



STRESS AND STRESS MANAGEMENT WITH EQ

G S Tarun

Student of MBA at PES University

INTRODUCTION AND ABSTRACT:

A Survey was conducted among the students who were passionate about Chartered Accountancy regarding the course structure which helps them to become a certified Chartered Accountant and also the various kind of stress they go through in their journey and how can they able to manage the stress level with their emotional intelligence mainly during the times of Exam.

Stress be considered to be of 3 kinds ,which be

- Physical
- Psychological
- Emotional

Lets discuss in detail about them,

Symptoms like Neck pain, Headaches, Insomnia, Stiffness of muscles are examples of Physical stress and this occurs when the body of human suffers because of stressful situations.

When Stress affects an Mind its known to be as Emotional Stress Symptoms like Anxiety(Fear of unknown), Anger(Frustration), Depression(Upsetting Events like death of a well closed people), Memory loss, Lack of concentration.

Stress over an extended period of time may result in a PSYCHOLOGICAL problem. Social Separation Phobias, Impulsiveness Behavior Disordered Eating, and Night Terrors are all symptoms of this type of Psychological stress.

Emotional Stress can also be classified into 2 types : which are

➤ Eustress (Positive stress) :

A low degree of stress may be managed by the body using capabilities, and it contains goodfeelings such as happiness, gratification, and enthusiasm, among others.

➤ Distress (Negative stress) :

Emotional exhaustion over an extended length of time can cause bodily harm, tiredness, and, inthe worst-case scenario, death.

Causes of stress:

- Environmental Factors
- Organizational
- Individual
- Individual Differences
 - Perception
 - Locus of Control
 - Job experience
 - Self Efficiency
 - Hostility

Emotional Intelligence:

It is the capacity to comprehend, control, effectively manage one's own emotions in a positive manner in order to alleviate stress, communicate properly, understand and empathize with others, deal with the challenges, and diffuse tension. Assists people in developing stronger connections, succeeding at home and in the workplace, and achieving your professional and personal goals. It can also assist in connecting with the thoughts, putting one's intentions into action, and making educated decisions about what is really important to them.

By the help of four attributes we can commonly define Emotional Intelligence they are

- Self Awareness : You are self-assured and are aware of one's talents and flaws. They be aware of their own feelings and how emotions influence your decisions and emotions.
- Self Management : One can regulate their feelings in a way, take initiative, stick to obligations, and adjust to new environments.
- Relationship Management : Understand how to install and strengthen friendly associations, communicate effectively, encourage and inspire others, collaborate effectively, and resolve conflicts.
- Social Awareness : Empathy is something One possess. One can perceive power dynamics in a group or organisation and understand those certain feelings and thoughts, needs, and concerns. Can also pick up on emotional clues, feel at ease in social situations, and appreciate other feelings and emotions, wants, and anxieties.

If One had an ability to respond impulsively to difficult situations, able to discover that it supersedes over their professionalism. When their instincts take over, it's tough to think rationally and fix issues successfully. We already know how bad stress is for the wellbeing, but it's also bad for the economy and everyone else around us.

Negative emotions have the power to influence how you live one's life and run the business. They'll obstruct the opportunity to empower and inspire others. That is why possessing excellent communication and interpersonal skills helps effective leaders handle stress and create resilience. Yes, EQ can be built, but it isn't something that can be accomplished overnight.

Using emotional Intelligence there are seven ways to reduce Stress :

1. Recognising Emotions:

According to research, those of us with high levels of intrinsic motivation are more resilient, and so less prone to burn out or get depressed. However, resiliency should not be confused with a lack of empathy or feeling. Self-control and management skills do not guarantee that you will not face anger or other negative emotions. It means you're not letting your emotions control your actions. Assess information, talking to a coach or psychotherapist, exercising, and meditating are all effective tools for understanding, coping with, as well as changing limiting ideas and feelings.

2. Know for what you triggers most:

If one knows exactly what is causing their stress response, they will be more prepared to deal with a difficult scenario. It's like getting over the specific phobia and heading to one's favourite rooftop pub. One should start by avoiding the edge, but as they strive on their self-development, they will gradually surpass your fear.

3. Don't hold yourself or others to a standard of perfection:

If one strives for perfection, they will always be haunted by the knowledge that it does not exist. There will never be a flawless product or service you provide. A wise leader understands that everything he or she builds must be able to change and grow over time. A wonderful company concept and everything that goes with it are flexible, not absolutely defined.

