

Stress Management among Joint family and Old age home

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ABSTRACT

In 21st century, issue of mature age change is there. The vast majority of the mature age people are experiencing serious pressure. How they deal with the pressure and fell the pressure, is neglected in this paper. The presents study was held in territory of Panchmahal region. Point of the examination is to gauge the distinction of old people from join family and mature age home gatherings, about pressure the executives level. 100 old people were chosen arbitrarily from Panchmahal territory. In which 50 old male and female from join family and 50 old male and female from mature age home. For present investigation "STRESS MANAGEMENT QUESTIONNAIRE (SMQ)" of Dr. Jim Petersen (1976) was utilized. After information assortment, information was dissected by key. t test was determined for significant gatherings. Primary theory was dismissed. Reasons for dismissal are examined in full length research paper, May more theories are additionally talked about in paper. Some interactional speculation is acknowledged. This is the fascinating zone of my examination. New recommendations are likewise notice in full paper. Actually, this is the current issue of our general public. That's why this exploration work is significant and helpful of society.

Keywords: Stress Management, Old Age Home, Joint Family

Stress is an individual's reaction to a stressor, for example, an ecological condition or an improvement. Stress is a body's strategy for responding to a test. As per the upsetting function, the body's approach to react to pressure is by thoughtful sensory system actuation which brings about the battle or-flight reaction. Stress normally depicts a contrary condition or a positive condition that can affect an individual's psychological and physical prosperity. The term pressure had none of its contemporary undertones before the 1920s. It is a type of the Middle English destresse, got by means of Old French from the Latin stringere, "to draw tight." The word had for quite some time been being used in material science to allude to the inner conveyance of a power applied on a material body, bringing about strain. During the 1920s and 1930s natural and mental circles infrequently utilized the term to allude to a psychological strain or to a destructive ecological specialist that could cause ailment. Walter Cannon utilized it in 1926 to allude to outer components that disturbed what he called homeostasis. However, Stress as a clarification of lived experience is missing from both lay and master life stories before the 1930s".[16]

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Homeostasis is an idea key to pressure. In science, most biochemical cycles endeavor to look after balance, a consistent express that exists more as an ideal and less as a feasible condition. Natural components, interior or outside improvements, consistently upset homeostasis; an organism's current condition is a state in steady transition moving about a homeostatic point that will be that organism's ideal condition for living.

Elements making a living being's condition wander excessively far from homeostasis can be experienced as pressure [1]. A hazardous circumstance, for example, a physical affront or delayed starvation can significantly disturb homeostasis. Then again, a creature's effortful effort to reestablish conditions back to or close to homeostasis, regularly burning-through energy and common assets, can likewise be deciphered as pressure. In such occurrences, a life form's battle or-flight reaction enrolls the body's energy stores and centers regard for beat the current test.

The uncertainty in characterizing this wonder was first perceived by Hans Selye (1907-1982) in 1926. In 1951 an analyst inexactly summed up Selye's perspective on stress as something that "... notwithstanding acting naturally, was likewise the reason for itself, and the aftereffect of itself." First to utilize the term in an organic setting, Selye kept on characterizing pressure as "the vague reaction of the body to any request put upon it". Starting at 2011 neuroscientists, for example, Bruce McEwen and Jaap Koolhaas accept that pressure, in view of long stretches of experimental examination, "ought to be confined to conditions where an ecological interest surpasses the common administrative limit of a creature". Notwithstanding the various definitions given to pressure, homeostasis seems to lie at its center.[6]

NEED OF STRESS RELIEVER

Stress is among the main sources of incapacity around the world (WHO). Stress can be characterized comprehensively as the failure of the body to keep up equalization or battling to discover a parity among a large number of difficulties in one's occupied life.

