

Sources of Stress among Indian Adults

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Abstract: The aim of the study was to find out the sources of stress of Indian adult population within the age ranges of 25 to 65 years. Convenient sampling method was adopted, and 70 individuals were sampled. A qualitative and exploratory research design was used to achieve the purpose of the study. It was a cross-sectional survey involving semi structured interview method. The qualitative data was analyzed by using content analysis. Quantitative approach is used to find out the frequency and percentage of the responses of the individuals. The results of the study revealed that the main sources of stress among Indian adult population within the age ranges of 25 to 65 years are family, society, peer group, relatives, employers and physical environment. The study has implications in creating the awareness among the individuals and implementing appropriate coping strategies to meet the individual's needs and their normal development.

Keywords: Sources of Stress, adult, nagging problems.

1. INTRODUCTION

Now days everyone talks about stress. It affects all socio economic groups of population. Not only just high pressure executives are its key victims but it also includes laborers, daily workers, businessmen, professionals and slum dwellers. Stress is an inevitable and unavoidable component of life due to increasing complexities and competitiveness of people's standards of life. We all experience stress; it can be within the family, business, organizations, academic, work, or any other social activity. For some individuals stress refers only to a crisis or calamity while others perceive the day-to-day life problems and mild irritants as stress. Thus the situation causing stress and the experience of stress itself are highly subjective.

The present study was designed to analyze the sources of stress in Indian adult population within the age range of 25 to 65 years.

The concept of stress was first introduced in the life sciences by Hans Selye in 1936. It was derived from the Latin word *stringere*; it meant the experience of physical hardship, starvation, torture, and pain. Hans Selye (1936) defined stress as "the non-specific response of the body to any demand placed upon it."

A stressor is any event or situation that is perceived by an individual as a threat causing the individual to either adapt or initiate the stress response. Therefore, a stressor is a stimulus and stress is a response. Hans Selye was the first to study the effects of stress. He suggested that stress had four basic variations. They are: Good stress-Eustress; Bad stress - Distress; Overstress - hyper stress; and under stress- hypo stress.

Also, Hans Selye has divided stress into two types: Acute stress and chronic stress. Acute stress is the result of short term stressors. It is quite intense at the starting and disappears quickly. People will become irritable, anxious and tense. Chronic stress is a long term stress usually resulting from nagging problems. It can lead to suicide, heart attack and violence.

2. THEORIES OF STRESS

The major theories of stress are Selye's general adaptation syndrome (GAS), Lazarus's model based on differential perception of stress, and McEwen's allostasis theory.

The response based orientation was initially developed by Hans Selye and summarized in 'the stress of life' in 1956. Selye viewed stress as a response to noxious stimuli or environmental stressors and defined it as "the nonspecific response of the body to noxious stimuli. His work focused on describing and explaining a physiological response pattern known as the general adaptation syndrome that was focused on retaining or attaining homeostasis. For example, body temperature, heart rate, and glucose levels. The basic premises of Selye's theory are: The stress response is a defensive response and is not based on the nature of the stressor. The general adaptation syndrome includes three stages such as alarm stage, resistance stage, and exhaustion stage.

Richard Lazarus was a social personality psychologist. He developed a transactional theory of stress and coping in 1966. As such, stress encompasses a set of cognitive, affective, and coping factors. Janis (1954) proposed a model which includes three phases of stress and they are the threat phase, the danger impact phase and the danger of victimization phase. Lazarus and Folkman (1984) asserted that the primary mediator of person- environment transactions was appraisal. Three types of appraisal were identified and they are primary appraisal, secondary appraisal, and reappraisal.

Allostasis, the optimal operation of regulatory systems, links the central nervous system with the endocrine and immune systems (McEwen, 2003). Brain regions such as the amygdala and hippocampus interpret the surroundings in light of past experience and current psychological state and signal the cortex to organize an appropriate response. Allostatic load develops as a result of wear and tear on the body due to chronic stress or poor recovery, moderated by a mismatch between demand and coping.

A number of concepts were developed by ancient Indian scholars related to the phenomenon of stress even though the concept of stress in modern sense is not easily found in traditional texts of Indian culture and tradition. Indian scholars viewed the phenomenon of stress from various perspectives ranging from stimulus oriented to response and psychodynamic point of view. The concept of stress can be found in traditional texts like Charak Samhita, Yoga Sutra, and Bhagavat Gita. Rao, S.K.R. (1983) very succinctly traced the origin of stress in Indian thought. The Samkhya system postulated that the feeling of dukha or stress is experienced by individual in the course of his interaction with the world around him. The system mentions three types of stress: personal, situational, and environmental

Stress may be induced from different sources. Vulnerability to different sources of stress may be determined by an individual's personality characteristics, past experience, and cultural background and so on. Sources of stress come from a variety of areas such as families, relatives, friends, society and the work environment inclusive of the person himself or herself.

Living or working in an uncomfortable physical environment may be a reason for stress. Excessive noise, heat, lack of ventilation, unhygienic surroundings, and crowd may cause stress. Driving in Indian metropolitan cities causes stress especially work stress due to several environmental stressors such as, the noise of traffic, air pollution, and crowding on roads. According to Holmes and Rahe life event scale (1967), most of the events were based upon the fear of change. Fear of change is considered to be more stressful. Fear of change may include increasing age, fear of the unknown (while moving from the known zone to unknown zone), and so on.

The personality characteristics of an individual are related to stress. An individual's self-esteem with its need for power, locus of control and value system plays a role in cognitive mediation of appraisal of the situation. The strength of self-esteem relates to fear of being judged and value system relates to feelings of guilt. In Indian joint families, the mother-in-law who runs the family feels a sense of ambivalence on the entry of an efficient daughter-in-law. Thus, she suffers from a fear of losing the control over the household. This creates stress and considers daughter-in-law as a competitor.

Stress caused by system issues. System means any organization, family, school, and clubs in which an individual functions. An individual suffers from stress because of academic overload in school, unrealistic parental demands and social expectations, transfer of jobs, promotion related conflicts, and so on.

Brown (1984) has identified five categories of sources of stress. First, customary anticipated life events (any major change in life) such as marriage, divorce, children leaving home, retirement, etc. Second, unexpected life events such as

accident, loss of job, etc. Third, progressive, accumulating situational events (any continuously recurring problems in life activities) like daily hassles, job stress, family issues, and issues related to education etc. Fourth, personality characteristics such as poor communication, self-esteem, insecurity, lack of confidence, poor decision making and fear of failure. Fifth, value dependent traits (circumstances generating thought, feeling and conflict) like broken homes, moral dilemmas, peer pressure, etc.

