



Faculty of Cognitive Science and Human Development

**THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION (P.M.R) AND
MIND RELAXATION INTO LEVEL OF STRESS AMONG STUDENT
UNIMAS**

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ABSTRACT

THE EFFECT OF PROGRESSIVE MUSCLE RELAXATION AND MIND RELAXATION INTO LEVEL OF STRESS AMONG STUDENT UNIMAS

BY

MOHAMAD ABU NAJAH OMAR

This research aims to study about effect of progressive muscle and mind relaxation into level of stress among student in Faculty Science Cognitive Human Development. The main target of participant is student in department FCSHD and their number 212. Twenty participants randomly choose which 5 female and 15 is male from student FCSHD Unimas. All respondent are from third year. There were 12 Malay respondents and 8 Bumiputra such as Iban, Melanau and Bidayuh race respondent. Simple t – test has designed to evaluate hypotheses about group in level of differences in outcomes means to say the one – sample t – test in which the level of outcome for a group is compared to a known standard. The result was found that there is significant differences of stress level between before and after P.M.R technique. It also showed that there is significant differences between trait and anxiety inventory before and after P.M.R technique. Then for the mind relaxation the result found that there is significant relationship of stress level between before and after mind relaxation technique and also there is significant differences between trait and state anxiety inventory before and after mind technique.

ABSTRAK

KESAN LATIHAN DAN MINDA RELAKSASI TERHADAP STRESS DIKALANGAN PELAJAR UNIMAS

OLEH

MOHAMAD ABU NAJAH OMAR

Kajian ini dijalankan untuk mengkaji mengenai kesan dari relaksasi otot progresif & fikiran ke tahap stres di kalangan mahasiswa di UNIMAS. Sasaran utama peserta adalah pelajar di jabatan FSKPM dengan jumlah mereka 212. Dua puluh peserta secara rawak dipilih dan terdiri daripada 5 perempuan dan 15 lelaki. Kesemua responden berada di tahun ketiga. seramai 12 responden yang terdiri daripada kaum melayu dan bakinya seramai 8 orang adalah kaum bumiputra seperti Iban, melanau dan lumba Bidayuh. Ujian t-test telah digunakan untuk menilai hipotesis. Berdasarkan kajian yang dijalankan terdapat perbezaan yang signifikan antara tahap stress pelajar sebelum dan selepas melakukan latihan relaksasi. Ini juga disokong menunjukkan bahawa ada perbezaan yang signifikan antara keresahan dan kebimbangan inventori sebelum dan selepas teknik PMR. Kemudian untuk relaksasi minda menunjukkan terdapat hubungan perbezaan yang signifikan tahap stres sebelum dan selepas melakukan relaksasi minda dan disokong juga hubungan yang signifikan antara keresahan dan kebimbangan inventori sebelum dan selepas melakukan latihan minda relaksasi.

Chapter 1

Introduction

1.0 Overview

The relaxation response is perhaps one of the most important skills you will use to gain control over your body. The National Institutes of Health (NIH) recognizes the relaxation response as having broad health benefits including the reduction of pain and restoration of sleep. In addition, research on the relaxation response has shown that this simple technique can: increase energy, decrease fatigue as well as increase arousal from a drowsy state. It can increase motivation, productivity, and improve decision-making ability. The relaxation response lowers stress hormone levels and lowers blood pressure.

The relaxation response is defined as your personal ability to make your body release chemicals and brain signals that make your muscles and organs slow down and increases blood flow to the brain. Drugs can do some of this for you; however they often have unwanted side effects. Relaxation is one of the techniques in order to cope stress management. It is just not being enjoying hobby, it more benefit where relaxation one of the process that decrease the wear and tear on your mind and body from the challenges, bored of daily life.

Where there your stress is already controlling your feeling and your body, we can benefit it from learning relaxation techniques. As employee that has higher level knowledge, skill abilities are more easily exposes with pressure from workplace, work life balance, environment. So relaxation is on of the easier, low cost to learn in order to reduce the stress it self. Stress has become an increasingly popular subject of study because of evidence indicating stress is a causal factor in both physical and psychological illness (Lazarus, 1993). A stress experience consists of two major

elements: the stressor and the stress response. The stressor is the situation that causes a stress response, and a stress response is a "complex reaction pattern that often has physiological, cognitive, and behavioral components" (Feuerstein, Labbe, Kuczmierczyk, 1986, p. 99).

