

“STRESS MANAGEMENT: IT’S ROLE FOR EMOTION CONTROL AND EMOTIONAL RUMINATION”

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ABSTRACT

In everyday life, we are subjected to a wide range of pressures. We also have a wide range of resources and strategies for coping with pressure. Sometimes we will cope well and will not feel that the pressure is having any adverse effect upon us. At other times we will have difficulty in dealing with the situation and that is when we may use the term "stress".

There has been an increasing belief that the experience of stress necessarily has undesirable consequences for health. It has become a common assumption, if not a "cultural truism", that it is associated with the impairment of health. Despite this, the evidence is that the experience of stress does not necessarily have pathological sequelae. Many of the person's responses to that experience, both psychological and physiological, are comfortably within the body's normal homeostatic limits and, while taxing the psychophysiological mechanisms involved, need not cause any lasting disturbance or damage. However, it is also obvious that the negative emotional experiences which are associated with the experience of stress detract both from the general quality of life and from the person's sense of well-being. Thus the experience of stress, while necessarily reducing that sense of well-being, does not inevitably contribute to the development of the physical or psychological disorder

Over the past three decades, there has been a growing belief in all sectors of employment that the stress at work has undesirable consequences for the health and safety of individuals and for the health of their organizations. This belief has been reflected both in public and media interest and in increasing concern voiced by the trade unions, professional and scientific bodies.

KEYWORDS: *Cultural Truism, Pathological Sequelae,*