It is a negative condition brought about by aggregation of worries that impacts on one's mental and physical prosperity. Stress manifestations can influence our body, our contemplations, emotions, and our conduct and we probably won't understand it till it begins making significant harm to your wellbeing, your disposition, your efficiency, your connections, and your personal satisfaction. Stress implies distinctive to various individuals and can be quickly characterized as encountering [10].

- Worry or Anxiety
- Bodily or Mental Tension
- Strain or Overwork

Stress straightforwardly influences the sensory system, endocrine framework, and invulnerable arrangement of the body which causes hypertension, misery, corpulence, and presence of

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manifestations like weakness, absence of energy, expanded pulse, slow processing, strained muscles, apprehension, and restlessness, crabby or irate conduct. The adjusted resistant reaction shows up as a successive assault of cold, flu, and viral contaminations [11].

THE OUTCOME OF STRESS:

Long haul presentation to stress can prompt genuine medical conditions. Ongoing pressure upsets essentially every framework in the body.

1. Immune suppression (vulnerable to infections)
2. Hypertension (increased heart rate)
3. Diabetes
4. Pain (backache, migraine)
5. Tensed muscles
6. Digestive problem (Diarrhea or constipation)
7. Sleep problems
8. Obesity
9. Infertility
10. Speed up the aging process
11. Anxiety and depression
12. Irritability and/or angry behavior
13. Skin problems (acne, psoriasis, eczema)
14. Hair loss [6]

ABOUT STRESS MANAGEMENT:

Stress the board alludes to the wide range of strategies and psychotherapies pointed toward controlling an individual's degrees of stress, particularly constant pressure, generally to improve ordinary working. In this unique situation, the term 'stress' alludes just to pressure with huge negative results, or misery in the phrasing pushed by Hans Selye, instead of what he calls esters, a pressure whose outcomes are useful or in any case sure. Stress creates various side effects which differ as indicated by people, circumstances, and seriousness. These can incorporate physical wellbeing decrease just as gloom. The cycle of pressure the executives are named as one of the keys to an upbeat and effective life in current society. Despite the fact that life gives various requests that can demonstrate hard to deal with, stress the board gives various approaches to oversee nervousness and keep up in general prosperity. Regardless of stress regularly being the idea of as an emotional encounter, levels of pressure are promptly quantifiable utilizing different physiological tests, like those utilized in polygraphs [7].

Numerous viable pressure the executive's procedures are accessible, some for use by wellbeing specialists and others for self-improvement, which may assist a person with decreasing pressure, give good sentiments of being in charge of one's life and advance general prosperity [12].

The viability of the diverse pressure the executive's procedures can be hard to evaluate, as not many of them have gotten noteworthy consideration from specialists. Therefore, the sum and

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nature of proof for the different strategies fluctuate generally. Some are acknowledged as powerful medicines for use in psychotherapy, while others with less proof preferring them are viewed as elective treatments. Numerous expert associations exist to advance and give preparing in ordinary or elective treatments. There are a few models of pressure the executives, each with unmistakable clarifications of components for controlling pressure. Significantly more examination is important to give a superior comprehension of which instruments really work and are compelling practically speaking [13].

VALUE-BASED MODEL:

Richard Lazarus and Susan Folkman recommended in 1984 that pressure can be thought of as coming about because of an "irregularity among requests and assets" or as happening when "pressure surpasses one's apparent

capacity to adapt". Stress the board was created and commenced on the possibility that pressure is certainly not an immediate reaction to a stressor but instead one's assets and capacity to adapt intercede the pressure reaction and are amiable to change, consequently permitting pressure to be controllable [7].

