



## Effect of Thinking of Future And Feeling of Responsibility on Stress among Working Class.

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### Introduction

Stress is a feeling of emotional or physical tension. Stress is a condition or feeling experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize. It can come from any event or thought or can be mixture of both that makes you feel frustrated, angry or nervous. Stress is your body's reaction to a challenge or demand. In short bursts, stress can be positive such as when it helps you avoid danger or meet deadline. If stress is described in the framework of emotions, it seems to be quite complicated and difficult to define due to the unavailability of a pure and exact definition about emotion. Emotion refers to a person's subjective feelings and moods, it states a complex changes in physical and psychological situation of an individual that affects thought and behaviour. Majorly stress is related with future demands or need. Though feeling of stress is temporary, it always being seen that it relates to future occurrences. Many times people feel helpless and anxious about different things again that are related with future. It is seen that Stress originates majorly from feeling of responsibility towards family, work and anxiety about future. Here originates means derived from. During investigation people feeling stressed over and above normal feeling of responsibility. Word over and above indicates the depth of feeling. Everybody feels responsibility about children future, completing future plans but if somebody is over think about the same it converts the feeling of responsibility in to stress. Here one finds himself responsible for family or/and work/ and very minute things. Feeling of responsibility relate with integrity, dependency of family or other channel. Other major source of stress is anxiousness about future occurrences. Here one thinks for survival, meeting demands, fulfilling dreams.

### Effect of over thinking about future and feeling of responsibility on Stress:

The events that provoke stress are called stressors. There are many stressors among working class. Majorly discussed and studied stressors are occupational stressors like work relationships, job, load of a work, job security, work life balance, pay benefits, Physical and mental condition. Feeling of responsibility is a source of above stressors. People feel themselves responsible for family, there work and so it generate stress when they feel that they could not match with actual plan.

### Research Methodology

The tool employed generating responses was questionnaire based survey of working class. The information was collected from both primary and secondary data. Also information based on personal experience as a NLP Practitioner. Qualitative analysis method used to come for conclusion. Primarily questions set as based on basic data and verify with data collected. Sample size was 43.

### Objective of the Study

- To study the effect of future related thoughts on stress
- To study the effect of feeling of responsibility on stress
- To study the strategies to cope up with stressor.

### Research Design

The sample is collected from working class from different organizations, working on different level, in various age groups on random basis. Questionnaire is designed consisting some direct questions asking for stressors pointing for responsibility and future related thoughts and some are

