

# DIDACTICS ABOUT STRESS MANAGEMENT

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**Abstract.** A multitude of elements, such as the ideologies that propelled the advent of modernity through the industrial revolution, advancements in technology, shifts in living standards, and alterations in societal expectations, have given rise to new challenges. Post-20th-century developments that have detrimentally impacted human existence, leading to social isolation, diminished personal efficacy, and a decrease in life satisfaction, have been termed 'stress' by researchers. The swift escalation of technological innovation and the corresponding surge in occupational advancement have introduced the notion of stress. Presently, stress is characterized as a malady of contemporary civilization. This is attributed to the substantial burden of stress that individuals grapple with in both their private and professional spheres. Such stress induces modifications in the daily routines of individuals, which in turn exert diverse impacts on one's well-being. The tensions arising from interpersonal interactions contribute to the stress experienced by an individual, adversely influencing their life. This research outlines a methodology for a thorough examination of the genuine origins of stress. It equips individuals with the tools to scrutinize their lives to pinpoint stress triggers and formulate efficacious coping mechanisms. The objective of this research is to mitigate the adverse consequences of stress and enhance individuals' life quality.

**Keywords:** Stress, Economic incentives, Organizational Stress, Stress Management, Work-related Stress