One way in order used for coping with stress is to promote relaxation through music or "music therapy" (Hanser, 1988, as cited in Miluk-Kolasa&Matejek, 1996). Music in conjunction with guided imagery has been found to decrease self-reported state anxiety (Hammer, 1996). The self-reported decrease in anxiety is evidence that music is helpful in dealing with the cognitive component of stress. Mulik-Kolasa and Matejek (1996) reported that listening to music helped return patients to a state of calm, as measured by arterial pressure, heart rate, cardiac output, skin temperature, and glucose count after being told that they would need surgery.

1.1 Background Of Study

As employee, every day they must face up with all new challenge environments external or internal that can lead to the stress. Pressure from internal and external factor can contribute to the level of stress amount the employee itself. This stress can be respond by psychological, physical emotional or spiritual. From there for employee it will give effect into their performance, knowledge, skill, abilities in order to achieve the organizational goal. For the employees itself this will be their major problem in order to enhance the productivity of the company. Generally stress has been mention in much way over the year. From the last preview research conducted by Rubinakazmi about occupational stress. It can define that stress is pressure from the environment that psychological and physical state that result when the resource of the individual are not sufficient to cope with the demand and pressures of situation. Factor that contribute to stress can be from external such family problem, individual problem, environment or work life balance mean while for the internal can be from poor work design, low of management or unsatisfaction working condition .

Relaxation is one of the methods that influence of level stress. Relaxation technique it can reduce stress symptom and can be part of the stress management. Research from Mayo Foundation For Medical And Research (MFMER) mention that relaxation isn't just about peace of mind but is process that decreases the wear and tear on our mind and body from the challenge , benefit of relaxation technique it easy

to learn often free or low cost and poses little poses of little risk. In the progressive relaxation many muscles in the body remain with chronically contracted because they are continuously receiving the message from the nervous system that they should be contracting in order to fight. They don't receive the signal from the nervous system that the threat has pass and it is stabile to relax. P.M.R was build up to initiative parasympathetic nervous system activity in a consciously directed way by first tensing a group of muscle and then consciously releasing the tension in that muscle group.

Research by Professor Herber Benson has showed that a number of different relaxation techniques can stimulate the relaxation respond which progressive muscles relaxation or (PMR) that uses more involve with tensing muscle. Secondly passive muscle relaxation that involve imagine with your muscle in a relaxed state, meditation that has been use for thousand year, but unfortunately people make wrong perception regard this and believe is tied up with religion but the cardiologist Professor Herber Benson have conduct reacher for 30 year and founded a generic form that is not. Another thing is visualisation to improve physical and psychological health. Antogenics relaxation is a form of self – hypnosis in which person imagines they are calm and their limbs and body are heavy relaxed and warn.

Exercise also one of type relaxation. Research has shown that exercise reduce stress, anxiety and muscle tension as effectively as a dose of a minor tranquiliser medication but the most commonly practised in the clinical setting are Jacobson'(1938) progressive muscular relaxation.

He suggested that his relaxation technique which involves saying with were (ne with each exhalation was preferable to other technique because it is easy to administer and produce effect equivalent to the of more complex technique (Greenhod and Benson (1977) so from there, the main important of these research is to see the realisation between P.M.R and also the level of stress among the employee.

1.2 Definition Of Terms

1.2.1 Progressive Muscle Relaxation

Conceptual

Progressive muscle relaxation is designed to initiate parasympathetic nervous system activity in a consciously directed way by first tensing a group of muscles and then consciously releasing the tension in that muscle group.

Operational

It is called progressive muscle relaxation because one moves progressively through the major areas of the body. With the body either seated or lying down, the mind focuses on a specific area of the body, like the left arm and hand.

1.2.2 Stress

Conceptual

Lazarus and Folkman (1984) viewed stress as a dynamic and reciprocal relationship between the person and environment. In this theory, stressors can range from catastrophic events to irritating incidents. Uses on a specific area of the body, like the left arm and hand.

Operational

Stress is recognised as a major health hazard of the contemporary century underlies diverse conditions such as psychosomatic disease, behavioural changes and it is a major contributor to disturbances in one's emotional, social and family life (Sapountzi-Krepia 2000)

1.2.3 Relaxation

Conceptual

The relaxation response lowers stress hormone levels and lowers blood pressure. In addition, relaxation may involve receptivity, defined as the ability to tolerate and accept experiences that may be uncertain, unfamiliar, or paradoxical (Smith, 1988).