Among the numerous stressors referenced by workers, these are the most well-known:

- The way employees are treated by their bosses/supervisors or company
- Lack of job security
- Company policies
- Coworkers who don't do their fair share
- Unclear expectations
- Poor communication
- Not enough control over assignments
- Inadequate pay or benefits
- Urgent deadlines
- Too much work
- Long Hours
- Uncomfortable physical conditions
- Relationship conflicts
- Coworkers making careless mistakes
- Dealing with rude customers
- Lack of cooperation
- How the company treats coworkers

So as to build up a compelling pressure the executives modified it is first important to recognize the elements that are key to an individual controlling his/her pressure, and to distinguish the intercession strategies which successfully focus on these variables. Lazarus and Folkman's translation of stress centers around the exchange among individuals and their outer climate

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(known as the Transactional Model). The model battles that pressure may not be a stressor if the individual doesn't see the stressor as a danger but instead as certain or in any event, testing. Additionally, in the event that the individual has or can utilize satisfactory adapting aptitudes, at that point pressure may not really be an outcome or create due to the stressor. The model recommends that individuals can be instructed to deal with their pressure and adapt to their stressors. They may figure out how to change their viewpoint of the stressor and furnish them with the capacity and certainty to improve their lives and handle all of kinds of stressors [7].

METHODS:

Appeal levels load the individual with additional exertion and work. Another time plan is animated, and until the time of strangely high, individual interest has passed, the typical recurrence and length of previous timetables is restricted [15].

Numerous strategies adapt to the anxieties life brings. A portion of the accompanying ways incite a lower than normal feeling of anxiety, incidentally, to remunerate the natural tissues included; others face the stressor at a more elevated level of deliberation [8]:

- Autogenic training
- Social activity
- Cognitive therapy
- Conflict resolution
- Cranial Release Technique
- Exercise
- Getting a hobby
- Meditation
- Mindfulness (psychology)
- Deep breathing
- Yoga Nidra
- Nootropics
- Reading novels
- Prayer
- Relaxation techniques
- Artistic expression
- Fractional relaxation
- Progressive relaxation
- Spas
- Somatic training
- Spending time in nature
- Stress balls
- Natural medicine
- Clinically validated alternative treatments
- Time management

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- Planning and decision making
- Listening to certain types of relaxing music
- Spending quality time with pets

STRESS MANAGEMENT PROGRAMS IN WORKPLACE:

Numerous organizations today have started to utilize Stress Management Programs for representatives who are experiencing difficulty adjusting to pressure in the work environment or at home. Numerous individuals have spill overpressure from home into their workplace. There are several different ways organizations today attempt to ease the weight of their representatives. One way is singular mediation. This begins off by observing the stressors in the person. In the wake of checking what causes the pressure, next is assaulting that stressor and attempting to sort out approaches to mitigate them in any capacity. Creating social help is essential in singular intercession, being with others to assist you with adapting has demonstrated to be a viable method to dodge pressure. Evading the stressors together is the most ideal approach to dispose of pressure however that is hard to do in the working environment. Changing standards of conduct, May thusly, help lessen a portion of the pressure that is put on grinding away also [9].

Representative Assistance Programs can remember for house advising programs on overseeing pressure. The evaluative examination has been directed on EAPs that encourage singular pressure control and immunization methods, for example, unwinding, biofeedback, and intellectual rebuilding. Studies show that these projects can diminish the degree of physiological excitement related to high pressure. Members who ace social and intellectual pressure alleviation strategies report less strain, fewer rest aggravations, and an improved capacity to adapt to work environment stressors.

One more method of lessening pressure at work is by essentially changing the outstanding burden for a worker. Some might be too overpowered that they have such a great amount of work to complete, or some likewise may have such little work that they don't know how to deal with themselves at work. Improving interchanges between representatives additionally seem like a basic methodology, yet it is exceptionally viable for diminishing pressure. In some cases causing the worker to feel like they are a greater aspect of the organization, for example, giving them a voice in greater circumstances shows that you confide in them and worth their supposition. Having all the representatives work well together is an exceptionally basic factor which can remove quite a bit of work environment stress. On the off chance that workers fit well together and feed off of one another, the odds of bunches of pressure are extremely insignificant. In conclusion, changing the physical characteristics of the work environment may decrease pressure. Changing basic things, for example, lighting, air temperature, scent, and modern innovation.