Researchers argued that because of the hormonal differences in men and women, their physiological stress responses are different. Taylor et al, (2000) found that fight-or-flight reaction is not same in men and women and hence found a tinge of gender bias. Women's response to stress is characterized by tend-and-befriend rather than fight-or-flight. As part of stress response, both men and women secrete a hormone called oxytocin. Oxytocin is helpful in making people less anxious and more sociable. The effects of oxytocin are reduced by the male sex hormones, while they are increased by the female hormone, estrogen. Hence, women are more prone to the tend-and-befriend behavioral response than men are.

Men and women show different responses to stress based on socio-cultural expectations. For example, in a typical Indian context, faced with bereavement in family, women break down and weep. But, men try to bring their emotions under control.

Coping is the process by which people try to manage the perceived discrepancy between the demands and resources they appraise in a stressful situation. According to Richard Lazarus and his colleagues (1999), coping can serve two main functions. It can alter the problem causing the stress or it can regulate the emotional response to the problem. Emotion focused coping is aimed at controlling the emotional response to the stressful situation. Problem focused coping is aimed at reducing the demands of the stressful situation or expanding the resources to deal with it.

There is individual difference in coping. The factors like personality, the intensity of the stress, and the resources available determining the attributions of the individual. Maddi and Kobasa have explained about the concept hardiness. Hardiness is a psychological construct consisting three factors: commitment, control and challenge. People who are high on these three constructs show better stress responses and effective coping skills. People with high sense of coherence (Antonovsky, 1998) believe that unfortunate events do happen in life, but they can be coped with too, and that one can survive them effectively.

Researchers have used a variety of approaches to measure stress, but most fall into two broad categories: physiological measures and self-reports. Physiological measures directly assess aspects of the body's physical stress response. Self-reports measure life events or daily hassles that a person experiences.

Stress is defined as the circumstance in which transactions lead a person to perceive a discrepancy between the physical or psychological demands of a situation and the resources of his or her biological, psychological, or social systems. Stress is an inevitable and unavoidable component of life due to increasing complexities and competitiveness in living standards. Everyone experiences stress, whether it is within the family, business, organization, study, work, or any other social or economic activity. Stress has two faces; it can be good or it can be bad. A certain amount of stress is necessary to achieve success, but undue stress causes distress. Stress can affect either positively or negatively. Stress can be either temporary or long term, mild or severe, depending mostly on how long it continuous, how powerful they are, and how strong the individual's recovery powers are.

3. A REVIEW OF THE LITERATURE

The literature on stress and sources of stress is extensive and diverse. This review examines and summarizes existing studies on stress and sources of stress among Indian adults.

Sometimes the source of stress is within the person. Illness is one way stress arises from within the individual (Sarafino, 2008). Being ill creates physical and psychological demands on the person, and the degree of stress these demands produce depends on the seriousness of the illness and the age of the individual, among other things.

Research has shown that a single exposure to acute stress affected information processing in the cerebellum- the area of the brain responsible for motor control and movement coordination and also involved in learning and memory formation (Savtchouk, 2011).

Now a day's diabetes becomes a worldwide problem. It is common in modernizing populations. Modernization is because of stressful socio cultural changes. It is believed to increase the risk of diabetes (Ely, 2011).

The behavior, needs, and personality of each member of a family have an impact on and interact with those of the other members of the family system, sometimes producing stress. Marital adjustment is the state in which there is an overall feeling in husband and wife of happiness and satisfaction with their marriage and with each other. Koshy (2013) conducted a study to know the sources of stress. Research has shown that working married women have to face more difficulties in their lives like they experience marital adjustment problem as compared to non- working married women. It concludes that working married women cannot contribute significantly for the well-being of their family, always. In working places women has to face more responsibilities.

Work and family life are two important dimensions of human life that are hard to be separated. The incompatibility between these two domains is proven to increase stress and psychological strain. A survey method using questionnaire was carried out to obtain the data for this study. They were selected 267 respondents for this study. Researchers received 20% of responses from the entire of population. The data were analyzed using correlation and multiple regression. Result indicated that both work to family conflict and family to work conflict have a significant relationship with the stress dimensions and psychological strain. This study found that work-to-family conflict was highly correlated with stress and psychological strain compared to family-to-work conflict (Pantik, 2012).

Singh (2007) analyzed the relationship between stress and job satisfaction. The researchers selected 254 dual career teacher couples from universities of the northeastern states of India. The participants were selected with at least one member from the couple teaching at the tertiary level of education. The results indicated that stressors related to work role and work family conflict negatively relate to job satisfaction of both the genders.

Rastogi and Kashyap (2003) conducted a study on occupational stress and work adjustment among working women. They selected 150 participants from nurses, clerks, and teachers. The average age of the sample is quite matured and experienced, which help them to ignore the stress and maintain the smooth adjustment in the organization.

Bhatia and Kumar (2005) studied on occupational stress and burn out in industrial employees. The sample consisted of 100 employees belonging to supervisor and below supervisor level. Their chronological age ranged from 22-32 years and 33-42 years. Among the industrial employees at supervisor rank and below supervisor rank belonging to higher age group experienced more occupational stress.

Leather, P., Beale, D., & Sullivan, L. (2002), analyzed noise, psychosocial stress and their interaction in the workplace. About 128 office workers were selected as participants. The participants were selected from a government agency in a city in the Midlands region of the UK. However, lower levels of ambient noise were found to buffer the negative impact of psychosocial job stress upon these same three outcomes.

Danes (2007) analyzed tensions within family business- owning couples over time. They conducted the study on 187 family business-owning wives and husbands over a period of time. The questions covered five important areas of conflicts such as justice, role and its clarity, balancing work and family, issues related to identity. He found that work or family and justice conflicts were the highest tension producers.

We define financial stress is an unpleasant feeling. A person is unable to meet financial demands. The feeling normally includes the emotions of dread, anxiety, and fear, but may also include anger and frustration.

McKee-Ryan, F.M., Kinicki, A.J., Song, Z., & Wanberg, C.R. (2005), conducted test on psychological and physical well-being during unemployment. Meta-analytic techniques were used to examine the impact of unemployment on worker well-being across 104 empirical studies with 437 effect sizes. Unemployed individuals had lower psychological and physical well-being than employed individuals.

