

CHAPTER – 1

BASIC CONCEPT OF STRESS ITS MEANING & DEFINITION:

INTRODUCTION:

This introductory chapter defines and explains the concept of stress, the terminology, its types, and its impact on organization & individual. The chapter is divided into five sections for the purpose of detailed, sound and scientific enquiry to develop a conceptual understanding about stress and its impact. The first section deals with the basic concept of stress in general followed by the second section which deals with the various definitions of stress and its various types. The third section deals with the concept of organizational stress and its impact on organizations. The fourth section deals with the concept of police stress and its sources, symptoms, impact and the consequences, followed by conclusion.

1.1: BASIC CONCEPT OF STRESS:

The use of terminology "Stress" in our daily conversation has increases. Though we all talk so much about stress but it often isn't clear what stress really is about all? We are well aware with some terms which are used synonymously for stress. These terms are stress, strain, conflict, burnout, depression and pressure.

Many people consider stress is something that happens to them, an event such as a harm or encouragement. Whereas others think stress is what happens to our bodies, psyche and our behaviour in response to an event. When something happens to us, we as a reflex action start evaluating the situation mentally. We try to come to a decision, if it is threatening to us, how we need to deal with the situation and what skills and strategies we can use. If we come to conclusions that the demands of the situation overshadow the skills we have, then we label the circumstances as "stressful" and need to react it with the classic "stress response". If we trust that our coping skills prevail over the demands of the situation, then we don't see it as "stressful". Some situations in life are stress-provoking, but they are our thoughts about situations that determine whether they are a problem to us or not. How we

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D Kirk



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