

THE ROLE OF STRESS MANAGEMENT IN IMPROVING THE QUALITY OF LIFE

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ABSTRACT

STRESS OCCURS AS A REACTION TO THE CHANGES AND PRESSURES THAT ARISE IN THE DAILY LIFE OF EACH OF US. STRESS CANNOT BE ELIMINATED BUT WE CAN LEARN TO CONTROL IT, APPLYING LIFE STRESS MANAGEMENT, A SET OF PRINCIPLES, RULES AND METHODS THAT HELP US SUCCESSFULLY OVERCOME STRESSFUL SITUATIONS OF OUR LIFE, IN ALL ITS ASPECTS. APPLYING STRESS MANAGEMENT ON OUR LIVES, INCREASINGLY AGITATED AND FULL OF UNEXPECTED, WOULD INCREASE OUR QUALITY OF LIFE, THAT IMPROVE OUR LIVES IN MANY WAYS: WE WILL HAVE BETTER HEALTH, WE CAN CONCENTRATE BETTER, WE IMPROVE WORK WE TAKE, WE WILL IMPROVE SLEEP, WE WILL IMPROVE RELATIONS WITH FRIENDS AND FAMILY.

KEYWORDS: STRESS, STRESS MANAGEMENT, QUALITY, QUALITY OF LIFE

INTRODUCTION

Quality is generally a set of properties and features that have a product or service, which gives it the ability to meet the needs expressed or implied. Quality is measured simply as customer satisfaction¹. Quality management is a set of methods and practices implemented to achieve sustainable satisfying customer needs and expectations at the best price.

Quality of life is a state of physical, emotional well-being, a state of intellectual, a good social status, a good spiritual status, a welfare environment in which we operate. Scientifically, stress is defined as "way of how specific or nonspecific reactions of a body to stimulators that affect this balance and tired or exceeds the capabilities of control"².

Stress management is combining art with science to efficiently manage situations that may lead or have led to stress.

The role of stress management in increasing the quality of life is to prevent stress in daily life and installation, but to reduce or at least also removed the negative effects of stress already installed on life and thus to improve it.

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¹ Nicolescu, O., Plumb, I., Pricop, M., Vasilescu, I., Verboncu, I. – Abordări moderne a managementului și economia organizației, volumul 2, Managementul pe domenii de activitate, Editura Economică, București, 2003, p. 480, 494

² Schröder, J.-P., -Managementul stresului, Editura All, 2011, p. 9, 21

1. STRESS MANAGEMENT - GENERAL TERMS

Stress is a problem, and that any problem, it must be resolved. Combat stress is more than applying stress reduction techniques. Steps to combat stress, control their activities to combat stress should be a part of what is called, and each of us has, that our weapons of defense against stress³.

Stress is our reaction to changes, pressures that confronts our lives every day. There is good stress, eustress which stimulates us to achieve outstanding performance in our work, but there is a negative stress, distress, that can destroy our lives, careers, health, etc. It is important to study the latter stress, the destructive.

We cannot eliminate stress from our lives completely, but we can, applying stress management, to diminish it, to prevent our deteriorating health, relationships with colleagues, performance at work and in general our whole life.

Exhaustion own energy resources leads to fatigue, which is the decisive element that leads to chronic stress, negative. As effects of stress on the body have: difficulty concentrating, nervousness, anxiety, memory disorders, chronic fatigue, disorganization. Reactions to stress can be on four levels, but that influence each other⁴: the cognitive (perception is low, it can lead to fainting, may occur nightmares), muscle (strain in the muscles, backache, headache etc.), the vegetative hormone (feeling sore throat, body sweating, dizziness etc.), and an emotional (fear, uncertainty, anxiety, depression).

Because, most often cause of stress installation is in us, and healing all have to find ourselves. As methods to combat stress have offered stress management: application change management, project management and processes, relaxation techniques, body balance, techniques of communication, time management, etc. After applying these methods and management techniques must have again a balance of body, soul and spirit.

2. THE QUALITY OF LIFE - DEFINITION AND IMPORTANCE

Quality of life is generated by a set of properties, characteristics, conferring the ability to satisfy expressed or implied needs over a lifetime. Assessment of quality of life is based on features such as functional (speed, pace, productivity), construction (dimensions, etc.), economic (consumption, costs: maintenance, of production etc.), aesthetic, ergonomic (comfort, security etc.), environmental (pollution level, duration) etc. Quality of life is a dynamic, constantly being redefined. Quality of life of each person affects the quality of each individual part in a society that is evolving in the current market economy. The quality of individual life directly or indirectly contributes to the economic development of society. Increased confidence in society contributes to increased quality of life of every individual who composes it.

The quality of individual lives and society the individual lives are interconnected. This increases the individual quality of life, increase confidence of individuals in the society in which they live, in offer of quality of life that this society brings its individuals. Offer quality individual life brought by different human societies, national and international level is constantly changing. Change is not an end in itself but a means to operate the company, to adapt to the individual requirements of quality of life, always aligned to offer and coming international requirements. If the conditions of quality of life desired by individuals is not provided, as expected, by the societies they belong, then these individuals with desires and needs on a higher level of quality of life of

³ Miller, S., H., Stress management for you, The knowledge for life series, 2013-2014, 100

⁴ Schröder, J.-P., -Managementul stresului, Editura All, 2011, p. 22, 62, 63

their own, will leave the society they belong, heading towards other human societies that provide the quality of life that wishes, they feel that they may have, and they need, they feel solidarity.