Stress in India can take many forms such as, executive stress, marital problems and stress, unemployment and stress, stress related to work, etc. Mohan, A.C., Balaji, K.D., & Kumar T.K. (2013), conducted an empirical study on stress levels among software professionals in the city of Chennai, India. They found that people working in the field of IT, have a lot of anxiety, depression, and loneliness because of work environment and, lowered self-esteem and dissatisfaction with their work and goals. Result of the study shows that employees with high and medium self-esteem experience high stress

level. Working for long hours, work pressure, erratic food intervals, Anxiety were found to be the reasons affecting personal health.

Anitha Devi (2007) aimed at identifying the degree of life stress and role stress experienced by professional women. A total sample of 180 women who are professionals was selected. They were chosen from six different occupations for the study. The result shows that, the older people experience lower life stress and stress related to the role. Younger people experience more stress as compared to the people who are older. The lower the income, greater stress experienced.

We can conclude that stress can take many forms, especially in India, like marital stress, financial stress, unemployment stress, job stress, family responsibility, health, and so on.

Rationale of the study:

The aim of the study was to find out the main sources of stress of Indian adult population from the age of 25 to 65 years. People lack knowledge about stress and its consequences. Hence, it is important that they and their family, and society have accurate information in order to meet the individual's needs and their normal development.

Problem:

What are the major sources of stress among Indian adult population within the age ranges of 25 to 65 years?

Objective:

To identify the sources of stress among Indian adult population within the age ranges of 25 to 65 years.

4. METHOD

Design:

A qualitative and exploratory research design was used to achieve the purpose of the study. It is a cross-sectional survey involving semi structured interview method. The qualitative data was analyzed by using content analysis. Quantitative approach is used to find out the frequency and percentage of the responses of the individuals.

Participants:

The inclusive criteria of the participants must be the general adult population (25-65 years of age) of India. The people below the age of 25 and above the age of 65 years and also the people from other countries were excluded. Convenient sampling method was adopted and out 70 people (sample size), 48 were men and 22 were women.

Instrument:

The tool was developed by the Faculties of the Centre for Health Psychology, University of Hyderabad along with the IMSc Health Psychology students (semester 7) and MSc Health Psychology students (semester 1). The participants were asked to narrate five most stressful incidents in their life. The tool consisted of age, gender, occupation, marital status, annual income and geographical location.

Procedure:

The tool was administered to the general adult population from the age of 25 to 65 years of age by using semi structured interview method. Consent was taken and a rapport was established with the participants. Instructions were given clearly and, then they were asked to fill their demographic details. The participants were asked to narrate five most stressful incidents in their life. They were asked to clarify the doubts if any and suggested to narrate the stressful incidents as many as they remember. Once, the participant finished narrating the incidents, they were collected and thanked for being participated in the study.

Instructions: "Please narrate five most stressful incidents in your life. The information given will be kept confidential and will be used only for the research purpose."

Scoring: The scoring was done carefully. The qualitative data was analyzed by using the content analysis; the quantitative approach was used to find out the frequencies and percentage of the responses of the individuals.

5. RESULT

After analyzing the qualitative data by using the content analysis and quantitative approach (frequency and percentage of the responses) the following results were obtained.

Table 1 Shows percentage of individual's responses of sources of stress

Sources of Stress		Self	Family	Relatives	Neighbor	Peer group	Society	Employers	Physical environment
gender	Men	83.33	51.85	28.57		100	100	80	100
	Women	16.67	48.15	71.43				20	
age	25-35	52.46	18.87	25	33.33		71.43	60	50
	36-45	18.03	15.09	12.5		16.67		10	
	46-55	13.11	28.3	37.5		16.67	14.29	10	50
	56-65	16.39	37.74	25		33.33	14.29	20	
occupation	House wife	9.84	28.3	50				10	
	Government employee	18.03	26.42	16.67		50	14.29	20	50
	Private employee	45.9	9.43	16.67		33.33	57.14	60	50
	business retired	16.39	3.77	16.67		16.67	28.57		
	Daily Worker	3.28	13.21					10	
Geographical location	Urban	70.49	66	83.33		66.67	100	77.78	100
	Rural	29.51	34	16.67		33.33		22.22	

There are eight categories of sources of stress are found within the Indian adult population from the age of 25 to 65 years: self, family, relatives, neighbour, society, employers, peer group, and physical environment. The tool consisted of gender, age, occupation, and geographical location.

Gender was divided into two sub classes: men and women. The percentage of the responses of the participants under the source self was found to be 83.33 and 16.67 for both men and women, respectively. The percentage of the responses of the participants under the source family was found to be 51.85 and 48.15 for both men and women, respectively. The percentage of the responses of the participants under the source relatives was found to be 28.57 and 71.43 for both men and women, respectively. The percentage of the responses of the participants under the source peer group was found to be 100 and 0 for both men and women, respectively. The percentage of the responses of the participants under the source society was found to be 100 and 0 for both men and women, respectively. The percentage of the responses of the participants under the source employers was found to be 80 and 20 for both men and women, respectively. The percentage of the responses of the participants under the source physical environment was found to be 100 and 0 for both men and women, respectively.

Age was classified into four groups: 25-35, 36-45, 46-55, 56-65. The percentage of the responses of the participants under the source self was found to be 52.46, 18.03, 13.11, and 16.39 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the source family was found to be 18.87, 15.09,

28.30, and 37.74 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the source relatives was found to be 25, 12.5, 37.5, and 25 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the source peer group was found to be 33.33, 16.67, 16.67, and 33.33 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the source society was found to be 71.43, 0, 14.29, and 14.29 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the source employers was found to be 60, 10, 10, and 20 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the source physical environment was found to be 50, 0, 50, and 0 for the groups 25-35, 36-45, 46-55, and 56-65, respectively.

Occupation was divided into six categories: house wife, government employee, private employee, business, retired, and daily worker. The percentage of the responses of the participants under the source self was found to be 9.84, 18.03, 45.9, 16.39, 3.28 and 6.56 for the groups house wife, government employee, private employee, business, retired, and daily worker respectively. The percentage of the responses of the participants under the source family was found to be 28.3, 26.42, 9.43, 3.77, 13.21 and 18.87 for the groups house wife, government employee, private employee, business, retired, and daily worker respectively. The percentage of the responses of the participants under the source relatives was found to be 50, 16.67, 16.67, and 16.67 for the groups house wife, government employee, private employee, and retired respectively. The percentage of the responses of the participants under the source peer group was found to be 50, 33.33, and 16.67 for the groups government employee, private employee, and daily worker respectively. The percentage of the responses of the participants under the source society was found to be 14.29, 57.14, and 28.57 for the groups government employee, private employee, and business, respectively. The percentage of the responses of the participants under the source employers was found to be 10, 20, 60, and 10 for the groups house wife, government employee, private employee, and retired, respectively. The percentage of the responses of the participants under the source physical environment was found to be 50, and 50 for the groups government employee, and private employee, respectively.

