Four Pillars of Social Life

Authors Name: Amit Pandey*, Navneet Singh, Lagan Mahipal, Ayush Shaw, Sneha Rout

Correspondent Author: Amit Pandey, PGDMBM6CM, Universal Business School, Kushivli, Vadap P.O. Gaukamat, Karjat, 410201.
Email: amit.pandey@ubs.org.in

Abstract

Human psychology a study of the human brain and its behaviors it is conscious and unconscious phenomena that human sometime don't even realize. There are five psychological concepts that includes: Biological, Humanistic, Cognitive, Behavioral, Psychodynamic. The paper mainly focuses on the Behavioral, Psychodynamics and behavioral areas. The human brains handle multiple task during his/her daily life weather he/she is home or in the work place. Work place psychological behaviors plays an important role how he builds perspective. This typically starts with the child when first starts going to school and till the later parts of life. This starts with identifying and solve problems – this change with increasing phases of life like for a child it is his homework, for a college going students it is his assignments and for a working professional it is his meeting and task to perform. The paper focuses mainly on the students and working professionals and how they drive their beliefs, values and principle. How a professional approach to different people based on his approach towards the work situation. This heavily depends on how well the work culture is and well the person is having a work life balance. Work-life balance plays a critical part as his ability to analyze situation and approach towards it influences his decision making. Moreover, a person's social influence also makes his behavioral aspects which he/she carries for a very long period.

Introduction

There is a growing awareness that modern psychology is undergoing a paradigm shift. Numerous objections are being made to a psychology concerned primarily with the person as a subject of research. Modern psychology helps corporate leaders to read corporate dynamics, employees' mindset and most importantly to motivate them in the best way possible. The subject of research focuses on how to understand and to assist when one should shift his/her bond to the next level of emotional self. In doing so one significant challenge has come from the contextualist viewpoint, which has had a wide-ranging influence on the subject. Moreover, the stressors are also found as one of reason that individuals in professional world have a drastic change in their approach to work which have also contributed to the importance of the subject.

Contextualism is the belief that conduct cannot be understood apart from the environment in which it occurs. Contextualism is concerned with the relationship between the organism and its environment—explaining and comprehending the evolving individual in a changing world. The paper also focuses why an organism changes his attitude especially when he feels that he cannot be the reason for the changing attitude of people around him, He being maintaining the neutral state of mind along with his behavioral approach but his mind set chances with changing dynamics in external environment which is not in control of oneself. This article adds to the discussion by extending contextualism in a variety of directions. **(Szapocznik & Kurtines, 1993)**

Family Pillar

This pillar consists of the family members we take birth in. Although it's the only pillar in which we don't have the option to select members/participants and it's something default in nature, Humans posses with generally two types of traits one is the inmate behaviors which keeps itself attached to the mother for instance smiling, crying, crawling etc. The other behaviors are developed with later part of upcoming life which is most related to the experiences that the person have during his life, these are majorly focused on keeping itself happy. The basic concept is to develop such behavior where the human feels secure and satisfied. The satisfaction might be in various forms starting from financial freedom to having a healthy work life balance.

In this pillar, the members/participants are the parents and siblings of an individual which plays a very crucial role for different social aspects in life. Parents are the one who teaches different social values to an individual at his early childhood days and siblings are the first people with whom an individual practice socializing for different aspects in life.

Relationships are important to individuals. One of the primary goals of good early family relationships is to encourage competent socio-emotional development. Children actively participate in the development and maintenance of interpersonal interactions with their care givers. **(Hinde, 1979)**

In our diagram, we have selected red color for the members/participants which comes under this pillar as they are connected to the blood line group of an individual and the color of blood is red.

Personal Pillar

When an individual grows up and start going to school or lives in a hostel during the tenure of his studies, he interacts with different people around of the same age group and who share ideas and values of common interest who later become friends with an individual.

These friends and neighbors are the members/participants in which an individual enjoys the complete freedom in selecting them as per his understanding towards them without any foundation.