Operational

Relaxation training is the most commonly investigated and clinically used intervention in this field.

1.2.4 Stress Thermometer Scale

Conceptual

The stress thermometer can define or locate degree the stress you experiences in different situation. This tool can detect changes hand or foot temperature of reflection of blood flow mean to say a measure of the stress response

Operational

It a tool that can influence the stress level that leads to headaches, insomnia, ulcer, test anxiety, pain, job stress marital conflict for those who are needed.

1.2.5 Galvanic Skin Receptor (G.S.R)

Conceptual

Galvanic skin response (GSR), or can be mention electrodermal response (EDR), psychogalvanic reflex (PGR), or skin conductance response (SCR one method of measuring the electrical resistance of the skin. It has been mention that electrodermal activity research, most of it dealing with spontaneous fluctuations.

Operational

The GSR it gives sensitive to emotions in some people. Fear, anger, startle response, orienting response and sexual feelings are all among the emotions which may produce similar GSR responses.

1.3 Statement Of Problem

As mention progressive muscle relaxation is activity or measurement tool that can detect the level of stress among the employee within in the organization. The main problem of these research is how effective the relaxation technique into stress among the employee it self. One of the important issue is what is the most effective solution or tool that can help the employee it self to cope their own stress to make sure their can perform well, with higher knowledge or skill in order to achieve the organization goal. Tool for indicator of stress will determine the level of stress it self, from there, function of relaxation which was progressive muscle relaxation will be implement in order to cope the stress among the employee it self.

Relaxation training is more effective in controlling mild hypertension than no – treatment, delayed – treatment and control procedures (Agras, Southam, & Taylor, 1983). This training alone, however is not as effective as antihypertensive medications in reducing blood pressure (Jacob, Shapiro, Reeves, Johnson, McDonald, & coburn,1986).

In 1988 the joint national committee on detection evaluation and treat of High School blood pressure recommended that relaxation be used for treatment of mild hypertension.

From there the stress should can be handle it because we already know how tackle it. Although P.M.R is one of the way to reduces stress but they may have contraindication, where relaxation is not recommended for client with certain types of respiratory or gastrointestinal disorder (Kinsman, Dirks, Jones, & Dahlem, 1980; Luthe & Schultz, 1969). For some client or employee, especially those suffering generalized anxiety, the level of tension increase instead of decreases when practicing relaxation an experience they find unexpected and stressful (Borkovec & Grayson, 1980; Lazarus,1965;ley,1988)

1.4 Research Objective

The main objective of this research is to study the effect of progressive muscle relaxation and mind relaxation into stress among of student in the faculty FCSHD Unimas.

1.4.1 Specific Objective

To measure the level of stress among employee using stress tool indicator

To identify the effect of progressive muscle relaxation and mind into stress

To identify positive and negative effect from progressive muscle relaxation

To identify relationship between progressive muscle relaxation or mind relaxation into stress

1.4.2 Research Question

1. Does the P.M.R and mind relaxation technique have effects toward level of stress among the employee?
2. How does P.M.R and mind relaxation technique effect level of stress based on performance of the student?

