

**Volume 2, Issue 1**

**Research Article**

**Date of Submission:** 11 Sep, 2025

**Date of Acceptance:** 27 Jan, 2026

**Date of Publication:** 12 Feb, 2026

## Mental Health Influence on Stress and Anxiety Level

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**Citation:** Singh, G., Chopra, R. (2026). Mental Health Influence on Stress and Anxiety Level. *Holistic Appr Mental Health Wellness*, 2(1), 01-06.

### Abstract

The main objective of this research paper is to acquire an efficient understanding of the sources of stress. Information about the causes of stress must be supplemented while researching the psychological issue of stress. Both major and minor forms of these are experienced. People can learn from the sources about the various factors that contribute to this psychological issue. The people are affected by this psychological issue as a result of being overloaded with various sources. There are good and invalid reasons why this problem occurs. To put it another way, people get into a variety of tense situations about unimportant things. The psychological issue of stress causes obstacles when implementing different job responsibilities and results in an improvement of general personality qualities. Therefore, one must make sure that they supplement information with strategies that help them deal with various stressful situations. As a result of effectively managing various stressful situations, one will be able to significantly contribute to raising their general standard of living. It is therefore necessary for people to supplement their knowledge of how to effectively manage the psychological issue of stress throughout their life. The primary ideas considered in this study article are stressors and the necessity for people to conquer them all in order to foster wellbeing and kindness.

**Keywords:** Enhancement, Goals, Goodwill, Individuals, Information, Stress, Well-being

### Introduction

Many characteristics, such as castes, creeds, races, religions, genders, personality traits, jobs, educational backgrounds, cultures, communities, and socioeconomic backgrounds, distinguish the persons from one another. Notwithstanding these distinctions, improving their general quality of life is one of their shared objectives. Individuals must perform a variety of chores and activities when they are fully dedicated to achieving their intended goals and objectives. As a result, it seems to be acknowledged that stressful situations do occur. Job duties, responsibilities, methods, procedures, techniques, strategies, lack of infrastructure, amenities, and facilities, lack of financial, human, technical, material, and information resources, ignorance of various factors, and so on are some of the factors that contribute to these situations. Therefore, it is essential for people to determine the causes, or origins, of stress. Information generation will make it easier to deal with these in a way that is satisfactory. As a result, learning about the causes of stress is considered essential from a broad perspective. People must supplement their knowledge of the idea that stressful events are considered to be a necessary component of their life in both their personal and professional lives. Both major and minor forms of these are experienced. The individuals are required to cope with these in an adequate manner. Additionally, it is their responsibility to make sure that these do not create obstacles when implementing various duties and activities. Therefore, one of the crucial factors that must be considered is that people must be able to recognize the sources of their stress. Having sufficient knowledge about issues would make it easier to deal with them in a way that is satisfactory. Additionally, these are kept from creating obstacles while encouraging the improvement of one's general character attributes and quality of life. As a result, it is well known that in order to support people's wellbeing and goodwill, stressors must be satisfactorily identified.

### Sources of Stress

People from all socioeconomic origins, localities, and categories are overburdened by various stressors. Additionally, it is imperative that they provide information regarding various techniques and processes that would help people effectively

manage stress. It seems to be acknowledged that stressors vary, and as a result, so do the strategies that are effective in managing them. The people are expected to ensure that they have adequate knowledge. The virtues of morality, ethics, diligence, and conscientiousness must also be emphasized. These are thought to be necessary for performing effectively in one's work responsibilities and producing the intended results. People will be able to effectively contribute to coping with all sources of stress when they are well prepared in terms of job duties and methods to carry them out correctly. Therefore, people need to develop an effective awareness of the origins of stress from an early age throughout their lives. These are stated as follows:

### **Fulfillment of Objectives and Goals**

A life without purpose is a life without meaning. As a result, everyone has a variety of goals and ambitions to accomplish, regardless of their socioeconomic background, community, or category. Both personal and professional lives are affected by this. Some of these include obtaining a high-quality education, pursuing employment opportunities, enhancing one's career prospects, managing financial, human, technical, material, and information resources appropriately, developing various skills and abilities, traveling to a specific location, creating a productive social circle, promoting physical and psychological well-being, which leads to an improvement in one's overall personality traits and improves one's overall quality of life. Individuals must be knowledgeable about their numerous job responsibilities when they are fully dedicated to achieving various goals and objectives. In addition, individuals must possess a strong understanding of methods and procedures. These must be implemented in a methodical and well-organized way. In certain situations, stress does become overwhelming. While it can be effectively overcome in some situations, it can also create obstacles in others. As a result, achieving goals and objectives is seen as stressful.