Mediation is separated into three stages: Primary, Secondary, and Tertiary. Essential arrangements with disposing of the stressors altogether. Optional arrangements with identifying worry and figuring approaches to adapt to it and improving pressure the executive's abilities. At

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long last, tertiary arrangements with recuperation and rehabbing the pressure altogether. These three stages are typically the best method to manage pressure in the work environment, yet by and large [14].

Objectives:

The objectives of the present study are such...

1. Main point of this investigation is to think about the mature age from join family and mature age home groups' stress the board.
2. To think about the old person' present way of life of two unique gatherings (Join family and Old age home)
3. To investigation and analyze the pressure the board of old male and female from join family gathering.
4. To examination and look at the pressure the board of old male and female from mature age home gathering.
5. To know the contrast between the pressure of join family and mature age home groups' old guys and females.
6. Massage to entire society that all old people require more compassion, co-activity, fondness, love and care.

Hypothesis:

The following null hypothesis is stated for the present investigation...

1. There is no huge impact of pressure the board level of old male and female of join family gathering.
2. There is no noteworthy impact of pressure the executives level of old male and female of mature age home gathering.
3. There is no huge impact of pressure the board level of old guys from join family and mature age home gatherings.
4. There is no noteworthy impact of pressure the board level of old females from join family and mature age home gatherings.
5. There is no huge impact of pressure the executives level of old guys and females.

Variables:

In present research following variables are shown in this table

Name of Variable	Nature of Variable	Number of Variable
Two* Groups	IV	03
Stress management	DV	04
Gender	IV	02

Sampling:

Group	Male	Female	Total
Join family	25	25	50
Old age home	25	25	50
-	-	-	-
Total	50	50	100

Questionnaire

In the current examination for a finding of pressure the board level on the old people the primary goal of this exploration. The specialist has created pressure on the executive's progress report of the exploration test variable of old guys and females from the Panchmahal locale region. Rate score present examination is for discovering the "STRESS MANAGEMENT QUESTIONNAIRE (SMQ)" test created by Dr. Jim Petersen (1976) [5]. He is an Arizona therapist work in helping individuals with stress and stress-related issues at his Biofeedback and Stress Management Clinic build up a pressure appraisal device called the Stress Management Questionnaire (SMQ). The SMQ was intended to assist people with distinguishing potential pressure "hazard" zones and, at that point, in light of the outcomes build up intercession projects to lessen pressure and upgrade one's pressure authority abilities.

The underlying SMQ functioned admirably however should have been refined, abbreviated, and psychometrically approved. A more limited form of the SMQ was created. It ends up being simpler to utilize and delivered far and away superior outcomes. The primary fruitful use of the SMQ was in the University of Arizona's "Task Well Aware about Health" program subsidized by the Kellogg Foundation (1980). From that point forward, the SMQ has helped a huge number of pushed

In 1980, the SMQ went through an extensive approval study supported by the National Institute for Occupational Safety and Health (NIOSH). Utilizing defined irregular inspecting procedures with a few significant enterprises, the outcome was the ID of seven key social "hazard" factors or scales.

Since stress is known to negatively affect one's body and wellbeing, a subsequent report was then directed to decide whether the seven essential scales connected with any negative impacts of pressure.

The SMQ is a 34-page booklet complete with the 87 fundamental SMQ questions, a scoring, and profiling segment, and point by point data about every one of the pressure "hazard" scores. The SMQ Booklet can be utilized by a person for self-investigation or as a component of a little or huge gathering pressure the board preparing program. The SMQ is adaptable preparing booklets that survey members' feelings of anxiety, gives a profile of their outcomes and gives strong expert data about how to create pressure dominance information, abilities and perspectives.

