

BASIC/PRE/POST STRESS

The Different Effectors of Stress

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## BASIC/PRE/POST STRESS

### BACKGROUND AND LITERATURE REVIEW

The topic I chose was about stress – basic/pre/post. The data contains information about gender, height, weight, age, and BMI. It also gives data comparing pre and post stress. I chose this topic because I can relate to it easily. Stress is a big part of my life between school, work, homework and everyday activities. I hope to learn more about the topic and how each topic is related to stress.

Everyone suffers from stress at one point in their life, whether is severe or not. Some people experience it more so than others and it can greatly affect their lives. It was found that the generations of Millennials and Gen X are the most stressed amongst everyone. According to American Psychological Association, “Younger Americans report experiencing the most stress and the least relief —they report higher stress levels than older generations and say they are not managing it well” (American Psychological Association, 2019). This shows that younger people are suffering greatly and are not managing well with it.

Stress can also be related to gender. It is found that men and women may have different coping styles, which could affect their stress levels. According to WebMD, “Men and women's different reactions to stress might be more than just an interesting observation; it could account for differences in their longevity and health” (Eller, 2000). Men and women tend to go about many things differently. It was found that when stressed, women are more likely to reach out to others and nurture them. Women tend to be more open about their problems and will discuss issues if necessary. Men try to hide their stress and want to show that there is nothing bothering them.

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Stress has also found to be linked to weight. When you are under stress, your hormone levels are changed. According to MedicineNet, "Some people do tend to gain weight when under stress, but the cause of this weight gain is likely a mix of hormonal and psychological factors" (Stöppler, 2017). Weight gain can be promoted during this time due to balance hormones in the body. Some people are also stress eaters, meaning when they are overwhelmed or stressed, they will eat an excessive amount of food. When people see that they are gaining weight, they may become more stressed about it.

## METHOD

When it comes to stress, there are a few different components. These components include: good nutrition, sleep, exercise, being kind to yourself and relaxation. According to St. Joseph Medical Center, "By taking care of ourselves and practicing "stress management," we can decrease the physical and emotional wear and tear that stress can cause" (Five Components of Stress Management, 2019). It is important to follow a stable and healthy lifestyle in all of these categories. It is easy for stress to take over your life, but by having a plan to follow each day, it can help reduce the stress you are feeling.

Good nutrition is all about your eating habits and what you consume. When stressed, it is often a time of overeating or not eating enough. Having unhealthy eating habits will affect your stress levels and can make you feel worse. Eating regular, balanced meals is essential during this time, whether you feel like eating or not. Eating foods that are high in protein, calcium and potassium are extremely helpful.

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Sleep is more valuable than most people realize. Sleep is often disrupted during a time of severe stress and people will sleep less. Sleep insomnia is something that may arise from stress. This can help be avoided if routines are followed and some things are avoided. There are a few things that disrupted your nightly sleep routine. Caffeine, alcohol and tobacco will reduce your sleep quality greatly. Having a sleep routine will benefit you in many ways and help with stress.

Exercise can be relieving and help boost your mood. It does not need to be tense workouts; moderate daily workouts will help immensely. Simply going for a walk daily will boost your mood and relieve tension. It is suggested that going for walks with a friend could lead to the sharing of feelings. Having someone to talk to is a good source of therapy and can be very relieving. A lack of exercise leads to a buildup of stress and tension.

Being kind to yourself and taking care of your wellbeing is a necessity. If you are not putting your mental and emotional health first, you will never get better. It is important to realize when you need to take extra care of yourself and if things are not right. Ways to take care of yourself include: going out with friends, engage in activities you enjoy, exercising, maintain healthy eating habits, setting goals for yourself and talk to someone about who cares about you. By following these ways of taking care of yourself, you will live a happier life.

Relaxation is a huge part of destressing. It is important to realize what is best for you and what is going to benefit you the most. You should keep an eye out for what helps you relax the most. If you are too tense and always on the go, you will worsen your stress. Not finding time to relax and destress will eventually make you sick. Being too tense will restrict the airflow to your brain and cause improper breathing. One way to help you relax is to meditate. Focusing

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on your breathing will help oxygen to flow to your brain and release tension. Finding easy ways like meditating to relax will change your life.