### **Acquisition of Education**

In order to obtain education, people are enrolling in educational institutions at all levels. People from all grade levels must complete a variety of jobs and activities during their educational journey. Developing assignments, projects, reports, and so on, as well as engaging in other forms of evaluation techniques, such as presentations, tests, quizzes, role-playing, and competitions, are a few examples. These assignments and activities can be completed quickly or take a long time, and they can be completed alone or in groups of two or more students. They are both challenging and manageable. As a result, kids do feel stressed when they have to participate in various assignments and events. It's well known that students typically experience extreme stress when studying for tests. Even after doing a thorough study, they are overcome by the sense of vulnerability and apprehension that they are unprepared. As a result, people encounter difficult circumstances. Therefore, obtaining education is thought to be the cause of stress. As a result, people must ensure that they increase motivation levels to do all job responsibilities in educational institutions in a sufficient manner.

### **Participating in Job Openings**

One of the main objectives for people of all communities, categories, and socioeconomic origins is to take advantage of work opportunities. These folks typically try to find jobs in their fields. Consequently, an individual will effectively contribute to raising motivation and focus levels for job. Stress can be caused by a variety of things while people are looking for work, such as traveling long distances, conducting interviews, and taking part in other recruitment processes including written examinations and group discussions. People from every rank in the organizational hierarchy must perform a variety of job duties and obligations in various kinds of employment environments. While some of these are tolerable, others cause people to get overwhelmed by various stressful situations while they are being implemented. For instance, a lack of information, material, technological, human, and financial resources can lead to stress. Therefore, in order to perform effectively in their job responsibilities and produce the intended results, people must be well-equipped in terms of techniques and procedures. Consequently, taking advantage of job possibilities is a cause of stress that affects people from all walks of life.

### **Encouraging Improvement of Career Opportunities**

Promoting the improvement of job opportunities is thought to be one of the main objectives of people from all socioeconomic backgrounds, communities, and categories. When the people are fully dedicated to achieving this goal, they must be well-prepared. Additionally, adolescents must participate in a variety of activities and jobs, which might lead to stress. In order to obtain knowledge and pursue career prospects relevant to their disciplines, they enroll in educational institutions. In this way, people are getting ready to support the improvement of their job opportunities. Individuals are overburdened by stressful conditions when completing various chores and activities. These have a significant or little impact on people's personality traits. Stress is caused by a number of variables, including a lack of infrastructure, amenities, and facilities, a lack of financial, human, technological, material, and information resources, and ignorance of these elements. Therefore, in order to perform effectively in their job responsibilities and provide the intended results, people must be well-versed in a variety of approaches and techniques. Stressful situations will be resolved satisfactorily as a result. As a result, encouraging the improvement of professional prospects causes stress.

### **Financial Problems**

Financial resource scarcity is said to be one of the causes of stress. People from underprivileged, marginalized, and economically disadvantaged segments of society make up both urban and rural communities around the nation. These people are typically overburdened by various financial issues. Therefore, in order to raise one's general standard of

living, these issues must be resolved. To maintain one's living standards in a suitable way, having a sufficient amount of financial resources is thought to be crucial. Furthermore, stress is a result of financial difficulties. People are unable to implement various jobs and activities because of financial difficulties. They are also forced to abandon their dreams and ambitions. Additionally, they lack access to goods and services that would enable them to effectively maintain their living conditions. It seems to be widely acknowledged that people must fulfill a variety of job-related tasks and obligations, which include having adequate financial resources. As a result, financial difficulties are seen negatively. In order to resolve financial issues, people must appropriately prepare themselves.