Geographical location was divided into two categories: urban and rural. The percentage of the responses of the participants under the source self was found to be 70.49 and 29.51 for the groups urban and rural respectively. The percentage of the responses of the participants under the source family was found to be 66 and 34 for the groups urban and rural respectively. The percentage of the responses of the participants under the source relatives was found to be 83.33 and 16.67 for the groups urban and rural respectively. The percentage of the responses of the participants under the source peer group was found to be 66.67 and 33.33 for the groups urban and rural respectively. The percentage of the responses of the participants under the source society was found to be 100 for urban. The percentage of the responses of the participants under the source employers was found to be 77.78 and 22.22 for the groups urban and rural respectively. The percentage of the responses of the participants under the source physical environment was found to be 100 for urban.

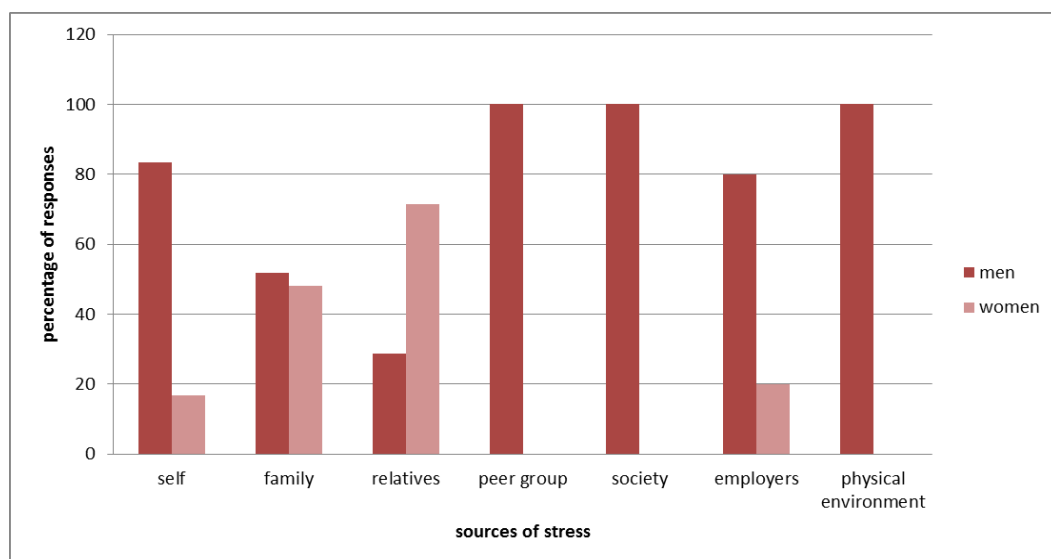


Figure 1 Shows the percentage of responses of participants of sources of stress based on the gender.

The x-axis includes the sources of stress and y-axis includes the percentage of the responses of the participants.

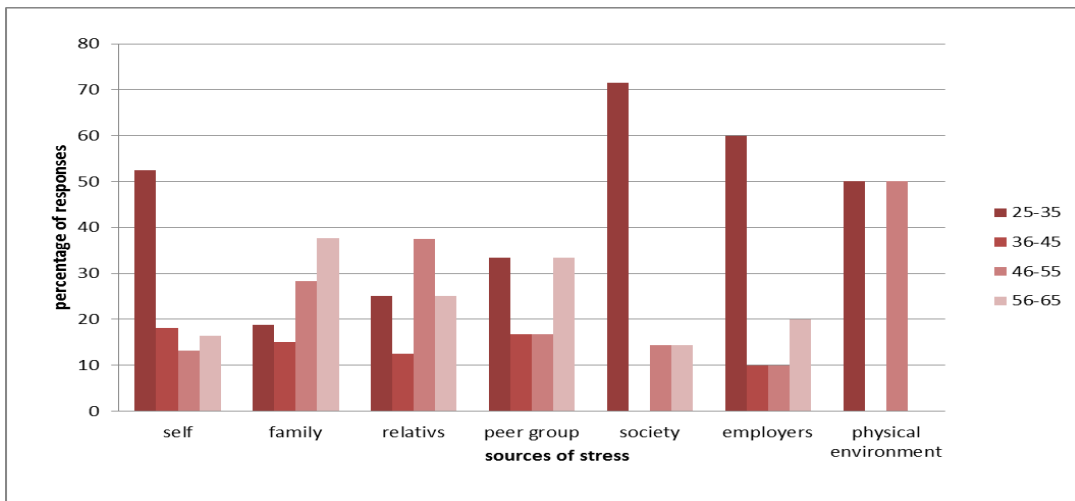


Figure 2 Showing the percentage of responses of participants of sources of stress based on the age.

The x-axis includes the sources of stress and y-axis includes the percentage of the responses of the participants.

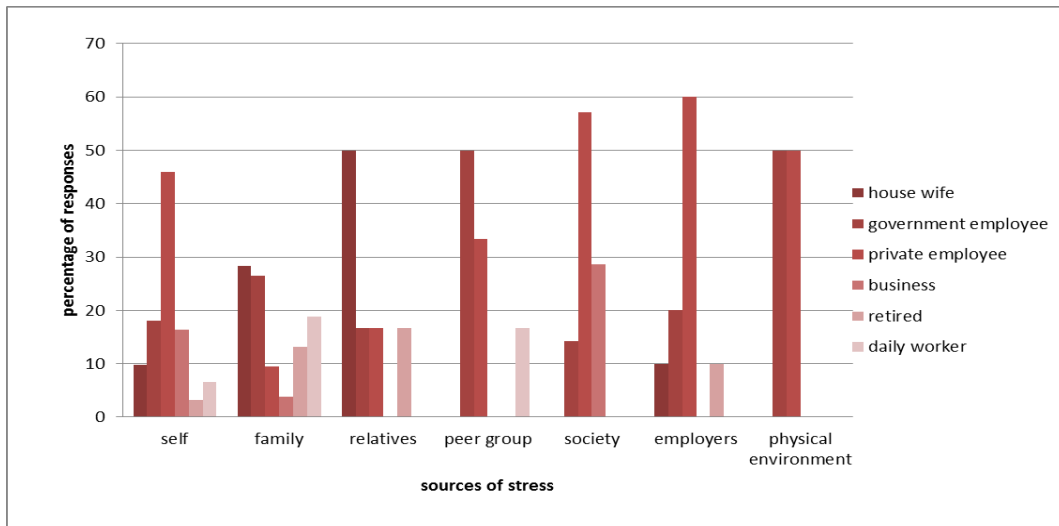


Figure 3 Showing the percentage of responses of participants of sources of stress based on the occupation.