4. Get rid of that desire for instantaneous fulfilment:

While eating a delicious meal provides immediate fulfilment, completing a project does not. Features a custom and maturity, two EQ criteria, are demonstrated by the anticipation of success, progress, and sharing wins with the team. Remember that wonderful things are worth the wait, as well as the time, effort, and patience required to construct something remarkable.

5. Learn how to reframe your thoughts:

One will be able to manage whatever life throws at them if simply reframing what they believe to be a problem or unpleasant scenario. It stimulates them rather than deflates them, when they perceive problem as an opportunity and/or challenges. Assume that they receive bad feedback from a client. It is indeed possible that they'll label it a total failure. Reframe their thoughts and take a glance at things from a different angle. It feels better to say, "I have some more work to do," than "I absolutely failed." "I've learned something about what customers want, and now I get to move this project from good to fantastic," a truly enthusiastic individual would even declare. Don't forget to sprinkle in some levity.

6. Recognize your strengths and weaknesses, as well as what you should avoid:

Successful businesses and managers keep to own strengths and don't allow their flaws hold them back. Startup and solo business people aren't often adept at this because they assume they can't afford to hire help, so they overwork themselves by doing everything themselves. The issue is that accomplishing activities when one lacks the required expertise takes an absurd bit of effort. Don't lose years trying to break this cycle. Have believe in yourself and seek out the resources necessary to recruit someone as quickly as possible. Then devote all time to their strategic approach right away.

7. Analyse your errors prior putting them away :

Leaders that are intellectually knowledgeable are aware of their errors but do not linger on them. Determine what one can learn from circumstances that don't go as planned, then apply what you've learned to improve the chances of success in the future. Accommodating others doesn't imply that they are completely forgotten. Keep those mistakes and lessons in a secure place, where they can be referred to when needed. Everything you do is influenced by your EQ, because as yourself grow, so does everything and everyone around you.

REVIEW LITERATURE:

In the article Stress Management and its Techniques, the authors Turaga and Revathi almost every adult man or woman, active or otherwise, regardless of age, male or female, content or dissatisfied, has been wondering about this sentence recently. Many people argue that, despite the fact that there are several publications offering advice and strategies to help you live a much more peaceful life, they no longer function and have little impact. The above serves a very straightforward purpose. It's possible that hectic lifestyles are a fiction! The one that can't be done! Not all solutions are aimed at coping with a hectic lifestyle, but rather towards coping with traumatic trauma in a joyful and enjoyable manner! Despite the fact that the American way of life generates difficulties, we would like to look beyond it and see what else was possible, whatever will we do to get us to a primitive world where, despite the conflicts, we would remain in bliss does not consume his way of life.

In an article Aswathi Qureshi, Police pressure plays a critical part in society, and it decreases the effectiveness of these officers. Police officers who are perplexed generate an opportunity for themselves, criminals, their coworkers, or the public's safety, and thus for psychologists and cognitive development researchers in general. They are quite concerned. Thoughtforms are used by police officers to reduce, adjust, or relieve pressure. The position of the printing office for the police printing office is described in this document. Amravati is a city in India. It becomes powerful to look for statistics on police officer pressure, but seems unable to detect all types of pressure. It became evident that numerous parties were exerting pressure on their existence as well as their excessive authority, resulting in a waste of time with family and neighbors and in general. Officers and feminine police chiefs have been reported to apply enormous strain to Identification. Later assumptions were tested using traditional mathematical approaches such as crosstabulation and the chirectangular test. Adequate findings were reached, and the authors of the study recommendations were given.

In another article Ramesar and the koortzen described that You cannot escape the three forces of our time's process: internationalization, the knowledge explosion, and the magnitude of climate change, no matter where you live on the planet. As a result, businesses must constantly adapt their strategy, structure, technique, and culture in order to assure continued organisational performance and enhance competitive advantage. In such an unpredictable environment, Goleman recommends attentive responding as a critical skill in self care, reminding out that having emotional intelligence predicts possible failure that may influence one's future. The final purpose of this research was to see if there was a link between emotional intelligence and emotional control at the associate level in a large population of management. A quantifiable exploration of the link among coping with stress and emotional stability was used to accomplish this. Similar constructs were operationalized by arguing that the activity temperament and hence the emotional quotient inventory are made up of a combination of gifting scales in the area of feelings and emotions. Stress management appears to be an element of emotional intelligence, while pressure is an input or a consequence of interpersonal skills, or a lack of it, according to the panel data regression data.

As we knew that Chartered accountancy course has an great value and its such an honourable course and the some of the students wanted to take this course but that some combinely became huge all over the nation.