### **Lack of Information and Material Resources**

People must use material and information resources in all kinds of jobs in the disciplines of education, architecture, journalism, literature, science, technology, engineering, commerce, management, administration, law, and so on. Tools, machinery, devices, apparatus, and equipment are examples of material resources. Books, articles, reports, projects, newspapers, periodicals, other reading materials, and the internet are examples of information resources. These resources are being used by the people to adequately complete a variety of chores and activities. However, the lack of these nutrients is thought to be one of the causes of stress. People are overburdened by various problems and obstacles when doing various jobs and activities as a result of scarcity. When these resources are scarce, duties and activities are put off. The individuals must delay the execution of their work obligations and responsibilities. Put differently, unless they have resources at their disposal, they wait. Therefore, acquiring these will enable one to perform their work responsibilities in a systematic and orderly way. People are consequently overburdened by stressful circumstances when it comes to completing their work responsibilities on schedule. Thus, a severe source of stress is the lack of material and knowledge resources.

### **Issues with Developing Skills and Capabilities**

Individuals from all socioeconomic origins, communities, and categories must prioritize developing a variety of skills and competences. In the process of carrying out various tasks and activities in their personal and professional life, people put these into practice. They include persuasion, planning, organizing, directing, controlling, coordinating, leading, negotiating, emotional intelligence, systems thinking, the capacity to work under pressure, giving one's best effort, handling a variety of difficult situations and dilemmas, and completing all tasks and activities in a systematic way. When people are overburdened with problems and difficult circumstances, they encounter obstacles when trying to improve their skills and abilities. In addition, many kinds of stressful circumstances can also act as obstacles to the development of new skills and capabilities. Because of this, people are having difficulties when their competences and abilities are being upgraded. People's drive and focus levels are declining, which is the primary cause. These play a crucial role in implementing various job duties and obligations. As a result, difficulties developing skills and competences are a major cause of stress.

### **Family and Relationships**

Families and interpersonal interactions are significant from an early age. There are many family members living in natal houses, and people must keep friendly connections with them. However, it is also essential for people to emphasize amiability and warmth in terms of relationships inside married households. Family members may occasionally find themselves in opposing circumstances. However, when they take on a significant form, there are also instances of different forms of violence, such as domestic violence, verbal abuse, and physical assault, among family members. Because of this, people sometimes find themselves in difficult situations. It follows that relationships and family are recognized as sources of stress. The people must ensure that they understand how to strengthen amiability and friendliness in interpersonal connections. One of the typical approaches is for people to treat others with decency and respect and to execute communication procedures in a suitable way. Consequently, they will play a significant role in averting the emergence of various stressful circumstances. People therefore generally understand that family and preserving relationships with them may be stressful. Relationships and family are therefore a negative source of stress.

### **Health Problems and Illnesses**

Individuals of all ages are overburdened by various ailments and health issues. Joint discomfort, hypertension, hypotension, diabetes, kidney disease, headaches, stomach aches, back aches, visual and auditory impairments, and so on are a few of them. Individuals must make sure they have access to appropriate medical and healthcare facilities so they may manage various illnesses and health issues effectively. The individuals are overwhelmed by the feeling of stress, when they are putting emphasis on experiencing different types of health problems and illnesses. It is necessary for people to make sure they have sufficient knowledge about how to deal with various illnesses and health issues. They tour hospitals and other healthcare facilities. In order to encourage a normal mindset, they also make sure they receive medical care as well as counseling and guidance services. One will make a significant contribution to overcoming all difficult situations in this way. This is also thought to be essential for eliciting sensations of enjoyment and satisfaction. When people are healthy, fit, and not overburdened by stressful circumstances, they feel good. As a result, illnesses and health issues are a detrimental cause of stress.

### **Putting Household Duties into Practice**

Individuals from all communities must perform household duties, such as cleaning, washing, meal preparation, getting water, and general household upkeep. In contrast to metropolitan communities, where one must rely on domestic

servants and service providers, rural communities demand their residents to perform all work obligations and responsibilities independently. To perform well and produce the intended results, the individuals must make sure they are knowledgeable about their work responsibilities and procedures. The tension that comes with carrying out various domestic duties overwhelms the person. The individuals must make sure they have sufficient knowledge about the work responsibilities and methods that are helping to produce the intended results. Additionally, people must recognize the importance and relevance of time management abilities. These abilities make it easier to schedule enough time for all kinds of jobs and pursuits. By doing this, people are effectively helping to carry out all kinds of domestic duties in a way that is satisfactory. In this way, one will experience joy and satisfaction and foster a healthy mindset. Consequently, carrying out domestic duties is a negative cause of stress.