## RESULTS

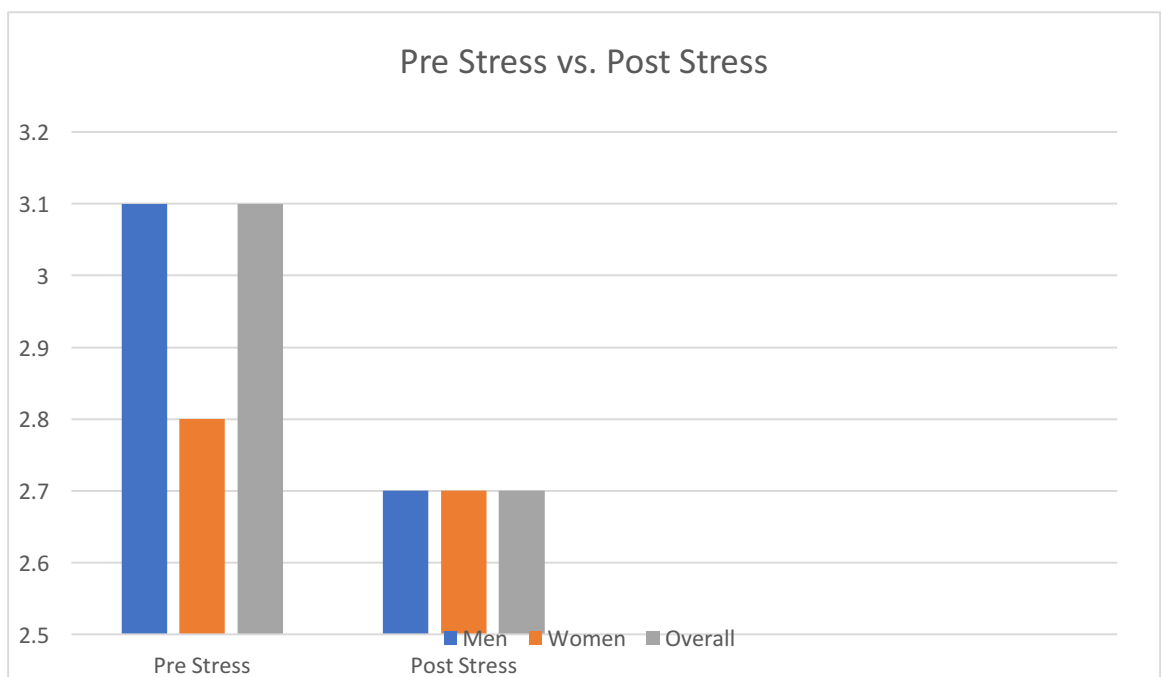
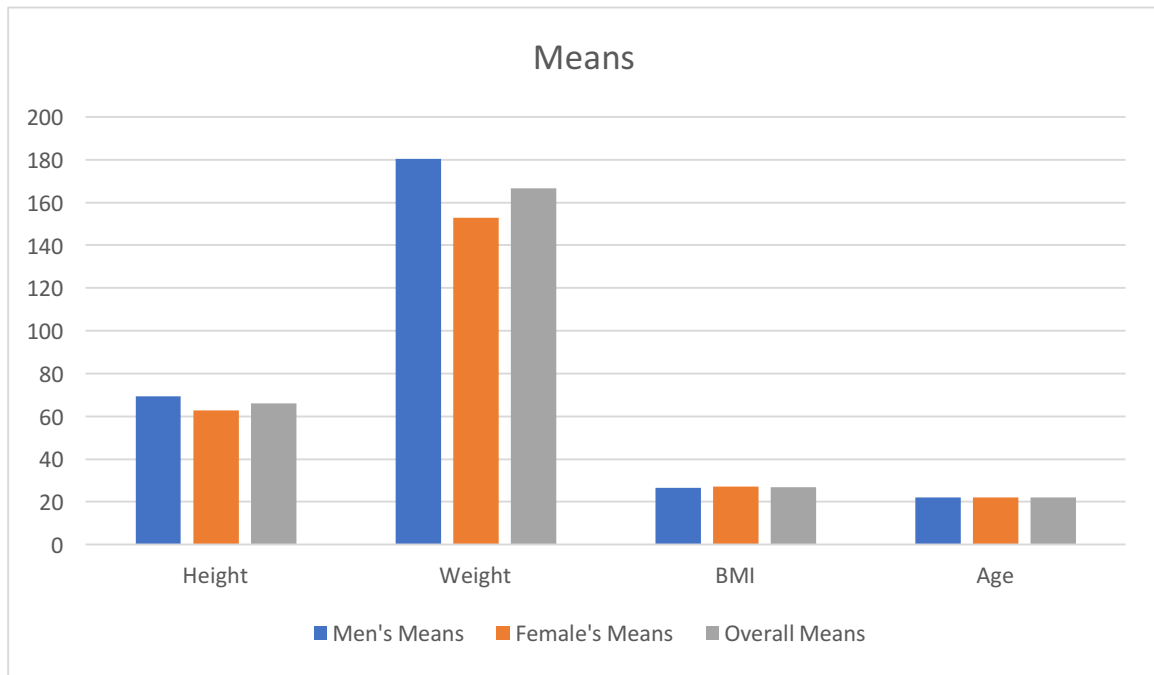
| <b>Subject</b> | <b>Gender</b> | <b>Height</b> | <b>Weight</b> | <b>BMI</b> | <b>Age</b> | <b>Stress Pre</b> | <b>Stress Post</b> |
|----------------|---------------|---------------|---------------|------------|------------|-------------------|--------------------|
| <b>1</b>       | F             | 66            | 167           | 27         | 21         | 5                 | 4                  |
| <b>3</b>       | F             | 63            | 154           | 27.3       | 25         | 4                 | 3                  |
| <b>4</b>       | F             | 64            | 221           | 37.9       | 20         | 1                 | 1                  |
| <b>6</b>       | F             | 63            | 134           | 23.7       | 22         | 1                 | 1                  |
| <b>8</b>       | F             | 62            | 160           | 29.3       | 20         | 5                 | 4                  |
| <b>10</b>      | F             | 61            | 157           | 29.7       | 23         | 5                 | 4                  |
| <b>12</b>      | F             | 62            | 159           | 29.1       | 20         | 2                 | 3                  |
| <b>14</b>      | F             | 63            | 169           | 29.9       | 25         | 4                 | 3                  |
| <b>19</b>      | F             | 60            | 135           | 26.4       | 20         | 3                 | 3                  |
| <b>20</b>      | F             | 65            | 166           | 27.6       | 23         | 4                 | 3                  |
| <b>21</b>      | F             | 61            | 127           | 24         | 21         | 2                 | 2                  |
| <b>22</b>      | F             | 64            | 122           | 20.9       | 24         | 3                 | 3                  |
| <b>24</b>      | F             | 65            | 186           | 30.9       | 25         | 1                 | 1                  |
| <b>26</b>      | F             | 60            | 118           | 23         | 20         | 4                 | 3                  |
| <b>30</b>      | F             | 62            | 117           | 21.4       | 20         | 2                 | 2                  |
| <b>2</b>       | M             | 70            | 152           | 21.8       | 25         | 4                 | 3                  |