Both friends and neighbors are proven to give crucial, overlapping sorts of support and help which contribute to sustaining well-being and independence in old age. **(Wenger, 1990)**

Friends are the one which helps an individual understand how to socialize with the outside world, how much to socialize and how to react to things in different aspects of life. Also, these friends are the one who are there with an individual in the times of happiness, sorrow, or grief.

In our diagram, we have selected green color for the members/participants which comes under this pillar as the green color signifies re-birth and growth and its related to positivity. Also, friends are someone who helps an individual to be much better by each passing day and grow as an individual.

Professional Pillar

When an individual completes his/her studies and start working in an organization to earn his/her livelihood, he/she come across various people with whom they need to interact every day.

These people are very much professional in their approach and instead of socializing with them an individual should use the formal way of interaction with them as they are very much competitive in

nature.

The interaction of an individual is very less with them and whenever the conversation between these members/participants and individual takes place is basically related to work only.

The individual should always focus on using the practical approach while socializing with these members/participants, as emotional approach can give an undue advantage to these members/participants over the individual.

But at times, individual should use the informal way of communication while interacting with these members/participants to makes things work in his favor. An individual should always be cautious how much to socialize while interacting with these members/participants.

It is maintained that the notion of informal relations in professional work, gives more emphasis on practitioners as moral agents in context, is a crucial antidote to much current practice's rules- based managerialism. **(Banks, 2016)**

In our diagram, we have selected yellow color for the members/participants which comes under this pillar as it's the color of the sun and it means that an individual should know how much heat he/she can bear the heat coming out of the sun and act accordingly at different situation and in the same way an individual should know how much interaction is needed with these members/participants while working with them and also whether the interaction will be formal or informal depends on the different situation that arises at times.

Well-Wisher Pillar

The members/participants which comes under this pillar are the most important of all members/participants with whom an individual interacts and socialize in the outside world.

These members/participants are the people where an individual like to interact whenever he is in dilemma or in a problem related to his personal/professional life and tries to seek a proper solution for the same.

But the most important and crucial thing that an individual should always remember is that he/she should not disclose about these members/participants to anyone in his/her life. Even the members/participants which comes under this pillar for an individual should not be made aware by the individual himself that he considers them as his/her well-wisher.

Even though these members/participants are being considered as the well-wisher by the individual whom he/she trust the most amongst all the people he interacted or socialized in his lifetime. If they come to know about the fact that individual seek for help of them at the time of difficulties, a situation may arise that they try to deviate him/her from the track un- intentionally by being overconfident over the fact that we are his/her well-wisher.

In our diagram, we have selected blue color for the members/participants which comes under this pillar as blue color signifies serenity, stability, inspiration, and wisdom. An individual will only add those members/participants under this pillar whom he thinks has all these qualities and will surely show him the right path/direction whenever he faces any kind of difficulty in his/her personal or professional life.

Four Pillars of Social Life
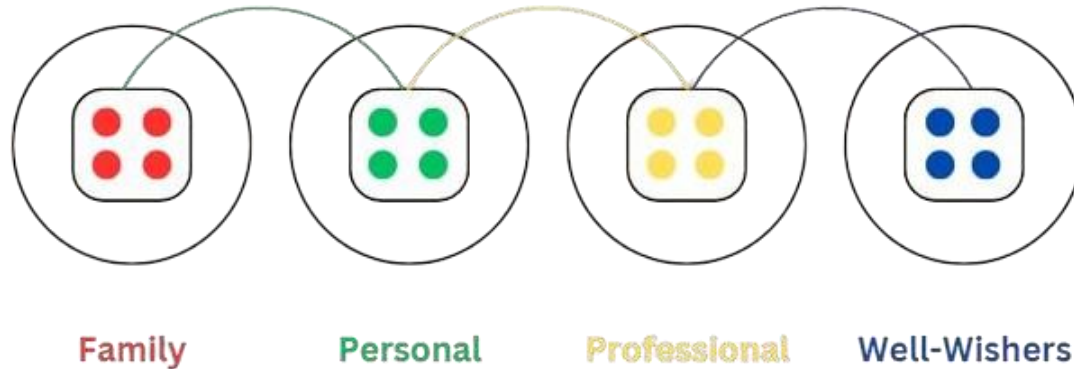
Process of Growing as an Individual Across These Pillars

If an individual wants to grow social aspects of life, he/she needs to grow the boundary and width of these various social pillars to add more members/participants under each of the given pillar.
To add more members/participants the individual needs to shift members/participants from the next pillar to the previous pillar.