### **Absence of Facilities, Amenities, and Infrastructure**

Power supplies, water supplies, restrooms, clean drinking water, communication networks, transportation facilities, broadcasting, roads and rail networks, weather-appropriate heating and cooling equipment, furniture, buildings, parks, and so on are all considered infrastructure, amenities, and facilities. These are necessary both in the people's homes and in other locations. These include parks, playgrounds, public spaces, educational institutions, and other kinds of work environments. People will effectively contribute to raising motivation and focus levels for carrying out different jobs and activities as a result of having these resources available. The primary explanation is because they are at ease with the surroundings. Conversely, a lack of facilities, amenities, and infrastructure is seen to be stressful. The primary issue is that people are unable to improve their level of enthusiasm and focus when it comes to doing various kinds of tasks and activities in this way. The people must make sure that they carry out different kinds of chores and activities in a systematic and well-organized way. Additionally, these are thought to be crucial for managing a variety of stressful circumstances. Therefore, in both urban and rural populations, the absence of infrastructure, amenities, and services should be considered as a source of stress.

### **Unable to Maintain a Balance between Personal and Work Life**

In both their personal and professional lives, people from various communities, categories, and socioeconomic origins must do a variety of duties and activities. Sometimes they are unable to give their personal life the proper attention when they are engaged in carrying out their work responsibilities in their professional lives, and vice versa. They are consequently overtaken by difficult circumstances. It follows that stress overwhelms people when they are unable to strike a balance between their personal and professional life. In this kind of situations, individuals are required to be well-equipped in terms of aspects, which would enable them to balance personal and professional lives. Hence, individuals need to make sure, they balance both personal and professional lives. The individuals must make sure they have sufficient knowledge about the work responsibilities and methods that are helping to produce the intended results. Additionally, people must recognize the importance and relevance of time management abilities. These abilities make it easier to schedule enough time for all kinds of jobs and pursuits. By doing this, people are effectively helping to carry out all kinds of domestic duties in a way that is satisfactory. In this way, one will experience joy and satisfaction and foster a healthy mindset. As a result, people in all professions endure stress due to their inability to manage their personal and work life.

### **Having Too Much Loneliness**

In certain situations, loneliness overwhelms the people. Individuals experience stress as a result of loneliness. Additionally, they experience psychological and physical effects. Sometimes they don't have many relationships or interactions with their neighbors in their personal lives. They are typically preoccupied with their jobs and experience loneliness. However, in their professional lives, people remain committed to their work responsibilities. When it comes to work-related issues, they typically implement communication procedures with co-workers, superiors, and subordinates. However, they remain to themselves and fail to create a productive social circle at work. People need to realize from an early age that loneliness is a chronic and distressing condition that negatively impacts both physical and psychological health conditions. They must therefore realize that they must establish a productive social circle that includes their family, friends, neighbors, teachers, employers, supervisors, classmates, coworkers, and other community members. This is thought to be essential for fostering health and wellbeing as well as reducing loneliness. One has sentiments of joy and contentment as a result. Thus, feeling overtaken by loneliness is a cause of stress, which has an impact on people's health.

### **Implementing Communication Processes with Others**

People must develop an effective knowledge of the necessity of communication processes in order for them to function satisfactorily, starting in early childhood and continuing throughout their lives. Gaining proficiency in communication is helping people advance in all spheres of life. There are situations when people are uncomfortable communicating with other people. In other words, when they visit public spaces, they are overcome by feelings of vulnerability and trepidation. Additionally, they do not enjoy implementing efficient communication procedures with other people and would rather remain to themselves. As a result of being unable to communicate with others, tension is experienced. In this way, people create obstacles when implementing various duties and activities. Individuals' health situations are negatively impacted by this. Therefore, the improvement of interactive and communication skills must be prioritized (Global Strategy on Diet, Physical Activity and Health, 2020). As a result, putting communication procedures into practice with other people causes stress, which is typical for people from the economically disadvantaged segments of society.