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|                |         |       |       |      |      |      |        |
|----------------|---------|-------|-------|------|------|------|--------|
| <b>5</b>       | M       | 66    | 163   | 26.3 | 21   | 3    | 3      |
| <b>7</b>       | M       | 74    | 125   | 16   | 24   | 2    | 2      |
| <b>9</b>       | M       | 71    | 168   | 23.4 | 25   | 1    | 1      |
| <b>11</b>      | M       | 72    | 223   | 30.2 | 23   | 3    | 3      |
| <b>13</b>      | M       | 72    | 212   | 28.7 | 23   | 3    | 3      |
| <b>15</b>      | M       | 68    | 180   | 27.4 | 22   | 2    | 3      |
| <b>16</b>      | M       | 68    | 192   | 29.3 | 20   | 4    | 3      |
| <b>17</b>      | M       | 70    | 204   | 29.3 | 21   | 5    | 4      |
| <b>18</b>      | M       | 67    | 179   | 28   | 20   | 4    | 4      |
| <b>23</b>      | M       | 71    | 200   | 27.9 | 20   | 5    | 3      |
| <b>25</b>      | M       | 66    | 198   | 32   | 24   | 3    | 2      |
| <b>27</b>      | M       | 70    | 193   | 27.7 | 21   | 2    | 2      |
| <b>28</b>      | M       | 69    | 170   | 25.1 | 22   | 2    | 2      |
| <b>29</b>      | M       | 67    | 148   | 23.2 | 21   | 3    | 2      |
| <b>Overall</b> | Mean    | 66.1  | 166.6 | 26.8 | 22   | 3.1  | 2.7    |
|                | SD      | 4     | 30.4  | 4.1  | 1.9  | 1.3  | 0.9    |
|                | P Value |       |       |      |      |      | 0.0029 |
| <b>Female</b>  | Mean    | 62.7  | 152.8 | 27.2 | 21.9 | 2.8  | 2.7    |
|                | SD      | 1.769 | 95.97 | 4.2  | 1.98 | 1.46 | 1.01   |
|                | P Value |       |       |      |      |      | 0.0281 |
| <b>Male</b>    | Mean    | 69.4  | 180.5 | 26.4 | 22.1 | 3.1  | 2.7    |

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|  |         |     |       |      |      |      |        |
|--|---------|-----|-------|------|------|------|--------|
|  | SD      | 2.3 | 25.63 | 3.85 | 1.71 | 1.12 | 0.79   |
|  | P Value |     |       |      |      |      | 0.0541 |



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### DISCUSSION

After completing the table and graphs, I was able to see results comparing pre and post stress. All of the results for pre stress were higher than the results for post stress. When compared in the graph created, you can see a clear difference in the results. Even if the difference may not be drastic, there is still progress in the results. Treatment has helped these people improve their stress and over time it will improve more. Taking the steps to follow routines that are helpful to you both mentally and physically, will allow you to continue to see results. These results were caused by taking steps to destress. The individual results for each participant either went down or stayed the same.

There are a few actions I would take to improve results. I would track each participant carefully and make sure they follow all the steps previously talked about to get the best results possible. If all five methods are followed, there are greater chances for stress levels to decrease. It is important to keep all the same information that was already collected. With closer tracking, more valuable information will be collected that can result in better results.

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### REFERENCES

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