1.5 Conceptual Framework

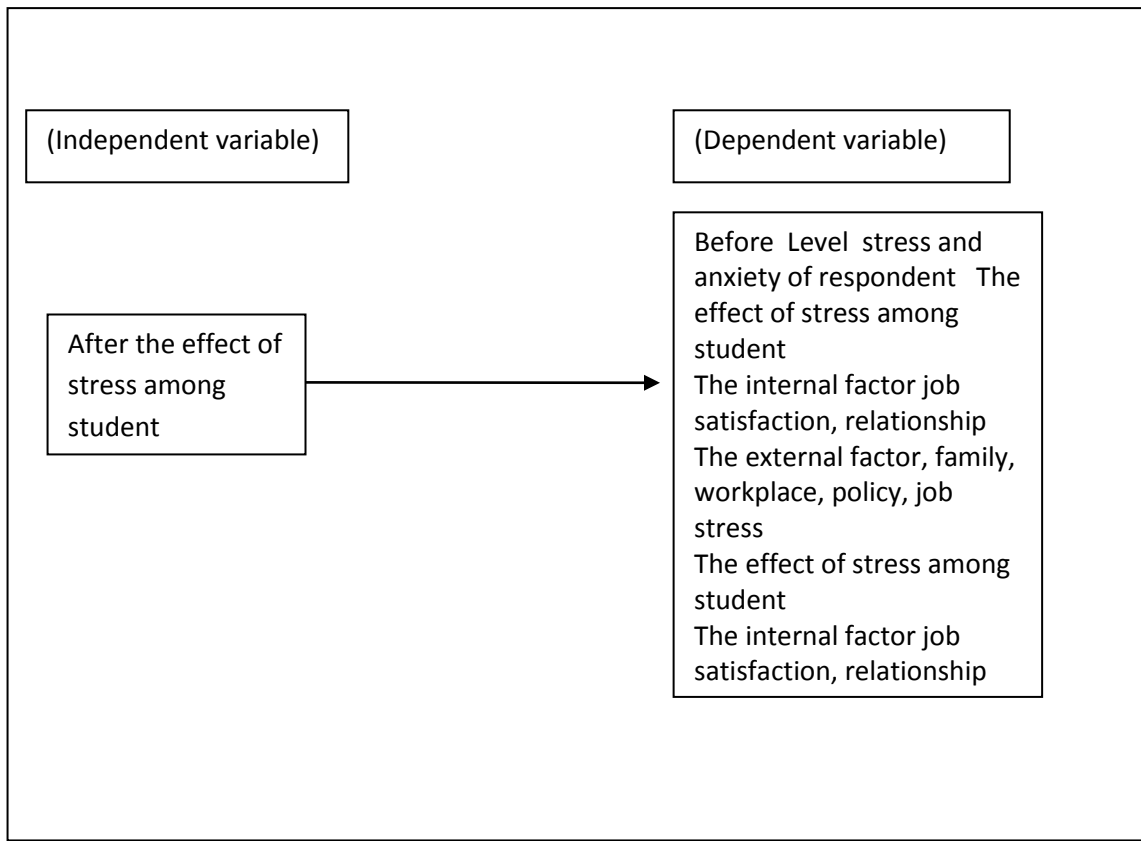


Figure 1.1

Modified from 3 component model of Organization Commitment (Mayer and Alan 1990) Direct effects model = a direct relationship between IV & DV.

Base on the direct effect model there were relationship between progressive muscle relaxations into the effect stress in self. Actually the level of the stress among the student can be measured by tool indicator of stress. In these model the independent variable was progressive muscle relaxation and the dependent variable was stress level among the student itself.

1.6 Research Hypothesis

General Hypothesis

Ho – There is significant differences of stress level before and after P.M.R or mind relaxation among the student FCSHD in Unimas.

Ho1 – There is significant differences of stress level before and after performing mind relaxation among student FCSHD Unimas.

Specific Hypothesis

H1 – There is significant differences on the level of STAI before and after P.M.R or mind relaxation among student FCSHD in Unimas.

H2 – There is significant differences of trait and anxiety inventory before and after performing mind relaxation among student FCSHD Unimas.

1.7 Significant of the study

This study will contribute to the theory, research methodology and human resource practitioner.

Theoretical Contribution

Progressive muscle relaxation (PMR) consists of the sequential tension and relaxation of various muscle groups throughout the body. PMR can be quickly learned by most individuals and can be used to attain a state of relaxation in 10 to 20 minutes. Relaxation training has proven beneficial to learning and recall for highly anxious people (Straughan & Dufort, 1969), and has also been successfully used to manage agitated behaviour in autistic children (Graziano & Kean, 1968). PMR has also been shown to be useful in the management of subjective anxiety complaints in no demented elderly (Rickard, Scogin, & Keith, 1994; Scogin et al., 1992). Many

relaxation techniques, including PMR and imaginal relaxation, have been used to address memory complaints in no demented elderly (Brooks, Friedman, & Yesavage, 1993; Yesavage, Rose, & Spiegel, 1982) as well as those who may be developing cognitive impairment (Simons, 1980).