When an individual makes friends, who helps him in different aspects of his life as discussed earlier and attend various family functions which may be related to happiness like marriage or death of a family member of an individual related to sorrow and grief, these friends also become the part of family pillar from being a part of personal pillar.

In the same way members/participants from professional pillar become the part of personal pillar when an individual builds an informal relation with them. Also building an informal relation with the colleagues helps an individual to improve his/her productivity in the works assigned to them as they feel get a home like feeling while working around such an environment which is very challenging in carrying out day to day operation and help an individual to focus more efficiently on work for which they are being paid instead of worrying about the politics that exists till the time individual consider his/her colleagues to be a part of professional pillar instead of personal pillar because of extensive competitive behavior.

As soon as an individual start considering his/her colleagues under personal pillar, a sense of togetherness grows ultimately leading to change in the mindset of an individual from 'I' to 'WE'. But at the same time, very few members/participants should be moved from professional pillar to personal pillar because very few people/colleagues can understand the true intention and mindset of an individual and would refrain from taking undue advantage of him at times to come.

At last, all the members/participants who all belongs to well-wisher pillar should be moved to professional pillar after a particular point of time in his life. As these members/participants are those from whom an individual seek advice in his/her difficult times, it means they ultimately provide professional help to an individual only when he/she seek for it.

As all the members/participants of well-wisher pillar are moved towards the professional pillar, it means now it is left blank with zero members/participants left in it. And to balance the social life of an individual all pillars should be strong enough having at least one member/participant in each one of them.

Therefore, in the final league of social life, an individual must be self-reliant and self- competent enough to know what is good or bad for him/her in his life. No one in this world can be a best well-wisher for an individual than himself. In the end the individual himself should be added under the well-wisher pillar. Thus, the day when an individual gets mature enough to know what decision in his/her life is good/bad or what steps to be taken that will lead him/her to success, that day an individual conquers all the aspects of social life and grows as a true human being who sets good examples for the society, he/she lives in.

In our diagram, we have selected white color for the individual which comes under well-wisher pillar as white color signifies purity. An individual should be pure enough from his/her thoughts, emotions and actions while dealing with different members/participants of society and ultimately true to one own self in whatever he/she do in his/her different societal aspects of life.

Factors and Causes of Stress Over Time

In today's fast-paced and demanding society, individuals often find themselves overwhelmed and stressed due to various factors related to time management. One important area of study that focuses on understanding the prevalence and implications of stress is academic stress among students. This type of stress has been shown to have a negative impact on student performance and overall well-being. Researchers have identified several factors that contribute to academic stress, including academic pressure, a heavy course workload, financial concerns, sleep deprivation, and exposure to patients' suffering and deaths. In addition to academic stress, there are other stressors that individuals face in different settings.

Body: Factors that Cause Stress Over Time

I. Workload

A. Explanation of workload as a factor causing stress Academic workload is a significant factor that contributes to stress among students. As highlighted in various studies conducted in UK universities, heavy workloads and lack of time to keep up with academic demands were commonly reported by both students and academic staff. This heavy workload can leave students feeling overwhelmed and unable to effectively manage their time, which in turn increases their stress levels.

Moreover, the pressure to perform well academically adds to the stress experienced by students. Many teenagers feel the need to constantly strive for better grades, leading to a competitive atmosphere that further intensifies their stress. This competitive pressure can be detrimental to students' mental health as it not only leads to increased stress but can also contribute to feelings of inadequacy and self-doubt. The constant pressure to succeed academically can lead to a multitude of negative consequences, including increased anxiety, depression, and even a decline in overall well-being.

