

## **Impact Of Stress On Health**

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**Abstract:** Stress, a universal phenomenon, is considered to be a condition in which people respond physically, psychologically and socially to life changes. “Hans Selye identified stress as a nonspecific response of the body to any demand made on it. Stress, on its own, does not make you ill; it may increase risk or vulnerability to illness”. Thus, play a vital role in the etiology of diseases. Stress effects biological system of the body (ex: physical strain, hormonal changes) increase maladaptive coping behaviour (ex: smoking, alcohol; effect emotions) which effects on diet and activity levels, all of them contribute to increased risk of disease. Current research has indicated that between 70 to 80 percent of health-related problems may be precipitated or aggravated by stress. stress can cause stomach aches, nausea, and diarrhea. In the long term, prolonged stress can aggravate chronic diseases such as Irritable bowel syndrome , Heartburn, Gastric ulcers ,Ulcerative colitis and crohn’s disease

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