The x-axis includes the sources of stress and y-axis includes the percentage of the responses of the participants.

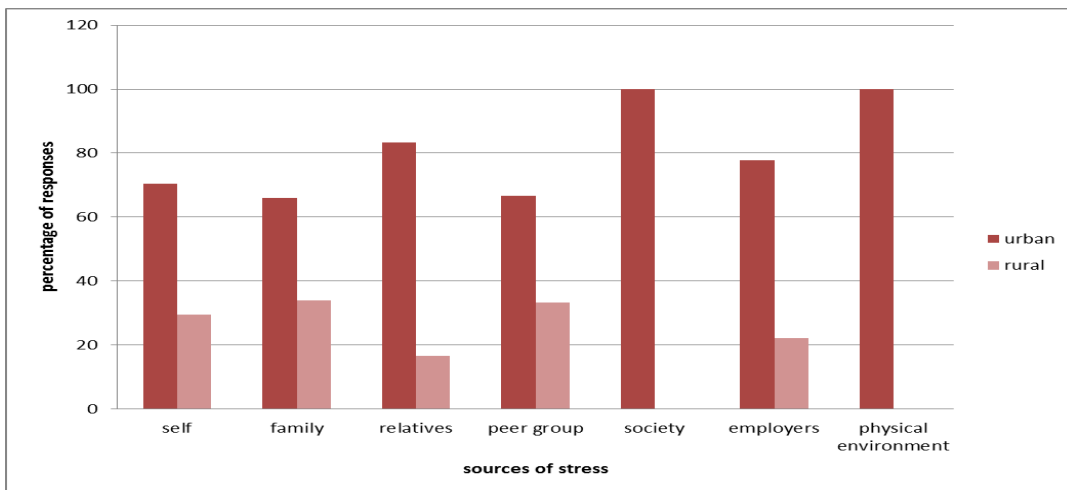


Figure 4 Showing the percentage of responses of participants of sources of stress based on the geographical location.

The x-axis includes the sources of stress and y-axis includes the percentage of the responses of the participants.

Table 2 Showing frequency and percentage of individual's responses of types of stress

		Types of stress											
		death	Family responsibility	Financial crisis	ill health	Interpersonal conflict	Intrapersonal conflict	Issues relate to work	Issues relate to education	Living away from family	Mentally retarded child	Unemployment	Physical strain in reaching destination
gender	Men	45.45	50	87.5	66.67	63.64	71.43	92.31	87.5	33.33	100	75	100
	women	54.55	50	12.5	33.33	36.36	28.57	7.69	12.5	66.67		25	
age	25-35	91	50	12.5	28	47.62	39.29	83.33	50	16.67		50	50
	36-45	18.18	50	25	20	9.52	17.86	5.56		33.33			
	46-55	36.36		37.5	16	23.81	17.86	5.56		33.33		37.5	50
	56-65	36.36		25	36	19.05	25	5.56	50	16.67	100	12.5	
occupation	House Wife	36.36		6.25	24	38.09	17.24			16.67		12.5	
	Government employee	18.18		31.25	36	9.52	24.14		12.5	66.67	100	25	50
	Private Employee	9.09	50		16	38.09	31.03	88.89	50			37.5	50
	Business			25	12	9.52	6.89	5.56				25	
	Retired Daily Worker	18.18		6.25	8		6.89	5.56	37.5				
Geographical location	urban	81.81	50	50	68	90.48	60.71	88.89	87.5	66.67	100	87.5	100
	Rural	18.18	50	50	32	9.52	39.29	11.11	12.5	33.33		12.5	

Table 2 shows the percentage of responses of the individuals of types of stress. During this study, 70 subjects (22 women and 48 men) were participated.

There are 12 types of stress are found within the Indian adult population from the age of 25 to 65 years: death, family responsibility, financial crisis, ill health, interpersonal conflict, intrapersonal conflict, issues related to work, issues related to education, living away from family, mentally retarded child, unemployment, and physical strain in reaching the destination.

Gender was divided into two sub classes: men and women. The percentage of the responses of the participants under the types of stress death was found to be 45.45 and 54.55 for both men and women, respectively. The percentage of the responses of the participants under the types of stress family responsibility was found to be 50 and 50 for both men and women, respectively. The percentage of the responses of the participants under the types of stress financial crisis was found to be 87.5 and 12.5 for both men and women, respectively. The percentage of the responses of the participants under the types of stress ill health was found to be and 54.55 for both men and women, respectively. The percentage of the responses of the participants under the types of stress interpersonal conflict was found to be 63.64 and 36.36 for both men and women, respectively. The percentage of the responses of the participants under the types of stress intrapersonal conflict was found to be 71.43 and 28.57 for both men and women, respectively. The percentage of the responses of the participants under the types of stress issues related to work was found to be 92.31 and 7.69 for both men and women, respectively. The percentage of the responses of the participants under the types of stress issues related to education was found to be 87.5 and 12.5 for both men and women, respectively. The percentage of the responses of the participants

under the types of stress living away from family was found to be 33.33 and 66.67 for both men and women, respectively. The percentage of the responses of the participants under the types of stress mentally retarded child was found to be 100 for men. The percentage of the responses of the participants under the types of stress unemployment was found to be 75 and 25 for both men and women, respectively. The percentage of the responses of the participants under the types of stress physical strain in reaching destination was found to be 100 men.

Age was classified into four groups: 25-35, 36-45, 46-55, 56-65. The percentage of the responses of the participants under the types of stress death was found to be 9.1, 18.18, 36.36, and 36.36 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the types of stress family responsibility was found to be 50 and 50 for the groups 25-35, and 36-45, respectively. The percentage of the responses of the participants under the types of stress financial crisis was found to be 12.5, 25, 37.5, and 25 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the types of stress ill health was found to be 28, 20, 16, and 36 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the types of stress interpersonal conflict was found to be 47.62, 9.52, 23.81, and 19.05 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the types of stress intrapersonal conflict was found to be 39.29, 17.86, 17.86, and 25 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the types of stress issues related to work was found to be 83.33, 5.56, 5.56, and 5.56 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the types of stress issues related to education was found to be 50, and 50 for the groups 25-35, and 56-65, respectively. The percentage of the responses of the participants under the types of stress living away from family was found to be 16.67, 33.33, 33.33, and 16.67 for the groups 25-35, 36-45, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the types of stress mentally retarded child was found to be 100 for the group 56-65. The percentage of the responses of the participants under the types of stress unemployment was found to be 50, 37.5, and 12.5 for the groups 25-35, 46-55, and 56-65, respectively. The percentage of the responses of the participants under the types of stress physical strain in reaching the destination was found to be 50, and 50 for the groups 25-35, and 46-55, respectively.