The students who have studied for a chartered accountancy degree is growing every year. Nevertheless, because only a small fraction of students succeed this exam, it is difficult to pass. The course for all levels is likewise quite complex.

First of all I wanted to explain the stages of this course

After finishing 10th +2 years of education (from any stream) students can enrol for this course and they have to clear stages like

OLD Syllabus: (Registered)

- Common proficiency test which is known to be as CPT .
- Integrated Professional Competence Course popularly known as IPCC.
- 2 Courses named as Orientation Course(OC) & Information Technology Training (ITT) which was a span of 15 days each should be done before going to next level. Or combinely known as Integrated course on Information Technology and Soft Skills (ICITCS).
- Article ship (Practical Training) for a span of 3 years under an certified chartered accountant in a firm or in a company.
- Advanced ITT & GMCS (General Management & Communication Skills) courses span of 15 days each .
- CA Final Exam.

NEW Syllabus :

- CA Foundation.
- CA Inter.
- 2 Courses named as Orientation Course(OC) & Information Technology Training (ITT) which was a span of 15 days each should be done before going to next level. Or combinely known as Integrated course on Information Technology and Soft Skills (ICITCS).
- Article ship (Practical Training) for a span of 3 years under an certified chartered accountant in a firm or in a company.
- Advanced ITT & GMCS (General Management & Communication Skills) courses span of 15 days each .
- CA Final Exam.

In the level of CPT or CA foundation we have subjects like Accounting , Quantitave Measures, Economics, Merchantine law.

In old syllabus exam pattern was like objective bubbling system with negative marking of 0.25 for 1 wrong answer and with four sets of Question papers .And examination will be done in a single day that times may differ but they should write in 2 papers Morning paper will consist of Accounting and Law, Afternoon paper will consist of Quantitative Measures and Economics. Eachsubject of 25 marks each and aggregate it counts for 200.

In new syllabus exam pattern will be there is a set of 4 papers, both paper 1 & 2 will have subjective type mean discriptive type questions and both paper 3 &4 will have objective type questions, Each paper will carry 100 marks, duration of exam would be 3 hours,and in paper 1,2 we wont find any negative marks but in paper 3 and 4 having 0.25 marks for wrong answer marking scheme.

In this exam students should get 40 percent in each paper and score 50 percent in aggregate of all papers to pass this exam level.

IF Any one finished their graduation can get exemption of CA foundation level and can directly skip for next level IPCC.

IPCC:

In this level they consist of 2 groups

OLD SYLLABUS		NEW SYLLABUS	
Group 1	Group 2	Group 1	Group 2
4 Papers	3 Papers	4 Papers	4 Papers
Accounting	Advanced Accounting	Accounting	Advanced Accounting
Law ,ethics & Communication	Auditing	Law ,ethics & Communication	Auditing
Cost Accounting	Information technology & Strategic Management	Cost Accounting	Information technology & Strategic Management
Taxation		Taxation	Economics

In this exam students should get 40 percent in each paper and score 50 percent in aggregate of all papers to pass in each group and in this level if any subject if he get above 60 marks then no need to write that paper again in next attempt he can carry forward that exemption to next 3 examinations.

Next he must do articleship training for 3 years with a very low pay and with great hectic work and oppuunities it depend completely by you.

Next they have to finish CA Final Exam

*Electives means student should select one of the paper among

1. Risk management
2. Financial Services & Capital Markets
3. International Taxation
4. Economic Laws
5. Global Financing & Reporting Standards
6. Multidisciplinary case study

Final	
Group 1	Group 2
4 Papers	4 Papers
Financial Reporting	Strategic cost Management & performance evolution
Strategic Financial Management	Electives*
Advanced Auditig & Assurancde	Direct tax laws & International Taxation
Corporate & Economic laws	Indirect tax laws

In this exam students should get 40 percent in each paper and score 50 percent in aggregate of all papers to pass in each group and in this level if any subject if he get above 60 marks then no need to write that paper again in next attempt he can carry forward that exemption to next 3 examinations

If the student finish all this levels then he will become the chartered accountant.

In all the levels most of that covered is exams only and in that time the student get more stressed

During exams time students will have a lot of stress that what people might criticise them if they fail and mainly how parents will think of them and some get scolded and if student fails seriously some parents will think that their children wasn't prepared well and waste time that's why they didn't passed and all so the students who are attempting again and again will face a lot of problems mentally and after sometime they might lose hope and belief on them itself and they think that might be all are correct and some guys will lend to suicide also.

