

The Bliss in Job Stress— A Conceptual Study

¹S Uma Mageswari, ²Dr. H Shankaran

¹Research Scholar, AMET University, Chennai, India

²Research Supervisor & Principal, MSSM, Chennai, India

Abstract:

Human beings are strange creatures. Even though most of us live stress-filled lives, we voluntarily add to that stress by choosing certain activities that create more tension. A person born has to die is human law. In the process of life cycle an individual undergoes lots of challenges in meeting out the demands of the market and fulfilling his ambitions. The highest peak of human life cycle is the career or what you call the job which one is doing. While we all face stress mostly every day on the job, some people appear better equipped to handle those challenging times. Studies show that stress robs us of energy, interferes with happiness and well-being, and often leads to physical disorders. On the other hand we never feel tired or exhausted (though we do) while playing your favorite sport, shopping, watching a movie, cooking classes, spending time in the net etc. - the hidden factor behind this is our sub-conscious state that likes all these activities. But when it comes to a job! It is a known fact that job stress is difficult to escape. A wise man once said; "life is 10% what happens to you and 90% what you do about it." He was referring to the concept of attitude. If stress is causing your life to spin out of control, then change your attitude. The satisfaction we get in completion of a target or a job cannot be explained in words. Of course there is stress in a job but many are not able to locate the hidden bliss in it. Life without bliss is meaningless. Stress without bliss is hopeless. Stress adds spice to life. It is we who have to decide its quantity.

Key Words: Stress, job stress, bliss, coping strategies

I. INTRODUCTION

The story of David and Goliath reminds us that success and failure is under our feet. It is up to us to take the right step to choose what is needed. In this process one needs to travel a long way and of course with stress. Mankind is no different, and man's brain is no different. Whatever kind of brain a person is born with, each person is meant to use it completely, not partially. When you do so, happiness and success in any avenue of your life is assured. Stress is like the proverbial mountain in your path. Whether you go around it, over it, or through it, the task is going to be difficult. Of course, you can always stand there and wait for the mountain to crumble, or turn around and go in another direction, but you will soon see that the mountains are everywhere.

II. STRESS

Eustress is a term coined by endocrinologist Hans Selye. The word *eustress* consists of two parts. The prefix *eu-* derives from the Greek word meaning either "well" or "good." When attached to the word *stress*, it literally means "good stress". Eustress was originally explored in a stress model by Richard Lazarus, it is the positive cognitive response to stress that is healthy, or gives one a feeling of fulfillment or other positive feelings. Selye created the term as a subgroup of stress to differentiate the wide variety of stressors and manifestations of stress. Eustress refers to a positive response one has to a stressor, which can depend on one's current feelings of control, desirability, location, and timing of the stressor. Potential indicators of eustress may include responding to a stressor with a sense of meaning, hope, or vigor. Eustress has also been positively correlated with life satisfaction and well-being. Eustress is common in the examples below. However, the examples depend on how an individual perceives the stress. The examples below are most often perceived as eustress

- Meeting or engaging in a challenge
- Desired physical exercise (e. g. weight training, running, biking)
- Playing sports
- Watching a suspenseful or scary movie
- Riding a roller coaster
- Competing in a tournament
- Gambling

The next in the list should be **JOB**

III. JOB STRESS

On-the-job stress-related issues are particularly difficult to escape. We spend so much of our days at the workplace, and we often carry over the repercussions of workday stress to our home life. Stress management in the workplace is

common for many of us these days. As organizations strive to adapt to a changing economy and sustain employee motivation, the level of stress often increases. Is job stress something we just have to live with now? Or is it something we can control? Isn't there an ideal job with no stress at all?

The answer to the above question is YES. Any job is stressful. It is up to the individual to tackle it in such a way that it does not affect him physically and lead to health complications. A healthier approach is to fight against stress. This is a popular and effective strategy for many. It is proactive and aggressive and there is a competitive element involved (am I going to beat stress or is stress going to beat me?). These people go to the gym, run, take nutritional supplements, listen to tapes, etc. They are out to crush stress or at least keep it a bay. These people will have lot of satisfaction when the job is completed. Another way is the concept of embracing stress. To do this requires a paradigm shift. You need to view stress as a partner you must coexist with, recognizing both the good and bad qualities that it brings to the table and make the most of them. After all, without stress our capacity for motivation would wither away.

IV. BLISS IN STRESS

Much of the research on eustress has focused on its presence in the workplace. In the workplace, stress can often be interpreted as a challenge, which generally denotes positive eustress, or as a hindrance, which refers to distress that interferes with one's ability to accomplish a job or task. Relationships have been shown between how one appraises an occupational stress and how one chooses a coping style. Emotion-focused coping strategies have been related to threat appraisals and distress while task-focused coping have been related to challenge appraisal and eustress. Research has focused on increasing eustress in the workplace, in an effort to promote positive reactions to an inevitably stressful environment. Techniques such as Stress Management Interventions (SMI) have been employed to increase occupational eustress. SMI's often incorporate exercise, meditation, and relaxation techniques to decrease distress and increase positive perceptions of stress in the workplace. Rather than decrease stress in the workplace, SMI techniques attempt to increase eustress with positive reactions to stressful stimuli.

V. EUSTRESS EXAMPLES

1. Getting to do what we like the most
2. Pursuing a new degree
3. Adapting and learning to the new changes
4. Networking and connecting to people around us
5. Giving our best in a job
6. Unlearn and learn new skills
7. Work towards the target

One has to be always conscious that they are under stress in completing their target. Keeping in mind the pressure, they need to have a positive thought process of the outcomes of the work that is going to be completed.

VI. MANAGING STRESS IN THE WORKPLACE

1. Prepare for your day. Spend at least 10 minutes each morning for you to stretch, breathe, meditate, walk, sing, play, or whatever it is that you can find that shifts your energy and your mind from a "Damn! Another day!" to "OK day... here I am! Open and ready!"
2. Don't take it personally! When stuff comes up on the job and you find criticism and nasty comments floating around as often happens with workplace stress, just let it roll off. You can even visualize the yucky stuff that comes your way just washing right off your body as soon as it arrives.
3. Smile a lot! Find a good reason at least every half hour to show the happy face. It's hard to smile and feel stressed at the same time so for at least a few seconds here and there you will be free of workplace stress if you can do this one.
4. Breathe! Yes, the old faithful. A deep slow and full inhale followed by big exhale will work wonders to shift how you respond to what's going on around you. Every time you feel the tension building, take a breath break.
5. Keep open to the possibility of a major change. Other jobs are out there. Keep your eyes and ears open and don't stop dreaming about the job you really want and the one you would love.

VII. CONCLUSIONS

Everyone has the potential of achieving all they desire, because success is an easily learned process for someone using their complete brain. Learn the steps and apply what you learn to every area in your life. Perhaps your best option is to accept reality and embrace stress. Such an effort can call for a major change in your attitude. Whether something is considered eustress or distress depends on 1) our reaction to the stimulus and 2) how in control of a situation we feel. Mind is a good master but a bad enemy. Keeping control of the mind lies in the individual. Job Stress will be bliss if you convert your mind to a good master and the same will be a nightmare if mind is an enemy. Thus to make job stress a bliss or a nightmare purely lies in our hands.

“When we accept tough jobs as a challenge to our ability and wade into them with joy and enthusiasm, miracles can happen.” **Arland Gilbert**

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