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BEHAVIORAL ASPECT AND STRESS PHYSIOLOGY

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ABSTRACT

There is considerable interest in the study of stress and aggression (behavior) in primates as a model for their interpretation in humans. Despite methodological and interpretational problems associated with behavioral and physiological measurement, a considerable body of literature exists on these phenomena in primates. The sources of variation in stress and aggression, including species identity, sex, age, breeding and social status, individual temperament, background, learning and resource distribution. This is followed by an examination of the interaction between stress and aggression before reviewing the most important areas in which changes in both stress and aggression are measured. This review reveals the complex and often contradictory nature of relationship between its stress status and aggression (behavior).

KEYWORDS: Behavior, Characteristics.

BEHAVIOR

A response of an individual or group to an action, environment, person or stimulus is called behavior. Behavioral psychology maintains that behavior is both conditioned and determined by its own outcomes or consequences (rewards and punishments). Human behavior can be understood by investigating animal behavior. Only the observable and measurable aspects of a behavior are worth investigating. Repetition alone brings mastery which is the same as understanding. Knowledge is something given by an instructor and taken (acquired) by a learner. An instructor should focus on changing the learner's behavior and not his or her thinking patterns; and mind (and thus consciousness) does not exist as far as scientific investigation is concerned,

CLASSIFICATION OF HUMAN BEHAVIOR

To analyze and measure the behavior psychologists have divided behavior into different classes. Classification of human behavior given below-

MOLECULAR AND MORAL BEHAVIOR

Molecular Behavior

The sudden behavior what occurs without thinking something is called molecular behavior.

Example: Abul hits a stick on Kuddus eyes and Kuddus closes his eyes at once. This is molecular behavior. Unpredictable situation whereas Kuddus has not any preparation to his eyes or face situation.

Moral Behavior

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Moral behavior is the opposite of molecular behavior. When human behavior occurs with a thinking process is called moral behavior.

Example: counter attract.

OVERT & COVERT BEHAVIOR

Overt Behavior

The behavior that is visible and what occurs outside of human being is called overt behavior.

Example: Playing football, eating something is overt behavior.

Covert Behavior

The behavior that is not visible and what occurs inside of human being is called covert behavior

Example: thinking.

VOLUNTARY AND INVOLUNTARY BEHAVIOR

Voluntary Behavior

The behavior what depend on human want is called voluntary behavior. Human beings always have control on voluntary behavior.

Example: Speaking, walking, writing etc.

Involuntary Behavior

Behavior what occurs naturally is called involuntary behavior.

Example: Movement of heart, taking oxygen and giving up carbon dioxide.

Accomplishment of one bit behavior may become the stimulus for further behavior.

It is possible to control such a behavior by education, training, experience and environment.

CHARACTERISTICS OF HUMAN BEHAVIOR

Behavior is any activity which can be observed, recorded and measured. Individual behave within an environment, it is human nature to respond stimulus situation created by internal and external environment. Characteristics of human behavior can be express as under-

A. Social rules and regulations: Human are social beings and obedient to social rules and regulations. Social rules and regulation drives an individual in a particular way.

B. Language and understanding: Human beings express their feelings and emotion and conversation with each other through language. Interaction of individual and group helps them convey their news and views.

C. Education and knowledge: Education is power which enables an individual to acknowledge the difference between right and wrong. The value of practice in acquiring skill or knowledge common feature of human behavior. Education and knowledge are important modification of human behavior.

D. Adaptability: It is human nature to change in order to deal successfully with new situation. Human beings always face changing environment. Adaptability with changing environment is a common characteristic of human behavior.

E. Capacity to learn knowledge: Only human being is capable enough to learn knowledge. Human beings can increase their capacity by acquiring knowledge and experience. This is unique characteristic of human beings.

F. Drive/Aim: Human beings behave with a view of accomplishing their common aim that drives him to a particular direction. Drive or aim pursues goal directed behavior.

G. Human being is great in behavior and knowledge: Human being is great in their behavior and knowledge, capable enough to board their knowledge and experience.

CAUSES OF BEHAVIOR

Behavior is a result of interaction between individual and situation. It is human nature to show response to stimulus situation. There is a cause sequence of human behavior. The cause sequence of human behavior are explained below-

1. Stimulus Situation: Stimulus may be created by light, sound, job routine, other people, action of supervisor and any aspect of environment in which a person is sensitive.
2. Organism: When stimulus situation is faced by a person, then organism automatically start. Organism may be heredity, maturation, biological needs and many learning such as knowledge, skills, certain needs attitude and values.
3. Behavior: Behavior is a result of stimulus situation and individual organism that lead to a person to do or behave. Behavior may be body movement, talking, facial expression, emotional responses and thinking.
4. Accomplishment: The latest sequence is accomplishment. Accomplishment occurs when stimulus situation change. Further accomplishment may include survival, accident, attract from others.

STRESS

"To understand the stress response, we must process the fundamental knowledge not only of psychology but of physiology as well". - GEORGE EVERLY

Stress is a natural physical and mental reaction to both good and bad experiences that can be beneficial to your health and safety. Your body responds to stress by releasing hormones and increasing your heart and breathing rates. Your brain gets more oxygen, giving you an edge in responding to a problem. In the short term, stress helps you cope with tough situations.