Assessments can be an ease for certain students; they are used to revising and might ace a test with their eyes closed. Others, on the other hand, are used to sweaty palms and heart palpitations, and sitting quietly and reviewing seems hard. At that time they feel very stressed and to overcome it By help of emotional intelligence he can lower his stress levels like

Invest time with loved ones and friends in a meaningful way:

Investing time with loved ones and friends is one of the finest methods to cope with performance anxiety. This stage is critical for regaining all of the lost energy and passion. Family and friends act as higher protein boosters throughout exam season. They provide you with the strength you need to overcome exam anxiety. So, after a hard study session, relax with relatives and friends and have a casual discussion or conversation.

Identify when and how often you're most productive:

While one's at their most vigilant, do the best work. If they would be a night person or a morning lark? We all have slightly varied body clocks. Everyone revises differently; whether you prefer to study in bed with your laptop or at a neat library desk. Examination tension should be dealt with wherever you feel calm and in command.

Relax and unwind:

According to psychiatrists, we can only focus correctly for around 45 minutes at a time, but medical researchers claim that the more we aim to concentrate on one issue, the less successful our brains become at dealing with it. Take pauses to keep rejuvenated. Rather than cramming in additional revision or worrying about how to deal with academic pressure, it could be better to choose something distinctly new.

Maintain a healthy diet:

Maintaining blood sugar levels under control all day so one don't have energy dips and therefore can sleep peacefully is an important part of coping with stress levels. Sugary foods such as cereal, cookies, desserts, and chocolate should be avoided in large quantities. Lean protein, such as chicken, fish, or eggs, as well as plenty of vegetables and slow-releasing

carbs, such as grain cereal bread, rice, and pasta, will help to maintain energy levels. Vegetarians benefit from pulses such as chickpeas and lentils, which contain combined protein and gradual carbohydrates.

Have Liquid Diet:

Don't stress if did not consume before an assessment because of nervousness, that metabolism might catch up eventually — just make sure that drink plenty. It's important to stay hydrated by drinking plenty of fluids, low-calorie sodas, or herbal teas to stay awake. Sweet beverages or juices might say that depressed uncomfortable and deplete the energy. Artificially sweetened tea and coffee cheer up a bit, but limit to around five cups per day, and take last one of those in the late afternoon, if feeling jittery or having trouble sleeping. Remember that colas, carbonated beverages, and diet drinks can all be high in sugar and caffeinated.

Rest easy:

It's reasonable to turn as well as roll the night before such an exam, and our bodies can handle a day or two of sleep deprivation. Worrying about the inability to sleep simply makes things worse, but there are a number of things that one can do to assist, beginning with reading this article on how to overcome sleep problems. Switching off can be aided by a warm bath and maintaining a separate sleeping area. If one having trouble resting, try doing a puzzle piece or ironing. Don't get too worked up if you can't concentrate. The rush of adrenaline will result in positive outcomes than you might imagine on most assessments the next day.

Don't pay attention to what others have to say:

Avoid comparing the version to that of others. Listening to others talk about what they've learnt is likely to stress you out and make you feel like the person not developing as quickly as they are. Furthermore, if they are worried, it will rub off on the person, and that person do not need some other people's aggravation just currently.

Negative thoughts should be avoided at all costs:

Among the most common causes of stress levels and, as a result, study flunk is unpleasant thought or thinking. Without even any justification, that one should not believe that the research done by them is poor or that they are lacking in theoretical or practical paper. Have to go ahead and release it all. Allowing negative thoughts and the resulting exam stress to disrupt one's and their joy and happiness is not a good idea.

Believe in yourself and your parents' blessings:

Finally but just not least, it is critical to have confidence in their own abilities and achievements in order to avoid any type of stress and anxiety. Remember that no one is perfect, therefore be open to learning new things. Always give it your all, with high level of integrity. Pay attention to the parents' expectations, and keep in mind that with their help, anyone can handle any pressure environment.

CONCLUSION:

Maintain everything in context. If one been feeling very anxious, better go somewhere calm and quiet and try taking deep breaths in and out for a few minutes while concentrating the attention towards something pleasurable, such as a beautiful spot with wonderful memories, anything that will help one relax. One can get easily relaxed by doing Yoga like meditation, pranayama (Breathing exercise) which helps improving concentration power as well as reducing stress and having an proper diet (Say no to Junk food) be one of the main thing influencing stress level. By Emotional Quotient we can manage stress easily and get relief from that stress levels. By the help of this Students pursuing CA course can get their stress level decrease during the time of exams and also helps in their career too.

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