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ROLE OF STRESS MANAGEMENT IN ICT

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Abstract

During the fast developing country, we can see that each and every person wants to become more successive person in the world. That is the reason or we can say that is race only generate the stress among the people.

Stress is started from our school life and continue till the person didn't get die so stress is worst due to this stress only people had developed some diseases in itself.

In today's ICT world people have developed software through which management can use to reduce stress in organisation.

The Whole information in this research page from secondary sources.

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INTRODUCTION

Stress is a major that can be faced by people worldwide. This is the issue that reduces the profit of the company and it also causes loss of life of human being. Stress is worst condition in which today's generation is stuck up. Stress is anything that puts demands upon our bodies and minds to cope, adjust, change, or accommodate to the demand. Although stress can come from an ongoing, routine, and chosen activity like long work hours or a hurried workplace, it is often associated with an intense reaction to an event in our lives which can be either pleasant or unpleasant. We often seek out positive, stressful events such as roller coaster rides or white water rafting or competitive sporting events. By the way, watching competitive sporting events can even be stressful. On the other hand, any time we perceive a threat to us either physically or psychologically, we respond in the same way. This distress response has been labeled the "fight or flight response". This response occurs when we perceive that the challenge facing us is dangerous, difficult, painful, or unfair, and we are concerned that we may not be able to cope with it successfully.

During the development of country, an ICT can play an very important role in reducing Stress Management. ICT can also reduce stress with the help of various techniques we can reduce the Stress company as well as stress of human being.

What is Stress?

Stress is your body's way of responding to any kind of demand. It can be caused by both good and bad experiences. When people feel stressed by something going on around them, their bodies react by releasing chemicals into the blood. These chemicals give people more energy and strength, which can be a good thing if their stress is caused by physical danger. But this can also be a bad thing, if their stress is in response to something emotional and there is no outlet for this extra energy and strength. This class will discuss different causes of stress, how stress affects