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 Stress is a mental adaptation of the body which allows a person to react to the immediate environment. The body has a peculiar way of responding to stressful context by unique a reaction basically categorized into 3 phases (alarm, resistance, exhaustion). The general adaptation was discovered by Hans Selye in 1935. If the stress settles in the duration, in all cases our ability to react is altered, our body exhausts itself and appears various pathological consequences. As a result of a stressful situation where you have to fight or flee, the body reacts biologically in 2 steps. Stress is becoming a critical issue among many people today culmination to related health problems in the society. This has become an issue that requires paramount attention owing the increased rate of cases reported. There is no agreement on a common definition of stress since researchers use various definitions to define it. There are some who use external stimuli, such as shocking accident while others base their definition on internal stimuli factors such as sadness, anxiety and grief to define it (Kara, H. B., Sunger, E., &Kapti, A. 2015).The purpose of this paper is to review the relationship between increase in stress and decrease in health.

**Comparing the two research designs**

A research conducted by some researcher in conjunction with police officers reveals that health factor among policemen during their work has reduced and this has been related to the increase in stress levels among the people. Stress has been found to be a depended factor that affects health. Stress is no longer a predator but a factor that persists, which regularly affects health, the activation of the body functions to continue. Stress leads to secretion of hormones such as cortisol, dopamine, serotonin, and endorphin which dictate a person health. However, the first effects of stress are beneficial but becomes harmful when the stress becomes chronic. However, the factors that cause stress were found to be different in various countries (Kara, H. B., Sunger, E., &Kapti, A. 2015).

 Different occupations affect the worker’s health differently in different countries. Health is the state of the body in its capacity to fight diseases and maintain normal body functioning. To overcome the negative effects of excessive and prolonged secretion of cortisol, the body has a regulatory mechanism. This is defined by the hippocampus, structure of the temporal lobe of the brain. While under the effect of acute stress, the hippocampus slows the hypothalamus, the secretion of CRH (Corticotrophin Releasing Hormone) which then decreases and reduces the produced cortisol. Under chronic stress, the body loses its ability to stop the hypothalamus action. Activation of the corticotrophin axis tends to become permanent. The body result to be weak and health is compromised for policemen who work in stressful work conditions in various countries (Kara, H. B., Sunger, E., &Kapti, A. 2015).

**Independent variable and the dependent variable**

 The independent variable in this research is stress as its change affects the other factor which is health. The dependent variable in this research is health as it is affected by change in the other factor which is stress. Increase in stress is found to cause a decrease in health. There are no extraneous variables or any other variables that we are studying in this research beside the two factors.(Myers, A. & Hansen, C. 2012).

**Main effects and interactions for the factorial design**

 Stress is the body alarm which prepares the body for combat or flight in different environments. When confronted with a situation that is assessed as stressful, the body immediately reacts by releasing catecholamine hormones which is produced by the medulla-adrenal gland, including adrenaline. These increase the heart rate, blood pressure, levels of alertness, and body temperature. These changes are intended to prepare the body to react by bringing oxygen to organs that will be solicited.

 Working in a stressful environment makes the hormones raise the sugar levels of the blood providing the energy needed by the muscles, brain and heart to maintain a constant level of glucose. The body is preparing for the energy costs of responding to the stressful situation. This has led to health researchers relating this to the increasing rates of body sugar diseases including diabetes. When the stressful situation. This study was facilitated by random sample made from human samples. The samples have been taken from medical history of stress patients who have been reported to have other related health issues after stress diagnosis.

**Conclusion**

The study establishes that stress is the most common problem around the world. There is relationship between increase in stress and decrease in health. Recent studies on Turkish police force indicated that biological disturbances linked to chronic stress would result to reduction in the bod’s capability to fight diseases. The health factor among people has reduced and this has been related to the increase in stress levels among the people. Stress has been found to be a depended factor that affects health.When the body perceives a threat, the organization of stress on the body instantly activates the hypothalamus, a structure of the limbic brain that ensures homeostasis, that is, the maintenance of biological constants in equilibrium. Increase in stress alters and disturbs this equilibrium resulting to decrease in the body’s ability to fight diseases.

References

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