Stress can be triggered by the pressures of everyday responsibilities at work and at home. As you might expect, negative life events like divorce or the death of a loved one cause stress. So can physical illness. Traumatic stress, brought on by war, disaster, or a violent attack, can keep your body's stress levels elevated far longer than is necessary for survival.

Stress is a biological and psychological response experienced on encountering a threat that we feel we do not have the resources to deal with.

A stressor is the stimulus (or threat) that causes stress, e.g. exam, divorce, death of loved one, moving house, loss of job.

Sudden and severe stress generally produces:

- Increase in heart rate
- Increase in breathing (lungs dilate)
- Decrease in digestive activity (don't feel hungry)
- Liver released glucose for energy

Firstly, our body judges a situation and decides whether or not it is stressful. This decision is made based on sensory input and processing (i.e. the

things we see and hear in the situation) and also on stored memories (i.e. what happened the last time we were in a similar situation).

If the situation is judged as being stressful, the hypothalamus (at the base of the brain) is activated.

The hypothalamus in the brain is in charge of the stress response. When a stress response is triggered, it sends signals to two other structures: the pituitary gland, and the adrenal medulla.

These short term responses are produced by The Fight or Flight Response via the Sympathomedullary Pathway (SAM). Long term stress is regulated by the Hypothalamic Pituitary-Adrenal (HPA) system.

CAUSES OF STRESS

I. PERSONAL PROBLEM
- Health
- Relationship
- Personal belief

II. EMOTIONAL PROBLEM
- Life changes
- Money

III. SOCIAL ISSUES
- Occupation
- Discrimination
- Environment

TYPES OF STRESS

Acute Stress

Acute stress is the most common form of stress. It comes from demands and pressures of the recent past and anticipated demands and pressures of the near future. Acute stress is thrilling and exciting in small doses, but too much is exhausting. A fast run down a challenging ski slope, for example, is exhilarating early in the day. That same ski run late in the day is taxing and wearing. Skiing beyond your limits can lead to falls and broken bones. By the same token, overdoing on short-term stress can lead to psychological distress, tension headaches, upset stomach and other symptoms.

Chronic Stress

Chronic stress comes when a person never sees a way out of a miserable situation. It's the stress of unrelenting demands and pressures for seemingly interminable periods of time. With no hope, the individual gives up searching for solutions.

Some chronic stresses stem from traumatic, early childhood experiences that become internalized and remain forever painful and present. Some experiences profoundly affect personality. A view of the world, or a belief system, is created that causes unending stress for the individual (e.g., the world is a threatening place, people will find out you are a pretender, you must be perfect at all times). When personality or deep-seated convictions and beliefs must be reformulated, recovery requires active self-examination, often with professional help.

RELATIONSHIP BETWEEN BEHAVIORAL ASPECTS AND STRESS PHYSIOLOGY

Stress is a psychological, physiological, and behavioral state induced in animals and humans by a threat to well-being or survival, either actual or potential. It is characterized by increased arousal, expectancy, autonomic and neuroendocrine activation, and specific behavior patterns. The function of these changes is to facilitate coping with an adverse or unexpected situation. Pathological anxiety interferes with the ability to cope successfully

with life challenges. Vulnerability to psychopathology appears to be a consequence of predisposing factors, which result from numerous gene-environment interactions during development and experience, the biology of fear and anxiety will be examined from systemic and cellular point of view, with particular reference to models. These models have been instrumental in establishing the biological correlates of fear and anxiety, although the recent development of non-invasive investigation methods in humans, such as the various neuro imaging techniques, certainly opens new avenues of research in this field. Our current knowledge of the biological bases of fear and anxiety is already impressive, and further progress toward models or theories integrating contributions from the medical, biological, and psychological sciences can be expected.

EFFECT OF STRESS ON OUR BODY, MOODS AND BEHAVIOR

Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior. Being able to recognize common stress symptoms can give you a jump on managing them. Stress, that's left unchecked can contribute to many health problems, such as high blood pressure, heart disease, obesity and diabetes.

Common Effects of Stress on Your Body

- Headache
- Muscle tension or pain
- Chest pain
- Fatigue
- Change in sex drive
- Stomach upset
- Sleep problems

Common Effects of Stress on Your Mood

- Anxiety
- Restlessness
- Lack of motivation or focus
- Feeling overwhelmed
- Irritability or anger
- Sadness or depression

Common Effects of Stress on Your Behavior

- Overeating or under eating
- Angry outbursts
- Drug or alcohol abuse
- Tobacco use
- Social withdrawal
- Exercising less often

CONCLUSION ON STRESS AND BEHAVIOR

If you have stress symptoms, taking steps to manage your stress can have numerous health benefits. Explore stress management strategies, such as:

- Regular physical activity
- Relaxation techniques, such as deep breathing, meditation, yoga, getting a massage
- Keeping a sense of humor
- Socializing with family and friends
- Setting aside time for hobbies, such as reading a book or listening to music

Aim to find active ways to manage your stress. Inactive ways you may use to manage stress — such as watching television, surfing the Internet or playing video games — may seem relaxing, but they may increase your stress over the long term.

And be sure to get plenty of sleep and eat a healthy, balanced diet. Avoid tobacco use, excess caffeine and alcohol intake, and the use of illicit substances.

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