



## Psychoanalysis of Stress Management Among the Proficient

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### Introduction:

The present research paper intends to focus on '*Psychoanalysis of Stress Management among the Proficient*' which has huge significance in the field of stress management and its branches. Psychologically, working places are played an important element of a country's trade and industry and economic growth. It involved awfully complicated process and widespread linkages to more than hundreds of upstream and downstream industries. The managerial level of the construction organization has their responsibility to well manage and control their subordinates in order to ensure the efficiency and productivity of the works.

### Symbols and symptoms of stress:

One of the famous research scholars, Sommerville and Langford, mentions that "there are two primary sets of stress indicator: healthy and unhealthy. Some examples of healthy indicators include abundant energy, ease of adaptability, stimulation, calmness, control, clear and rational thought, and decisiveness". Some examples of unhealthy stress indicators include sleeplessness, high levels of aggression, difficulty in thinking, fatigue, inflexibility, and anxiety. Healthy indicators are something that is desirable; however, unhealthy stress indicators will give rise to high stress level. As the stress indicators only defined in a very general sense, Sommerville and Langford in the research further categorized the symptoms of stress into three aspects:

### The Psychological Symptoms:

Include lack of concentration, tenseness and other symptoms which can be regarded as possible illnesses such as depression and paranoia.

### Behavioral Symptoms:

Include irritability, lack of effort, excessive consumption of food and beverages, and withdrawal from the work environment that is trying to retreat from commitments. Besides, behavioral response to stress may also take the form of escapist drinking, physical immobility and or cigarette smoking. All these will lead directly or indirectly to health risks.

### Physical Symptoms:

Which are often the most readily identifiable, include cardio-bronchial pains, weight loss from under-eating, and sleeping at abnormal times. The symptoms may appear as singular factors acting in isolation, or as composites within a highly complex situation. Although the symptoms only indicate the beginning of the stress problem, the impact of symptoms is also influential to people. One more research scholar, Copper suggests that "*the symptoms of stress may have a significant impact on an individual's instigation, perception of, and response to, conflict situations within the organization*".

### Psychological Consequences:

As mentioned earlier, an optimum level of stress is healthy to us. However, when the stress level is too high, it drains our psychological energy, impairs our performance and leaves people a feeling of useless and undervalued, with diminishing purpose and hopeless, unattainable objectives.

As mentioned in the previous part, the *General Adaptation Syndrome* (GAS) model, involves three stages: alarm reaction stage, the stage of resistance and the stage of exhaustion. There will be some adverse impacts when an individual reaches the stage of exhaustion. Firstly, there will be increase in physical and psychological tensions, in which the ability to relax muscle tone, to feel good, to switch

