



Indian Journal of Agriculture and Allied Sciences

A Refereed Research Journal

ISSN 2395-1109

e-ISSN 2455-9709

Volume: 3, No.: 1, Year: 2017

www.mrfsw.org

Received: 28.12.2016, Accepted: 11.02.2017

CONCEPT OF FAMILY STRESS AND ANXIETY ON HEALTH OF WOMEN AND ITS MANAGEMENT BY COGNITIVE BEHAVIOUR THERAPY

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Abstract: Health is critical for overall well-being and is the most visible of the various dimensions of health, which also include social, intellectual, emotional, spiritual and environmental health. The most common involve work, money matters and relationships with partners, women family members. Stress may be caused by major upheavals and life events such as divorce, unemployment, moving house and bereavement, or by a series of problem such as feeling undervalued at work of burden in women. Cognitive behavior therapy focuses on thoughts or cognitions – in addition to behaviors. When used in treatment of stress and anxiety disorder, Cognitive- behavior therapy helps to identify and change the negative thinking patterns and irrational beliefs that are fuelling the anxiety disorders.

Keywords: family Stress and Anxiety, Health, Cognitive Behavior Therapy.

Introduction: Health is a state of complete physical, mental and not merely the absence of disease or infirmity. Physical health is critical for overall well-being and is the most visible of the various dimensions of health, which also include social, intellectual, emotional, spiritual and environmental health. Some of the most obvious and serious signs that we are unhealthy appear physically ^[1]. Addressing this dimension is crucial for anyone attempting to sustain overall health and wellness. Traditional definitions of 'physical health' prior to the onset of modern medicine have considered someone physically healthy any person was not stricken with a serious illness we define physical health ^[2]. Today's definition can consider everything ranging from the absence of disease to fitness level. In the burgeoning field of physical health psychology, psychologists are beginning to offer theories about interaction of mind and body and the ways in which behaviour, though, emotion and personality influence susceptibility and resistance to a disease all sorts of situations can cause stress. The most common involve work, money matters and relationships with partners, women family members ^[3]. Stress may be caused by major upheavals and life events such as

divorce, unemployment, moving house and bereavement, or by a series of problem such as feeling undervalued at work of burden in women. When someone is under chronic stress, it begins to negatively affect his or her physical and mental health ^[4]. The body's stress response was not made to be continuously engaged. Many people encounter stress from multiple sources, including work; money, health, and relationship worries; and media overload. With so many sources of stress, it is difficult to find time to relax and disengage ^[5]. This is why stress is one of the biggest health problems facing people today. Chronic stress increases the risk of developing health problems including obesity, diabetes, heart disease, cancer, and a Anxiety. It's a term that's often tossed around in conversation—as a casual synonym for stress, or worry, or that feeling you get when you look at your to-do list ^[6]. (Show Indian data not American data).

Family Stress and Anxiety on Health of Women: "There is an intense, constant fear that is hard to describe," says Laura Rowe, 34, of Denver. "It's a sinking feeling in your stomach almost as if someone is stalking you and you never know when those arms are going to wrap

around you and drag you away.” And more and more of us are being diagnosed: A recent study of about 63,700 college students found that five times as many young adults are dealing with high levels of anxiety as in the late 1930s (itself a stressful time!). The signs of anxiety’s prevalence among women are everywhere. And though no national data of rates in women exist, many experts believe the surge is not just media hype—it’s real. “I think there’s little question that there’s more anxiety today, and that women, in particular, are feeling it,” says JoAnn E. Manson, M.D., chief of the division of preventive medicine at Boston’s Brigham and Women’s Hospital. “I see it not only among patients but with friends, colleagues and people I interact with daily.” Weakened immune system. Chronic stress also affects a person’s mental health. As a result of too much of anxiety person is exposed to stress and with susceptible psychosomatic constitution, develops various symptoms involving all the systems. Thus, symptoms of anxiety (e.g. stomach aches, increased heart rate, shortness of breath, etc.).

Women are highly as likely to have anxiety disorder as to men. Many women operate in an ever-present state of anxiety or worry, also called generalized anxiety that may blossom into episodes of full-blown anxiety disorders during times of family stress.

Anxiety is a general term for several disorders that cause nervousness, fear, apprehension, and worrying. These disorders affect how we feel and behave, and they can manifest real physical symptoms. Mild anxiety is vague and unsettling, while severe anxiety can be extremely debilitating, having a serious impact on daily life. People often experience a general state of worry or fear before confronting something challenging such as a test, interview. These feelings are easily justified and considered normal ^[7]. Anxiety is considered a problem symptoms interfere with a person's ability to sleep. Anxiety is a normal human emotion that everyone experiences at times. Many people feel anxious, or nervous, when faced with a problem at work, before taking a test, or making an important decision. Anxiety is characterized by fearful anticipation of an unpleasant event in the future ^[8].

Management by Cognitive Behaviour Therapy: Stressors have physical, chemical and mental responses inside of the body. Physical stressors produce mechanical stresses on skin, bones, ligaments, tendons, muscles and nerves

that cause tissue deformation and in extreme cases tissue failure. Physical stress may produce pain and impair work performance. Stressor may also affect mental function and performance.