## Unable to Make Sensible and Effective Choices

Making informed and beneficial judgments is seen as an essential aspect of people's lives. They must make informed and fruitful choices regarding a range of topics, including school, career paths, employment prospects, housing, money management, and so on. Analyses of the many kinds of options and alternatives that are available must be carried out during the implementation of decision-making processes. Following the completion of the investigation, the best and most advantageous alternative or choice is chosen. Making decisions that benefit the individual as well as their family and community is one of the crucial factors that must be considered. Stress results from an inability to make informed and useful judgments. The major reason is that doing so would cause one to become overwhelmed by obstacles when implementing various duties and activities (Hayes, 2020). The major explanation being, when folks will not be informed in terms of many elements, they will be overwhelmed by obstructions during the course of putting into operation decision-making procedures. Thus, the incapacity to make informed and effective decisions is a cause of stress that impacts both individuals and their families.

## Individual Promote Well-Being and Goodwill, People Must Conquer all Sources of Stress

The individuals, belonging to all communities, categories and socio-economic backgrounds are required to carry out different types of tasks and activities within personal and professional lives. Sometimes they are unable to give their personal life the proper attention when they are engaged in carrying out their work responsibilities in their professional lives, and vice versa. They are consequently overtaken by difficult circumstances. It is therefore widely accepted that people must strike a balance between their personal and professional lives. It is essential that people focus on the duties and activities in both areas. Additionally, family and community members need to be taken into consideration. In such circumstances, people must be adequately prepared in terms of everything that would allow them to set aside enough time for all of their personal and professional responsibilities. Therefore, people must ensure that they overcome all obstacles to advance the improvement of their personal and professional lives. One will be able to effectively contribute to the improvement of general living standards after conquering all sources of stress. Therefore, it is widely accepted that in order to foster wellbeing and goodwill, people must conquer all forms of stress. It is mandatory for people from both urban and rural communities to perform household chores, such as cleaning, washing, meal preparation, fetching water, and general household maintenance. Individuals in rural communities must perform all job-related tasks and obligations independently, whereas those in urban regions receive assistance from domestic servants and service providers. To perform well and produce the intended results, the individuals must make sure they are knowledgeable about their work responsibilities and procedures. Methodologies and procedures are essential, and people must regularly produce information about them. The tension that comes with carrying out various domestic duties overwhelms the person. The people must make sure they have sufficient knowledge about the various kinds of work responsibilities and techniques that help produce the intended results. One will make a significant contribution to fostering the well-being and goodwill of family and community members as a result of successfully implementing various job assignments and approaches. Thus, it may be said that in order to foster wellbeing and kindness, people must conquer all forms of stress. Individuals of all ages are overburdened by various ailments and health issues. Joint discomfort, hypertension, hypotension, diabetes, kidney disease, headaches, stomach aches, back aches, visual and auditory impairments, and so on are a few of them. Additionally, the psychological issues of melancholy, anxiety, stress, rage, and frustration overwhelm them. The individuals need to ensure, they obtain suitable medical and health care facilities, which would enable them to cope with different types of health problems and illnesses in a satisfactory manner. Additionally, receiving counseling and guidance services will be appropriate for everyone on a whole. Because they are focusing on experiencing various ailments and health issues, the people are overcome by the sense of stress. It is necessary for people to make sure they have sufficient knowledge about how to deal with various illnesses and health issues. Additionally, it is necessary for people to be knowledgeable about the various methods that help to foster a healthy mindset. As a result, it is widely acknowledged that in order to foster wellbeing and goodwill, people must overcome all stressors.

## Conclusion

The causes are referred to as sources of stress. Stress can be caused by a variety of factors, including achieving goals and objectives, obtaining education, pursuing employment opportunities, enhancing career prospects, financial difficulties, a lack of material and information resources, difficulties developing skills and abilities, family and relationships, health issues and illnesses, implementing household responsibilities, a lack of infrastructure, amenities, and facilities, feeling overwhelmed by loneliness, implementing communication processes with others, and an inability to make informed and effective decisions. To foster wellbeing and kindness, people must overcome all stressors. Lastly, it can be said that people greatly benefit from being able to recognize and manage various stressors [1–15].

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