



## **CERTIFICATE**

This is to certify the project work entitled  
**“A STUDY OF STRESS MANAGEMENT”**

Is done by

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This is work has been carried out under my guidance

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**Ideal Degree College for women**

## DECLARATION

I hereby declare that the project entitled “**A STUDY OF STRESS MANAGEMENT**” is an original work done by me and has been submitted to the Department of Commerce Osmania University, Hyderabad in partial fulfillment for the award of the Degree of Bachelor of Commerce (Computer Applications).

This report has not been submitted anywhere else for award of any other degree or diploma or certificate.

Name and address of the student

**CHILKURI BHARGAVI**



Signature of the student

As a part of their curriculum in the Department of Commerce

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# INTRODUCTION

Many people think of stress as a simple problem. In reality however, stress is complex and often misunderstood. We all know that stress is the body's reaction to any demand on it. Perceptions of events, whether positive or negative, activate stress. It is, therefore, a highly individual affair. What is stressful to 'X' may not be so to another. But it is fairly easy to conclude that everyone lives under a certain amount of stress. In fact, the only people without stress are dead. At the same time it is certainly wrong to conclude that stress is always bad. Mild stress may improve the productivity. It may force people to focus more sharply on the problem and produce solutions. But if stress is severe and persist for long periods of time, it can be harmful. Stress can be disruptive to an individual as any accident. **What is Stress:-**

Stress may be understood as a state of tension experienced by individuals facing extraordinary demands, constraints or opportunities.

## **Stress Defined as**

"Stress is an adaptive response to an external situation that results in physical, psychological and behavioral deviations for organizational participants."

"Stress is a person's adaptive response to a stimulus that places excessive psychological or physical demands on that person"

We need to examine components of this definition carefully. First is the notion of adaptation. It means that people may adapt to stressful circumstances in any of several ways. Second is the role of stimulus. This stimulus, generally called a stressor, is anything that induces stress. Third, stressor can be either psychological or physical. Finally, demands the stressor places on the individual must be excessive for stress to result.

## **Two Faces of Stress:**