

UNDERSTANDING THE CAUSES AND CONSEQUENCES OF OCCUPATIONAL STRESS

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UNDERSTANDING STRESS: A RECAPULATION

- ▣ Stress is any threat to the organism's well-being/adequacy--either to the body and ultimately to to the mind or to both

STRESS AND NATURE OF OCCUPATION AND PERSONALITY

- ▣ Work Load/Work Overload/ Personality with special reference to single channel or multichannel methods of functioning
- ▣ Irritability, anger outbursts
- ▣ So poor communication skills
- ▣ So poor interpersonal relations at workplace
- ▣ Poor time management
- ▣ Rigid to change

ESSENTIAL PERSONALITY CHARACTERISTICS

- ▣ Decision Making Ability (Should I or Should I not)
- ▣ Poor problem-solving ability (But why did this happen in the first place: pondering and pondering over the occurrence of an event)
- ▣ Beliefs, Attitudes and Prejudice predominant and thus their interference in the entire approach to a case

ESSENTIAL PERSONALITY CHARACTERISTICS CONTD.

- ▣ Fear of disapproval from colleagues
- ▣ Fear of going against one's own ideology
- ▣ Fear of one's safety and security
- ▣ Fear of safety and security of the family
- ▣ Fear of safety and security of the social system
i.e. fear of riots and damage to the entire social health

CONSEQUENCES OF STRESS

BODY REACTIONS

- ▣ Hyperactivity
- ▣ Slowness in physical actions
- ▣ Lack of sleep
- ▣ Too much sleep
- ▣ Lack of appetite
- ▣ Excess of appetite
- ▣ Nausea
- ▣ Alcohol
- ▣ Stomach issues: Constipation, loose motions

IMPACT OF CHRONIC OCCUPATIONAL STRESS

- ▣ Acidity
- ▣ Piles
- ▣ Peptic Ulcer
- ▣ Irritable Bowel Syndrome
- ▣ Anginal Pain
- ▣ Low Back Pain
- ▣ Aggravation of Arthritis
- ▣ Skin trouble

IMPACT OF CHRONIC OCCUPATIONAL STRESS ON MENTAL HEALTH

- ▣ Anger outbursts
- ▣ Loneliness (Unable to share occupational Stress with family)
- ▣ Withdrawl
- ▣ Depression
- ▣ Alcoholism
- ▣ Suspiciousness
- ▣ Hallucinations and Delusions

CONCEPT OF BURN-OUT

- ▣ Depersonalization
- ▣ No will to work. Each day becomes a burden
- ▣ Disorientation
- ▣ Violent behaviours at home

- ▣ Lets take a break. Think what we have discussed. Do not take it lightly.
- ▣ THANKYOU
- ▣
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