Another factor that contributes to academic stress is the transition from high school to college. Leaving the familiar environment of home and entering a new and unfamiliar setting can be overwhelming for many students. They may experience a range of psychological symptoms, such as homesickness, loneliness, and a general sense of feeling overwhelmed. They are suddenly faced with increased

independence and responsibility, navigating new social dynamics, and adapting to higher academic expectations.

This transition can put a significant amount of stress on students, as they try to navigate this new phase in their lives while also trying to excel academically.

Furthermore, the demands placed on students by both teachers and parents can contribute to academic stress. Some teachers and parents have high expectations when it comes to academic performance, believing that increased pressure will lead to better grades. However, this constant pressure can backfire and instead create a negative impact on students' well-being. The excessive focus on academic achievement can add to the already existing stress, leaving students feeling overwhelmed and burnt out. In addition to academic stress, university students face multiple stressors in their daily lives. The constant competition with peers, financial

burdens, and concerns about the future all add to the overall stress levels. As a result, students' ability to study and perform academically may be compromised. The weight of these stressors can impede their concentration, recall of information, and overall cognitive functioning. During periods of academic examinations, the levels of stress tend to escalate even further, leading to heightened anxiety, emotional distress, and a decline in cognitive skills such as memory and attention.

The negative impact of academic stress on students' mental health should not be underestimated. It can contribute to the development of various mental health problems, including anxiety disorders, depression, and even more severe psychological disorders. The detrimental effects of academic stress on mental health have been widely recognized and documented. However, despite the clear negative consequences of academic stress, many students seldom seek help for their problems. This may be due to a variety of reasons, such as fear of judgment or stigma, lack of awareness about available resources, or a belief that seeking help is a sign of weakness.

It is crucial for universities and colleges to address the issue of academic stress and prioritize the well-being of their students. Implementing support systems and resources that can help students cope with stress is essential. This can include offering counselling services, promoting self-care practices, and encouraging a healthy work-life balance.

Meeting deadlines is an integral aspect of professional and academic life, and it often comes with its fair share of challenges and stress. The pressure to deliver quality work within a specified timeframe can be both daunting and demanding, creating an environment where individuals must navigate through various obstacles to ensure successful project completion.

One of the primary sources of stress associated with deadlines is the constant awareness of time ticking away. The looming deadline acts as a constant reminder that there is a finite amount of time to accomplish a set of tasks or deliver a project. This time constraint can induce stress and anxiety, pushing individuals to work harder and faster to meet the established timeline. The fear of not completing the work on time, whether self-imposed or externally imposed, can be a powerful motivator but also a significant stressor.

Moreover, the pressure to deliver quality work adds another layer of complexity to the deadline-driven environment. While meeting deadlines is essential, maintaining the standard of work is equally crucial. The fear of compromising quality in the pursuit of punctuality can lead to a delicate balancing act. Individuals must navigate the fine line between speed and precision, ensuring that the work produced not only meets the deadline but also meets the expected standards of excellence.

II Deadline:

In a professional setting, deadlines are often linked to broader organizational goals and objectives. Failure to meet deadlines can have ripple effects, impacting the overall efficiency and success of a project. This can contribute to a heightened sense of responsibility and accountability among team members. The fear of letting down colleagues or superiors and the potential consequences of missing a deadline can create additional stressors, fostering an environment where individuals feel the weight of their responsibilities acutely.

The impact of deadline stress is not limited to the workplace; it extends to academic settings as well. Students, for instance, face a constant stream of deadlines for assignments, exams, and projects. The multiplicity of tasks combined with the pressure to excel academically can create a stressful environment that affects not only the academic performance but also the overall well-being of students. Learning to manage these pressures becomes a crucial skill for success both in academic and professional spheres.

Despite the challenges, deadlines also serve as catalysts for productivity. The urgency created by a looming deadline can push individuals to focus, prioritize, and streamline their efforts. The time pressure forces individuals to make decisions efficiently and allocate resources effectively. This heightened sense of concentration can lead to creative problem-solving and innovative thinking as individuals strive to find the most effective and efficient ways to meet their objectives within the given timeframe.

