness, not just a "bad mood" and should be treated with a combination of psychological and medical methods. Serious treatment may be necessary if depression has a strong physiological effect on the body.

Scientists have concluded that there is a fertile ground between stress and depression. It is a well-known fact that depression drastically reduces the ability to work, the loss of its place in society, which further deepens their anxiety and frustration. Depression is a terrible suffering not only for the patient, but also for those around him. Unfortunately, people know very little about the typical symptoms and consequences of depression, so many patients seek help when the condition becomes protracted and severe, and sometimes not at all. Health services in almost all developed countries are concerned about the current situation and are trying to spread information about depression and its treatment (Bakradze 2021).

Depression is often perceived by both the patient and others as a manifestation of bad character, laziness and selfishness, depravity or natural pessimism. We must remember that depression is not just a bad mood, but a disease that requires the intervention of specialists and is quite treatable. The sooner the correct diagnosis is made and the correct treatment is started, the greater the chance of rapid recovery, so that the depression does not recur and does not take a severe form. Depression is also characterized by loss of interest in life, desire to communicate with others, decreased level of emotional perception, anxiety and sleep disorders. It can also include problems with appetite (usually its decrease, but sometimes a tendency to overeat), increased fatigue, decreased work efficiency. What is most remarkable and sad, there are cases when a person feels suicidal (Gaprindashvili 2012).

In this work, we have already talked as much as possible about the forms of stress (the format of the article does not allow me to write it more

broadly), but I must mention here that psychology studies not only the conditions of stress, its nature and origin, but also ways to overcome it. Recently, a lot of attention has been paid to stress management and ways to overcome it. The concept of overcoming stress (coping) has especially spread. A number of scales have been developed to determine the ways in which a person can cope with stress. Lazarus and Folkman laid the foundation for these studies and are considered pioneers; their theories are quite significant and noteworthy. What is this all about? According to their theory, a person during stress uses two main ways:

1. Problem solving oriented
2. The so-called Emotional coping, when a person expresses, shares his feelings with others, tries to switch to other activities, re-evaluates the positive effects of stress in terms of positive experiences, etc.

I would like to point out here that in addition to the main strategies, they also identify an escape reaction from stress, turning to alcohol, drugs, seeking social support for food, and religion. Thus, strategies for coping with stress include quite rich aspects of human reactions: starting with unconscious defensive reactions and ending with purposeful coping with crisis situations. The frequency of stress coping strategies depends on individual characteristics, age and gender factors. That is why it is difficult to evaluate the effectiveness of these strategies unambiguously.

I would also like to point out that the impact of stress on somatics is important, its role in the emergence of such diseases as stomach ulcer, hypertension, bronchial asthma and others. However, here too, it is important to include another factor. Animal studies have shown that electric shocks applied intermittently to animals and correspondingly associated with the expectation of pain lead to ulceration much earlier than when there is no expectation of a shock.

A person should learn an effective coping strategy to overcome stress. This is one of the important criteria of human emotional maturity (Imediadze, 2008).

Chronic, prolonged stress leads a person to depression, which prevents him/her from living a full-fledged life, makes his existence dull and even loses such a precious sense of life.

Depression is not a temporary, fleeting sadness that anyone experiences, but rather a prolonged episode of sadness and depression. Unfortunately, most people are in this situation.

According to Aron beck's cognitive-behavioural theory, "cognitive triad" is characteristic of depression. It involves negative thoughts and core beliefs in three directions:

- a) Towards oneself /self-criticism/

- b) Drawing attention to the environment/permanent unpleasant facts/
- c) Towards the future /hopelessness/

There are two types of depression: endogenous and exogenous. Endogenous depression is considered to be caused by internal causes, i.e. biological factors / e.g. Genetic mood/, while endogenous depression is caused by external factors/negative life events, micro and macro traumas/.

People diagnosed with depression differ in the depth and duration of their symptoms. Some people have to fight with this disease for only a few weeks at a certain stage of life, there are people for whom this condition is episodic or chronic for years.

A large percentage of people in the world have experienced clinical depression at least once, and most of them are women. There is an opinion that during a traumatic event, women tend to think/and often this thinking is negative/ and men tend to act, which is the reason why women fall into depression more often than men are.

Depression is discussed in many psychological theories. Cognitive-behavioural therapy echoes Martin Seligman's approach of "learned helplessness".

According to the theory of "learned helplessness", people have learned to be the way they are because of environmental factors. Individuals deeply believe, rightly or wrongly, that they have no power to control the future.

Three types of deficits characterize «Learned helplessness». These are:

- Behavioural / lack of motivation, inactivity/
- Emotional /indifference, hopelessness, fear/

Cognitive/inability to adapt to new situations/ Seligman believed that depressed people are in a state of learned helplessness. They think that whatever they have to do will have no result. However, the creation of this condition depends on how the individual will find an explanation for the various facts or events in his life. There are three styles of explanation, 3 dimensions:

- Internal - external
- General - specific
- Unchangeable - changeable

Studies have proven that if a person attributes failure in life to the following three dimensions - internal, general, unchanging - then his condition should be considered depressed.

Common to both theories we have discussed is the idea that the style in which depressed people behave

They discuss the current events in their lives and themselves, forcing them to be in a depressed state (Khurtsia, 2021).

Conclusion

It is the psychologist, based on the necessity of his/her work, who can give recommendations to the patient, as well as prescribe medications, in particular, antidepressants and drugs that stabilize sleep and almost slow down other negative events. A specialist with appropriate medical education - psychotherapist or psychiatrist - should also be involved. I will say here that despite the severity of the disease, getting rid of depression is not so easy, but it is possible. The most important thing is the patient's mood and willingness to take responsibility for their own health and follow all recommendations.

Treatment of stress under the supervision of a qualified psychologist is also possible without medication, because the main thing is to give the exhausted nervous system a chance to renew, and the body to rest well.

Quite a good complex technique developed by specialists allows you to get rid of stress, even during busy working days, to minimize the negative impact of external factors on the nervous system and human psyche.

Let us remember that at this stage, when the situation is quite tense, the population is disturbed by wars, the situation caused by the spread of the coronavirus, we must gather strength and energy, common sense, try not to panic, because this situation is contagious in many cases and is the basis for demobilization.

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