Developing general level of education and training of members of the society increased the complexity of human societies, diversification, offering a level of quality higher and higher individual life. Current policy of any modern society is that to not remain without individuals, each society must be competitive, that provide individual quality of life that he wants. In any human society, quality of life, once constructed to a certain level should always be checked and upgraded to meet the needs of every member of society. It is necessary to enhance the cooperation relations between the individual and society, must be decentralized responsibilities and the individual must be involved in increasing the quality of his life and the other individuals in society.

To have a society with an ever higher quality of life provided the individual is required to be continuously trained members of society, and individual quality of life is guaranteed by the society to which they belong. Prestige society as a whole depend quality of life offered to each individual, member of the human society to which he belongs. The society offers more high quality, individual life, the society members are confident in that society, they will participate to its development and to its increasing internal and external prestige.

3. THE ROLE OF STRESS MANAGEMENT IN INCREASING THE QUALITY OF LIFE

In small quantities, stress helps us to be focused, energetic and alert. If stress levels increase, it can destroy our health, productivity, relationships with others and quality of life. In 2020 depression will be the second cause of death after cardiovascular disease (in present 4th place)⁵. Depression affects one person in five. One person of 75 people has a panic attack. One person in four has an anxiety disorder (fear) - from the fear of death, sickness, fear of public speaking, to fear anything. 80% of people say they are stress at work and more than half admit they would have to intervene in their lives to reduce stress and increase their quality of life.

Among the items generates stressful situations in life of each individual are the following:

- a. workplace (conflicts with colleagues, bosses, too many tasks, it maladjustment, incompatibility);
- b. money (job loss, pension too low, too high expenditure, lack of income);
- c. health (Expenditures of chronic or excessive / unexpected treat diseases);
- d. relations (divorce, loneliness, conflicts with: partner, friends);
- e. inadequate nutrition (lack of vitamins in the diet, fruits and vegetables, high intake of unhealthy food);
- f. the media (television, radio, internet, social networks);
- g. lack of sleep (inability to release adrenaline and other stress hormones)⁶.

Stress is an additional problem, which the body needs to find a solution. For this reason it is said that, most often, people are complicates life stressing. It is vital to recognize that when we get stressed, we sick: physically and mentally. Because stressors will not go away, if I'm stressed out, why not choose to confront stressors without me stress?

Stress physically sick: muscle pain, high blood pressure, back pain, gastrointestinal problems, cardiovascular, cancer, diabetes, etc. Stress affects the psyche: decreases the ability to concentrate and make effective decisions (IQ 120 drops to 80 when we are nervous), occurring mental illness that can include depression, anxiety, panic etc.

⁵ <http://www.top-psy.ro/stresul-te-ucide-incet-dar-sigur-afla-50-de-moduri-in-care-te-afecteaaza/>

⁶ <http://www.top-psy.ro/stresul-te-ucide-incet-dar-sigur-afla-50-de-moduri-in-care-te-afecteaaza/>

Stress affects relationships with others. Nobody wants to be around a person's stress.

Stress occurs in many ways. Among them are: frequent headaches, backache, muscle spasms, dizziness, lightheadedness, ringing in the ear, redness frequently and sweating hands, cold hands and feet or sweaty, dry mouth, itching, irritation, allergies unexplained stomach pain, nausea, difficulty breathing, sigh, panic attacks, palpitations, anxiety, guilt, excessive nervousness, anger, frustration, depression, changes in mood swings, insomnia, nightmares, difficulty concentrating, feeling of overload, feeling loneliness or worthlessness, nervous tics, constant fatigue.

Numerous emotional and physical stresses have been linked with stress: depression, anxiety, heart attack. The immune system is affected. Appear some types of cancer, skin disorders, of the gastrointestinal system, insomnia etc. It is hard to believe that there is a disease that stresses not to aggravate or that there is any part of the body that is not affected by stress.

Stress Management builds and applies strategies for prevention and elimination of stress to live a quality life, longer and with as little stressful situations. Because we are the main cause of the installation stress in our lives, we are the first and we can remove the stress that we live. Because stressful situations are felt differently from individual to individual and tackle strategies should be individualized to be effective. As an emergency measure to combat stress is keeping farther the distance towards the problem, release for short time of everything we can stress. It can apply a healthy mix between tension and relaxation. It can apply project management, project being combat stress. Then, we can apply time management to draw up a timetable with deadlines for personal planning time. All this are made for life to not take us by surprise unpleasantly, and if this happens, however, we have a solution for every situation.

The ability to give quality every day of our lives is in us. We must find a balance between body, mind and spirit, which together are in harmony; we can help us overcome any situation, no matter how stressful it is.

CONCLUSIONS

Stress management means managing daily stress. Quality of life is the summation quality of life every day of our lives.

It is good to overcome stress before it masters us. We must not lose sight of our goals and have the courage to sometimes disappoint others. We must not become workaholics and do nothing out of obligation⁷.

We must enjoy the silence occasionally and to respect the refusal of others. If at least they will be respected, we can say that we have added our life, quality, be just and removing the stress.

⁷ Schröder, J.-P., Managementul stresului, Editura All, 2011, p. 127

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