To cope with deadline-related stress, individuals can adopt various strategies. Time management skills, prioritization, and breaking down tasks into smaller, more manageable components can help in tackling the workload systematically. Effective communication within teams is also crucial, ensuring that everyone is on the same page regarding expectations and timelines. Additionally, incorporating stress-management techniques such as mindfulness, exercise, and proper self-care can contribute to a healthier approach to meeting deadlines.

In conclusion, the pressure associated with meeting deadlines and delivering quality work is an inherent part of professional and academic life. While it can induce stress, it also serves as a powerful motivator and catalyst for productivity. Striking a balance between efficiency and excellence, managing time effectively, and adopting stress-management techniques are key components in navigating the challenges of deadlines. Learning to thrive in a deadline-driven environment is not just about meeting timelines; it's about developing resilience, adaptability, and a holistic approach to work and life.

III Time Pressure

Time pressure is a ubiquitous aspect of modern life that often triggers stress and anxiety. As individuals navigate through the demands of work, education, family, and personal commitments, the persistent feeling of not having enough time to accomplish everything on the agenda can be overwhelming. This sensation of time scarcity creates a psychological burden, affecting mental well-being and overall quality of life.

The relentless ticking of the clock, coupled with the seemingly endless list of tasks, can induce a sense of urgency that permeates every aspect of daily life. The pressure to meet deadlines, fulfil responsibilities, and balance competing priorities can lead to a heightened state of stress. In such circumstances, individuals may experience physical symptoms like increased heart rate, muscle tension, and fatigue, further exacerbating the toll on their overall health.

One significant consequence of time pressure is the compromise on the quality of work. When individuals feel rushed, they may find it challenging to maintain the same level of attention to detail and concentration. This can result in errors, oversights, and subpar outcomes, leading to additional stress as individuals grapple with the consequences of their compromised performance.

Moreover, the relentless pace imposed by time pressure can erode work-life balance, leaving individuals feeling stretched thin and emotionally drained. The constant need to prioritize tasks and allocate time efficiently may lead to neglecting essential aspects of self-care, social relationships, and leisure activities. Over time, this imbalance can contribute to burnout and a decline in overall well-being.

To cope with the stress induced by time pressure, individuals may resort to unhealthy coping mechanisms, such as procrastination, avoidance, or even sacrificing sleep. Paradoxically, these strategies can exacerbate the problem, creating a vicious cycle that perpetuates the feeling of not having enough time.

Effective time management, prioritization, and setting realistic goals are crucial skills for mitigating the impact of time pressure. Learning to delegate tasks, saying no when necessary, and recognizing one's limitations are essential steps in fostering a healthier relationship with time. By adopting a proactive approach to time management, individuals can cultivate a sense of control, reduce stress, and enhance their overall well-being in the face of life's demanding schedules.

IV Procrastination:

Procrastination, the act of delaying or postponing tasks until the last possible moment, is a common behaviour that affects individuals across various aspects of their lives. This habitual tendency to put off responsibilities can have detrimental effects, particularly in the realm of stress and anxiety as deadlines loom closer.

One of the key contributors to the stress associated with procrastination is the heightened pressure that emerges as deadlines approach. When individuals delay tasks, they often underestimate the time required to complete them adequately. As the deadline draws near, the realization of the impending time crunch intensifies, triggering stress responses. The physiological and psychological effects of stress, such as increased heart rate, elevated cortisol levels, and a heightened sense of urgency, can further hinder one's ability to focus and perform optimally.

Moreover, the delayed initiation of tasks can lead to a rush to meet deadlines, sacrificing the quality of work. This compromise in the quality of output adds an additional layer of stress, as individuals grapple with the consequences of subpar performance. The fear of failure or falling short of expectations, coupled with the knowledge that the procrastination cycle is self- inflicted, amplifies the emotional toll.