Cognitive behavioural therapy is talking therapies that can help you manage your problems by changing the way you think and behave. Its most commonly used to treat anxiety and depression, but can be useful for other mental and physical health problems. CBT is based on the concept that your thoughts, feelings, physical sensations and actions are interconnected, and that negative thoughts and feelings can trap you in a vicious cycle. CBT aims to help you deal with overwhelming problems in a more positive way by breaking them down into smaller parts. You are shown how to change these negative patterns to improve the way you feel.

Many studies show a correlation between stress and the development of mood disorders such as anxiety disorders and depression. According to the American Psychological Association’s latest stress survey, 66 percent of people regularly experience physical symptoms of stress, and 63 percent experience psychological symptoms. Stress and anxiety that occur frequently or seem out of proportion to the stressor may be signs of an anxiety disorder. Nearly 40 million Americans suffer from some type of anxiety disorder. Individuals with these disorders may feel anxious and stressed on a daily basis and have irrational fears (phobias). Common anxiety disorders include ^[9]. Generalized anxiety disorder a common anxiety disorder that causes uncontrollable worrying about bad things that might happen. Panic disorder a condition that causes moments of extreme fear, a pounding heart, and shortness of breath, commonly known as panic attacks. Post-traumatic stress disorder a condition that causes flashbacks or anxiety as the result of a traumatic experience. Social phobia: a condition that causes intense feelings of anxiety in situations that involves interacting with others. Obsessive-compulsive disorder a condition that causes repetitive thoughts and the compulsion to complete certain ritual actions ^[10].

Various studies have indicated that hereditary factor also play some part in the genesis of anxiety and stress. This condition is found more frequently in families with a background of similar symptoms. Further, experience of emotionally disturbing factors in early life may play an important role in the

genesis of this disease, such as sudden severe fright or other similar events. Physical health of women neglected by their family or women who have been given too much of protections by their families are more liable to get this disease when they reach health of women.

Practically speaking for example, if there is a highly educated woman suffering health her family who is unable to get any job, but his friends have got good job in the govt. Sector. Though, she was very talented women among his friend circle and also taught them but now he is unemployed why all his friends are doing government service. She is involved in teaching in some private school, opposite to his target and thus, he is not satisfied and depressed. By educating him we try to change the outlook of his thoughts which are making him depressed – like all your friends who have secured higher positions and now high rank officials and well settled now. Though, they were poor at studies as compared to you, it is their continuous struggle, proper ideals and perseverance that made them reach their goals, which you could not. You might be well aware of the morale of the story of rabbit and tortoise–“slow and steady wins the race. You are well educated and don’t waste your knowledge; as such no one is high or low as an individual in effort has been made to bring out a change in the outlook of irrational and harmful thoughts of a person as per the existing philosophies like e.g. negative thought : I had never thought of becoming a teacher. How will be able to teach? Therapy by counselling: Here the attitude towards negative thought/emotion is discussed and modified in to a positive thought or emotion i.e. I am well educated, talented and have studied all the literature then how is that I cannot teach. By a little effort and concentration I can easily teach the students and develop the self esteem. What I am doing is the best and most important task/profession.

The negative thoughts are converted into positive thoughts, conversion of negative emotion into positive one’s. Positive thoughts are developed to bring out a change in emotional states /behaviour and personality, using modern technique of life described in Cognitive behaviour therapy.

Techniques of Cognitive behaviour therapy: Cognitive behaviour therapy combines features of both cognitive and behaviour therapies to identify unhealthy, negative beliefs and behaviours and replace them with healthy, positive ones. It’s based on the idea that one’s

own thoughts not other people or situations – determine how one is behaving. Even if an unwanted situation doesn’t change one can change the way one thinks and behaves in a positive way. Cognitive behaviour therapy is directive time-limited, multidimensional psychological treatment. The patient and therapist discover the irrational belief and illogical thinking patterns associated with the patient’s anxiety and stress effects, they then devise methods by which suffering women themselves can test the validity of their thinking. The therapies help patients to become aware of their irrational beliefs and distorted thinking automatic thoughts.

Cognitive Behaviour Psychotherapy

Goal: Oriented and problem focused

Patient Selection: Unipolar, Non psychotic Stress and Anxiety women patients,

Technique: Taught to recognize negatively biased automatic thoughts Identify patient’s schema’s beliefs attitudes. Cognitive behaviour therapy focuses on thoughts or cognitions–in addition to behaviours. When used in treatment of stress and anxiety disorder, Cognitive-behaviour therapy helps to identify and change the negative thinking patterns and irrational beliefs that are fuelling the anxiety disorders.

Today’s treatment of anxiety disorders relies heavily on psychotherapy especially cognitive-behaviour interventions. Many patients benefit simply from a general orientation to the role of their thoughts and expectations in triggering anxiety. Aaron Beck. And Emery, 1985 has identified a number of common cognitive distortions relevant to anxiety disorders. David Barlow 1994 has further identified critical cognitive and behaviour interventions and useful in reducing anxiety. In addition, self-help books are widely available and can guide patients in mastering their own anxiety Barlow, o’ Leary 1992; Ellis 1998 Eills and Harper, 1975; Weks, 1978. The therapist uses assignments to guide strategic, targeted cognitive behavioural intervention with the following goals: 1. Teach adaptive coping skills. 2. Modify cognitive scheme that elicit anxiety and stress. 3. Modify specific thoughts and attributions that trigger anxiety and stress. 4. Disrupt safety behaviour, including avoidance patterns that preserve the cognitive distortions. 5. Assist the individuals to confront and master anxious situations.

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