Occupation was divided into six categories: house wife, government employee, private employee, business, retired, and daily worker. The percentage of the responses of the participants under the types of stress death was found to be 36.36, 18.18, 9.09, 18.18, and 18.18 for the groups house wife, government employee, private employee, retired, and daily worker respectively. The percentage of the responses of the participants under the types of stress family responsibility was found to be 50, and 50 for the groups private employee and daily worker, respectively. The percentage of the responses of the participants under the types of stress financial crisis was found to be 6.25, 31.25, 25, 6.25, and 31.25 for the groups house wife, government employee, business, retired, and daily worker respectively. The percentage of the responses of the participants under the types of stress ill health was found to be 24, 36, 16, 12, 8, and 4 for the groups house wife, government employee, private employee, business, retired, and daily worker respectively. The percentage of the responses of the participants under the types of stress interpersonal conflict was found to be 38.09, 9.52, 38.09, 9.52, and 4.76 for the groups house wife, government employee, private employee, business, and daily worker respectively. The percentage of the responses of the participants under the types of stress intrapersonal conflict was found to be 17.24, 24.14, 31.03, 6.89, 6.89, and 13.79 for the groups house wife, government employee, private employee, business, retired, and daily worker respectively. The percentage of the responses of the participants under the types of stress issues related to work was found to be 88.89, 5.56, and 5.56 for the groups private employee, business, and retired, respectively. The percentage of the responses of the participants under the types of stress issues related to education was found to be 12.5, 50, and 37.5 for the groups government employee, private employee, retired, and , respectively. The percentage of the responses of the participants under the types of stress living away from family was found to be 16.67, 66.67, and 16.67 for the groups house wife, government employee, and daily worker respectively. The percentage of the responses of the participants under the types of stress mentally retarded child was found to be 100 for the group government employee. The percentage of the responses of the participants under the types of stress unemployment was found to be 12.5, 25, 37.5, and 25 for the groups house wife, government employee, private employee, and business, respectively. The percentage of the responses of the participants under the types of stress physical strain in reaching destination was found to be 50 and 50 for the groups government employee, and private employee, respectively.

Geographical location was divided into two categories: urban and rural. The percentage of the responses of the participants under the types of stress death was found to be 81.81 and 18.18 for the groups urban and rural, respectively. The percentage of the responses of the participants under the types of stress family responsibility was found to be 50 and

50 for the groups urban and rural, respectively. The percentage of the responses of the participants under the types of stress financial crisis was found to be 50 and 50 for the groups urban and rural, respectively. The percentage of the responses of the participants under the types of stress ill health was found to be 68 and 32 for the groups urban and rural, respectively. The percentage of the responses of the participants under the types of stress interpersonal conflict was found to be 90.48 and 9.52 for the groups urban and rural, respectively. The percentage of the responses of the participants under the types of stress intrapersonal conflict was found to be 60.71 and 39.29 for the groups urban and rural, respectively. The percentage of the responses of the participants under the types of stress issues related to work was found to be 88.89 and 11.11 for the groups urban and rural, respectively. The percentage of the responses of the participants under the types of stress issues related to education was found to be 87.5 and 12.5 for the groups urban and rural, respectively. The percentage of the responses of the participants under the types of stress living away from family was found to be 66.67 and 33.33 for the groups urban and rural, respectively. The percentage of the responses of the participants under the types of stress mentally retarded child was found to be 100 for urban. The percentage of the responses of the participants under the types of stress unemployment was found to be 87.5 and 12.5 for the groups urban and rural, respectively. The percentage of the responses of the participants under the types of stress physical strain in reaching destination was found to be 100 for urban.

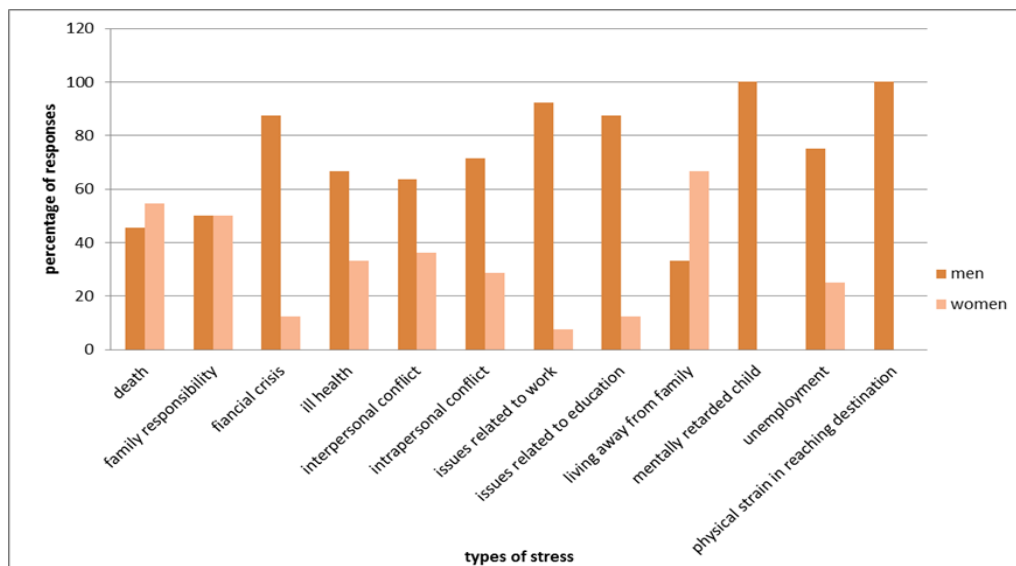


Figure 5 Showing the percentage of responses of participants of ty of pesstress based on the gender.

The x-axis includes the sources of stress and y-axis includes the percentage of the responses of the participants.