The negative impact of procrastination extends beyond the immediate stress associated with impending deadlines. Chronic procrastination can contribute to a cycle of self-doubt and decreased self-esteem, as individuals may struggle to break free from the pattern of delayed action. Breaking the cycle of procrastination involves developing effective time management skills, setting realistic goals, and addressing the underlying factors that contribute to this behaviour. Ultimately, understanding and combating procrastination is not only crucial for meeting deadlines but also for promoting overall well-being and personal growth.

V. Personal Commitments:

Balancing personal commitments with work or school is a perpetual juggling act that often induces stress due to the myriad demands and responsibilities individuals face in their daily lives. The delicate equilibrium between personal and professional spheres becomes challenging as competing priorities vie for attention, time, and energy.

In the realm of academia, students grapple with the demands of coursework, assignments, and exams while concurrently managing personal obligations. The pressure to excel academically can intensify when coupled with familial responsibilities, social engagements, or personal pursuits. The intricate dance between academic pursuits and personal commitments requires adept time management and organizational skills to prevent one domain from overshadowing the other.

Similarly, in the professional realm, employees find themselves navigating the delicate tightrope between work expectations and personal life. Career aspirations, deadlines, and office responsibilities may clash with the desire for a fulfilling personal life, leading to stress and burnout. Striking a harmonious balance necessitates setting boundaries, effective prioritization, and the ability to communicate needs to supervisors and colleagues.

The repercussions of neglecting this balance are manifold, encompassing physical and mental well-being, job performance, and interpersonal relationships. Stress resulting from the struggle to manage personal commitments alongside work or school commitments can impact productivity, focus, and

overall satisfaction. Thus, individuals must cultivate resilience, adopt time management strategies, and seek support systems to navigate the intricate interplay between personal and professional realms successfully. Ultimately, achieving equilibrium requires a proactive approach to ensure that both personal and professional spheres coexist harmoniously.

Childhood: Factors affecting stress and impacting social life

1.Family Problems (e.g. divorce, abuse, neglect): Family issues in childhood, such as divorce, abuse, or neglect, can induce profound stress, disrupting a child's emotional well- being. The instability and conflict within the family unit can impact social interactions, fostering a sense of insecurity and mistrust that extends into adulthood.

2.Bullying at School: Childhood bullying leaves enduring scars, affecting social life. The emotional toll of being bullied may lead to social withdrawal, anxiety, and difficulty forming trusting relationships. This early experience can shape one's social interactions and self- perception throughout life.

3. Academic Pressure: The intense pressure to excel academically during childhood can result in chronic stress. This stress can spill over into social spheres as children may sacrifice social activities for more study time, impacting their ability to develop essential social skills.

4.Peer Pressure: Peer pressure, a prevalent stressor during adolescence, can influence social behaviour. The desire to conform to peer expectations may lead individuals to make choices that compromise their values, affecting friendships and social dynamics.

5. Health Problems: Childhood health issues can isolate individuals from social activities, hindering normal social development. Chronic illnesses or physical limitations may lead to feelings of exclusion and impact the formation of friendships.

6. Adolescence - Academic Pressure: Academic pressure during adolescence intensifies as the importance of educational achievements grows. This stress not only affects academic performance but also shapes social interactions as peers may bond over shared academic challenges or create hierarchies based on success.

7.Social Media Pressure: The pervasive influence of social media amplifies social pressures during adolescence. Comparison, cyberbullying, and the constant need for validation online can negatively impact self-esteem and contribute to social anxiety.

8.Dating and Romantic Relationships: Navigating the complexities of dating and romantic relationships adds a layer of stress during adolescence. Peer expectations, fear of rejection, and societal norms can influence social dynamics, impacting friendships and self-esteem.

9.Body Image Issues: Body image concerns during adolescence contribute to social stress. Perceived inadequacies or societal standards of beauty can affect self-confidence and social interactions, leading to feelings of isolation.

10.Peer Pressure (Adulthood): Peer pressure persists into adulthood, influencing career choices, lifestyle decisions, and social circles. The need to conform to societal expectations or workplace norms can impact personal fulfilment and social relationships.