Examination Design:

For the present examination, SMQ test was utilized. The test is taken from www.Stressmaster.com site (3219 E. Camelback Rd. #140 Phoenix, AZ 85018 480-444-630 • Skype "The Stressmaster"). This test estimates the Stress level. In this exploration, I have talked about above old guys and females from two distinctive groups" anxiety.

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100 old people (Male and Female) were chosen haphazardly Panchmahal locale area "joint families and mature age homes. Old people were partitioned into two gatherings. Gathering one "Joint family", in which 50 people (25 are male and 25 are female). Number of two" gathering "Old Age Home", in which 50 people (25 are guys and 25 are females).

In the wake of gathering the date, measurable investigation was finished by key for the examination of various gatherings "t" test was determined.

RESULTS AND DISCUSSION:

Table no.1: Male and female from join family group.

Group	N	Mean	SD	SEM	t	Level
Male	25	35.84	4.37	0.87	0.2856	NS
Female	25	36.36	7.98	1.60		0.01

This table demonstrates no huge contrast between males and females from join family gatherings. Females are more viable in stress executives.

Table no. 2: Male and female from old age home group.

Group	N	Mean	SD	SEM	t	Level
Male	25	36.56	5.59	1.12	1.0718	NS
Female	25	37.92	3.00	0.60		0.01

This table shows no critical contrast among males and females from mature age home gatherings. Females are more powerful in stress executives.

Table no.3: Males from *old age home and **join family groups.

Group	N	Mean	SD	SEM	t	Level
Male*	25	36.56	5.59	1.12	0.5071	NS
Male**	25	35.84	4.37	0.87		0.01

Here likewise no noteworthy distinction is found in guys from Join family and mature age home gathering. Males of mature age homes are more viable in stress than the executives.

Table no.4: Females from *old age home and **join family groups.

Group	N	Mean	SD	SEM	t	Level
Female*	25	37.92	3.00	0.60	0.9146	NS
Female**	25	36.36	7.98	1.60		0.01

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Here additionally no noteworthy contrast is found in females from Join family and mature age home gathering. Females of mature age homes are more successful in stress the executives.

Table no.5: Old Age home and Join family Group

Group	N	Mean	SD	SEM	t	Level
OAH	50	36.20	4.98	0.70	0.8506	NS
JF	50	37.14	6.02	0.85		0.01

This table indicates no significant difference of Stress Management in Join Family and Old Age Home" peoples.

INTERPRETATION OF TABLES AND TESTING OF HYPOTHESIS:

- H₀₁: There is no noteworthy impact of Stress the executives level between old male and female of join family gathering. Tried t esteem is 0.2856 at 0.01 levels. Thus, we acknowledged of this invalid theory.
- H₀₂: There is no noteworthy impact of Stress the board level between old male and female of mature age home gathering. Tried t esteem is 1.0718 at 0.01 levels. Along these lines, we acknowledged of this invalid theory.
- H₀₃: There is no critical impact of Stress the board level between old guys of join family and mature age home gathering. Tried t esteem is 0.5071 at 0.01 levels. Thus, we acknowledged of this invalid speculation.
- H₀₄: There is no noteworthy impact of Stress the executives level between old female of join family and mature age home gathering. Tried t esteem is 0.9146 at 0.01 levels. Along these lines, we acknowledged of this invalid theory.
- H₀₅: There is no huge impact of Stress the executives level between mature age home gathering and join family gathering. Tried t esteem is 0.8506 at 0.01 levels. Along these lines, we acknowledged of this invalid speculation.

FINDING:

- There is no huge of stress the board level of among male and female in join family gathering.
- There is no critical of stress the board level of among male and female in mature age home gathering.
- Females are more compelling in pressure the executives contrast with guys.
- Old age home gathering is more powerful in stress the executives contrast with join family gathering.
- Old age home"s old individual to done compelling pressure the executives contrast with joint family in light of the fact that these old individual associated with one another and shared own issues, feelings and compassion and so on.

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