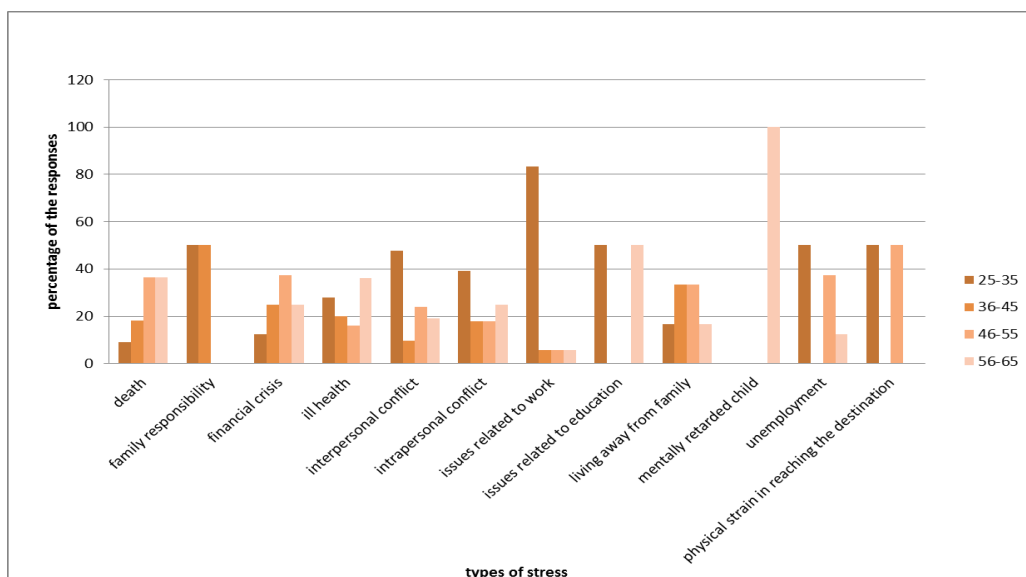


Figure 6 Showing the percentage of responses of participants of ty of pesstress based on the age.

The x-axis includes the sources of stress and y-axis includes the percentage of the responses of the participants.

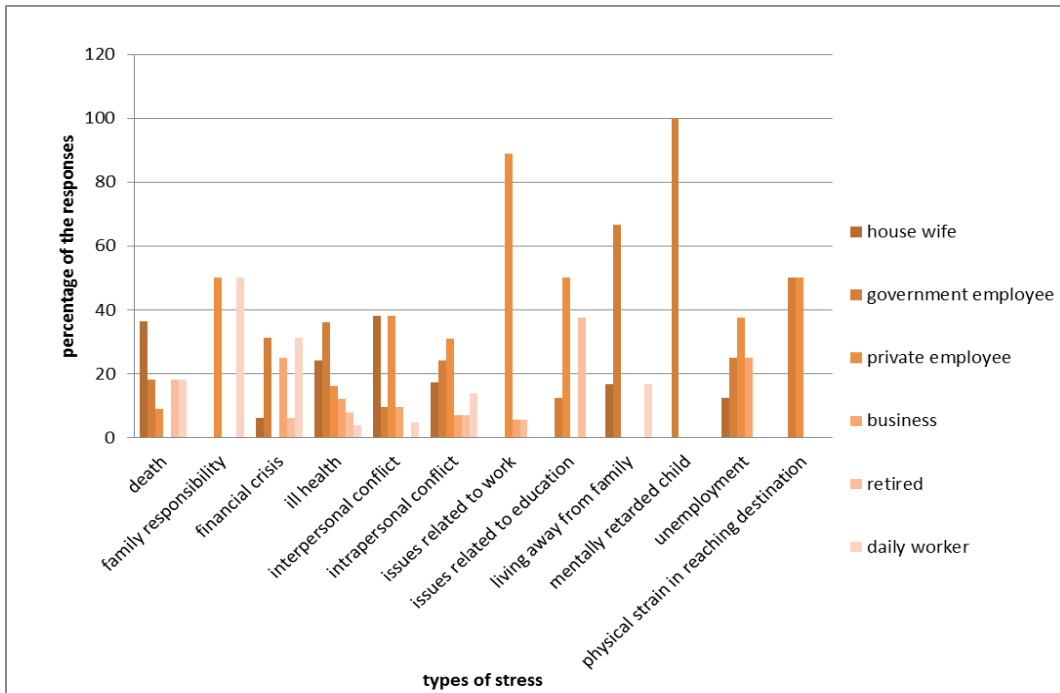


Figure 7 Showing the percentage of responses of participants of ty of pesstress based on the age.

The x-axis includes the sources of stress and y-axis includes the percentage of the responses of the participants.

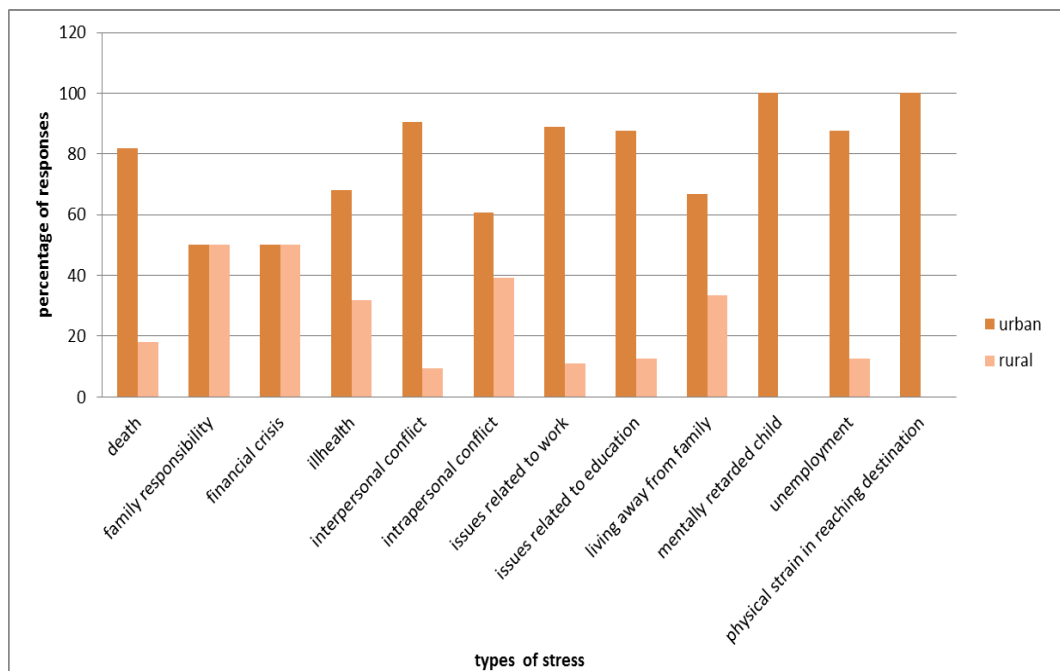


Figure 8 Showing the percentage of responses of participants of ty of pesstress based on the gender.