11. **Family Problems (Adulthood):** Ongoing family problems in adulthood, such as conflicts or estrangement, can permeate social life. Balancing familial obligations with social commitments becomes challenging, affecting the quality and availability for social interactions.

12. **Career and Financial Pressure:** The demands of a career and financial responsibilities in adulthood can create significant stress, affecting social life. Long working hours, financial worries, and career-related stressors may limit time and energy for social engagements.

13. **Relationship and Family Issues:** Complexities in adult relationships, such as marital problems or parenting challenges, can strain social connections. Balancing relationship dynamics and maintaining a healthy social life requires conscious effort.

14. **Health Problems (Adulthood):** Adult-onset health issues can impact social life by limiting physical activities and leading to emotional challenges. Chronic illnesses or mental health issues may create social barriers and affect the quality of relationships.

15. **Caregiving Responsibilities:** The responsibilities of caregiving, whether for children, elderly parents, or ailing family members, can strain social life. Juggling caregiving duties with personal time becomes a considerable challenge.

16. **Work-Life Balance:** Striking a balance between career demands and personal life is a persistent challenge in adulthood. Overemphasis on work can lead to social isolation, impacting mental well-being.

17. **Legal Issues:** Legal problems, such as litigation or criminal matters, create substantial stress and social stigma. These issues can strain relationships and limit social opportunities.

18. **Health Problems (Elderly):** Health problems in the elderly impact social life by limiting mobility and creating dependency. Chronic illnesses can lead to social isolation, affecting mental and emotional well-being.

19. **Loneliness and Social Isolation:** Elderly individuals may face loneliness and social isolation due to factors like loss of friends, family members, or decreased mobility. These challenges impact mental health and overall quality of life.

20. **Financial Worries:** Financial concerns during old age can lead to stress and anxiety, impacting social engagements. Limited resources may restrict participation in social activities, leading to a sense of exclusion.

21. **Loss of Independence:** The loss of independence in old age, whether due to health decline or other factors, can affect social interactions. Dependence on others for daily activities may lead to feelings of vulnerability and impact relationships.

22. **Caregiving Responsibilities (Elderly):** Older individuals may experience stress due to caregiving responsibilities for spouses or family members. Balancing these duties with personal time can strain social connections.

23. **Death of Friends and Loved Ones:** Coping with the loss of friends and loved ones in old age is emotionally challenging. Grieving and adjusting to a shrinking social circle can lead to isolation and impact mental health.

Reasons of Chronic Stress and its Impact on a being Social Life

Chronic stress, a pervasive issue in contemporary society, has been a subject of extensive research due to its multifaceted impact on mental and physical well-being. This paper delves into the causes of persistent stress over time, exploring various factors that contribute to this phenomenon. Understanding the intricacies of these stressors is crucial for developing effective interventions and strategies to mitigate their enduring effects on individuals.

1. Work Demands: Work demands stand as a cornerstone in the realm of chronic stress, where high workload, tight deadlines, and prolonged working hours converge to create a persistent strain on individuals. The relentless nature of modern professional environments, coupled with a lack of autonomy or social support, exacerbates the stress experienced by individuals over an extended period. Research suggests that interventions targeting workload management and fostering supportive work cultures are paramount in alleviating this enduring occupational stress.

2. Life Changes: Major life events, such as divorce, job loss, illness, or the death of a loved one, can instigate a protracted state of stress. These events disrupt the equilibrium of an individual's life, necessitating coping mechanisms that extend beyond immediate adaptation. Examining the longitudinal impact of such life changes on stress levels provides valuable insights into the need for ongoing psychological support and resilience-building strategies.

3. Financial Pressures: Financial difficulties, notably debt or a lack of financial security, manifest as a substantial source of persistent stress. Economic uncertainties and disparities contribute to prolonged psychological distress, affecting individuals across diverse socio- economic backgrounds. Research endeavors focusing on the nexus between financial stressors and mental health underscore the importance of targeted interventions, ranging from financial literacy programs to social policies addressing economic inequalities.