The x-axis includes the sources of stress and y-axis includes the percentage of the responses of the participants.

6. DISCUSSION

The results of the present study Sources of Stress of Indian Adults has identified eight categories of sources of stress : self, family, relatives, neighbour, soceity, employers, peer group, and physical environment. The demographic characteristics of the participants were analysed: age, gender, occupation, and geographical location.

Data presented in the table 1 illustrated that, gender of the participants was divided into two categories namely, men and women. It was found that peer group, society, and physical environment were the main sources of stress for men and relatives and family were the main sources of stress for women. Data presented in the table 1 illustrated that, age of the participants was divided into four categories, like 25-35, 36-45, 46-55, and 56-65. It was found that society was the main source of stress for the age group 25 to 35. Self was the main source of stress for the age group 36 to 45, relatives was the main source of stress for the age group 46 to 55, and family was the main source of stress for the age group 55 to 65.

Data presented in the table 1 illustrated that, occupation of the participant was divided into six categories, namely, house wife, government employee, private employee, business, retired, and daily worker. It was found that family was the main source of stress in house wife. Peer group was the main source of stress in government employee, employers were the main source of stress in private employees, society was the main source of stress in business, relatives were the main source of stress in retired people, and family was the main source of stress in daily worker. Data presented in the table 1 illustrated that, geographic location was divided into two categories namely, urban and rural. It was found that society and physical environment were the main sources of stress in urban people and family was the main source of stress in rural people.

Data presented in the table 2 illustrated that, gender of the participants was divided into two categories namely men and women. It was found that issues related to work(it is included problems with boss, reaching targets, dealing with clients, long hours of work, and imbalance between family and work) and mentally retarded child were the main types of stress in men and living away from family was the main type of stress in women. While considering the age, death(included death of spouse , death of family member or child) was found as the main type of stress in the age group of 25 to 35. Family responsibility was the main type of stress in the age group of 36 to 45, physical strain in reaching the destination (work place and college) was the main type of stress in the age group of 46 to 55, and issues related to education(stopping education and passing in exams) and mentally retarded child were the main types of stress in the age group of 56 to 65.

While considering the occupation, interpersonal conflict(included marital conflict, problems with in-laws and friends) was the main type of stress in house wife, living away from family(because of marriage and education) and mentally retarded child were the main types of stress in government employees, issues related to work was the main type of stress in private employees, financial crisis was the main type of stress in business, issues related to education was the main type of stress in retired people, and financial crisis was the main type of stress in daily workers. While considering the geographical location, physical strain in reaching the destinations and interpersonal conflict were the main types of stress in urban people and family responsibility (become a parent for the first time, issues related to children's education and marriage) and financial crisis were the main types of stress in rural people.

From the above study, it was found that society, family, relatives, peer group, physical environment, and employers were the main sources of stress. And , the types of stress included issues related to work, living away from family, physical strain in reaching the destination, death, family responsibility, issues related to education, financial crisis, interpersonal conflict, and intrapersonal conflict.

The results are consistent with the existing literature. According to Brown (1984), customary anticipated life events (marriage, leaving home, etc.), unexpected life events (loss of job), and accumulating situational events (job stress, family issues, issues related to education,etc.) are the major categories of sources of stress.

While analyzing the data sheet, it was found that, most of the participant's responses were related to work pressure, imbalance between family life and work life, family responsibility, financial crisis, and interpersonal and intrapersonal conflicts. Now a days, work pressure and problems with other employers become the main types of stress. This is also in support of the study by Bhalia and Kumar (2005) that among the industrial employers at supervisor rank and below supervisor rank belonging to higher age group experienced more occupational stress. Also, Danes, S.M., (2006) found that work or family and justice conflicts were the highest tension producers. Roohafza (2006) found an association between high stress levels and other unhealthy lifestyle behaviours. Living or working in an uncomfortable physical environment may be stress inducing. Excessive noise, heat, lack of ventilation, unhygienic surroundings, and crowd may cause stress. Driving in Indian metropolitan cities causes stress especially work stress due to several environmental stressors such as, the noise of traffic, air pollution, and crowding on roads.

People feel stress because of societal problems. Identification with a group is a major determinant of both individual's citizenship behavior and their responses to social and organizational behaviours. Social identity plays an important role in stress appraisal (Lazarus & Folkman, 1984). Stress because of financial problem is another important factor. We define financial stress is an unpleasant feeling. A person is unable to meet financial demands. The feeling normally includes the emotions of dread, anxiety, and fear, but may also include anger and frustration. McKee-Ryan, F.M., Kinicki, A.J., Song, Z., & Wanberg, C.R. (2005), found that unemployed individuals had lower psychological and physical wellbeing. One of the participants responded that family support in the absence of a job was very stressful.

Stress is a problem in western world. Now days, it becomes a problem in Asia, also. Stress in India can take many forms such as, executive stress, marital problems and stress, unemployment and stress, stress related to work, etc. Mohan, A.C., Balaji, K.D., & Kumar T.K. (2013), found that people working in the field of IT, have a lot of anxiety, depression, and loneliness because of work environment and, lowered self-esteem and dissatisfaction with their work and goals. Result of the study shows that employees with high and medium self-esteem experience high stress level. Working for long hours, work pressure, erratic food intervals, Anxiety were found to be the reasons affecting personal health.

7. CONCLUSION

The main sources of stress of Indian adult population within the age ranges of 25 to 65 years are found to be family, society, peer group, relatives, employers and physical environment.

Implication:

The findings of the study reveal that the main sources of stress of Indian adult population within the age ranges of 25 to 65 years are family, society, peer group, relatives, employers and physical environment. Stress affects the efficiency of the individual. So it is necessary to provide proper guidance, environment and support to each to maintain the individual stress. People lack knowledge about stress and its consequences. Hence, it is important that they and their family, and society have accurate information in order to meet the individual's needs and their normal development.

Limitations:

The study was conducted to find out the main sources of stress of Indian adult population within the age ranges of 25 to 65 years. It can be conducted to other age groups. It is focused on a particular area. The study did not concentrate on some important areas: First, the relatively small size of the sample prevents us from making stronger claims about the generalizability of these findings. Second, the lack of more adequate socio-economic information prevented us from examining more thoroughly the possible influence of this factor on the relations examined. It did not adopt a proper sampling method.

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