4. Health Issues: Chronic health problems or disabilities introduce a unique dimension to enduring stress. The intersection of physical and psychological well-being becomes a focal point, as health challenges not only induce ongoing stress but may also limit an individual's capacity to cope effectively. Investigating the reciprocal relationship between health issues and stress elucidates the necessity for holistic healthcare approaches and psychosocial interventions to alleviate the burden of chronic health-related stress.

5. Trauma and Adversity: Experiences of trauma or adversity, such as abuse, neglect, or violence, imprint lasting imprints on an individual's mental health, contributing to ongoing stress. Research delving into the neurobiological and psychological repercussions of trauma underscores the need for trauma-informed interventions, focusing on long-term healing and resilience-building to mitigate the enduring effects of traumatic stressors.

6. Social Factors: Social determinants, including social isolation, discrimination, and other forms of social stress, emerge as influential factors contributing to persistent stress over time. Understanding the socio-cultural contexts that underpin chronic stress is essential for designing interventions that address systemic issues, fostering social support networks, and dismantling barriers to mental well-being.

Research Findings

The paper discusses various aspects of human psychology, emphasizing the importance of understanding behavior in the context of the environment. It identifies four pillars – the family pillar, the personal pillar, the professional pillar and the well-wisher pillar – as crucial elements influencing an individual's social interactions and well-being. The family pillar is highlighted as the foundation, representing the family members an individual is born into. It emphasizes the role of parents and siblings in shaping social values during early childhood. Relationships within the family contribute to competent socio-emotional development. As an individual grows, interactions with peers and neighbors become significant, offering support and shaping social skills.

The personal pillar represents friendships and informal relationships. The individuals should be cautious about revealing personal matters to colleagues, maintaining a balance between formal and informal communication. It emphasizes the importance of moving some members from the professional to the personal pillar but warns against over-reliance on colleagues. The professional pillar signifies formal relationships, often associated with work. The well-wishers should be moved to the professional pillar after a certain point, advocating for self-reliance and independence in the final stages of social life. It includes the stressors individuals face in academic and professional settings. Academic stressors include pressure to perform well, heavy workloads, and the transition from high school to college. Meeting deadlines, a crucial aspect of professional and academic life, is explored as a source of stress. The text acknowledges the positive role of deadlines in boosting productivity but also discusses the negative impact on mental well-being. Procrastination is identified as a common behavior that contributes to stress, particularly as deadlines approach. Balancing personal commitments with work or school is presented as a perpetual challenge inducing stress.

The paper further explores stressors at different life stages, including childhood, adolescence, adulthood, and old age. It identifies factors such as family issues, academic pressure, peer pressure, health problems, and caregiving responsibilities as contributors to stress.

In conclusion, the text calls for an understanding of the various stressors' individuals face across different life stages, emphasizing the importance of addressing these stressors for overall well-being. It highlights the need for interventions and strategies to mitigate persistent stress over time.

Bibliography

- Hinde, R. A., 1979. Towards understanding relationships. London: Academic, Volume 7, pp. 275-286.
- Szapocznik, J. & Kurtines, W., 1993. FamilyPsychology and Cultural Diversity: Opportunities for Theory, Research, and Application. American Psychologist, 8(4), pp. 400-407.
- Wenger, G., 1990. The Special Role of Friends and Neighbors. Journal of Aging Studies, 4(2), pp. 149-169.
- Banks, S., 2016. Everyday Ethics in Professional Life: Social Work as Ethics Work. Ethics and Social Welfare, 10(1), pp. 35-52.
- (Almaghaslah & Alsayari, 2022) (Bozovic et al., 2018) (Cao et al., 2023) (Irie, 2019) (Al-Kumaim et al., 2021) (Irie et al., 2019) (Mastromatteo et al., 2022) (Mann, 2021) (Bettappa et al., 2022) (Liu et al., 2022) (Tariku et al., 2017) (Kurniawan, 2018) (Zhou et al., 2021) (Dores et al., 2021) (Engelbrecht, 2022) (Dachew et al., 2015)