Practical contribution

This study can be used as a guideline for the practitioner to manage and develop an effective human resource for example how to create design training program to enhance ability and skill the employees. Besides that, manager can use the finding of this study as guidelines to improve the design and management of benefits programs. The information from this study can be used to improve the human resource policy regarding the quality of training design and benefits in order to increase job satisfaction example reduce employee intention to leave and increase employee commitment among the employees. This can be done by improving the content and method of the training program for those who are responsible in designing. Besides that, this study will give the practitioner a chance to realize the important of training design program to enhance the ability of the employee.

1.8 Limitation of the study

One of the main issue regarding the limitation of this study is analysis of transcribe data required time than expected this happen because this study was a cross – sectional research design where the data were taken one time within the duration of this study. Further more this type of study did not capture the development issues (intra – individual change and restrictions of making inference to participant). From there one of solution in order to handle this problem is by In the process of purchasing a transcribing machine to speed up the transcribing process or another solution is Appoint new Research Assistant to help with the transcribing process, are the most suitable way in order to make analysis of transcribe data with expected time.

Another limitation is Difficulties in getting volunteers to involve with the system testing, meaning to say it hard to find student to participant this may happen

because their time schedule learning is different so from is hard to find and locate them, further more sometimes the participant don't want to cooperate to give reliable information. So in order to minimize this kind of problem is by Seek permission from the faculty to get students to help with the testing to make sure the data that been collected are reliable.

Another solution is giving out token for those who willing to become the volunteers it actually will attract the participant itself they feel been appreciated, those token such food, and money can interact them to take participant in this cases study.

Then finalizing the prototype interface – integrating various components it also one of the limitation in this study because it need a lot of protocol and procedure, it actually involve with the research design itself so from there how can handle this problem is by Seek some advice from the expert in the field of spoken language technology from there it will expose what the main problem regarding this kind of issue, and finally it will list of the solution in order to handle this type of limitation.

Chapter 2

Literature Reviews

2.0 Introduction

In this chapter it mention about earlier research conducted researcher about stress, P.M.R effect, what factor of stress, how to implement these P.M.R, and what kind of tool that can measure the level of stress among the student itself. In this chapter there are more emphasizing base on the significant literatures that have related to demographic factor, environment, and internal factor. This chapter also will reveal the important P.M.R in order to coping the stress amount the student. It also included theory that have related to this kind field of research from the past research. Finally several last researcher and litterateur are discussed in order to giving clear understanding what is all about these research in order to attract the reader

2.1 Stress

There is much definition about stress, each of meaning have their own explanation about stress. But stress was originally derived from the physics that it actually used widely in various branches of science for over year, example psychology, physiology and animal science). There were studied that mention stress involve detrimental effect on physical health and decreased immune system functioning (Rabkin & Struening, 1976). Ewbank (1973) and Selye (1976) revealed that effects had also been described in many other words, such as eustress, over stress and distress. Ogden (2000) had mention distress is harmful and damaging while eustress is positive and beneficial.

Actually the meaning of stress was identify and conceptualized by Hans Selye (1974) who in 1936 published a paper, entitled: "A syndrome produced by different agents ". Stress is fundamentally characterized by two moments and aspects, i.e., the "stimulus" and the "response". The word stress can indicate both, so creating a possible semantic ambiguity. Selye (1976) suggested the word "stressors" (stressogenic agent) to indicate the causal agent, while keeping the word "stress" and "stress response" (response to stress) to indicate the final outcome. Moreover, according to Selye (1976), the word "stress" has meaning only if related to specific biological situations. In 1966 and 1972, Spielberger (1966) had proposed that people who were identified having "high anxiety" mean that they were showing responses to psychological threats other than the people would only respond to physical threats that stress being applied instead of threats.

Frida (1988) had proposed that individual wither higher stress level scored higher on anger variables, which was related oppositely to health. Moos and Swindle (1990) had there are many ongoing and chronic life experiences or stressors regarding to physical health for example medical condition and intervention, home and neighbourhood for example safety, cleanliness and pollution, financial work such as interpersonal problems, workload, deadlines, spouse, child, extended family and friends.

Stress is recognised as a major health hazard of the contemporary century underlies diverse conditions such as psychosomatic disease, behavioural changes and it is a major contributor to disturbances in one's emotional, social and family life (Sapountzi-Krepia 2000). From past research variety of the modern diseases has their origins in stress (Powell and Enright 1990) while as it is estimated at least 75% of the consultations in Great Britain are for stress related illness.

Selye (1976) argued that stress is the response of the human organism to noxious stimuli, which are called stressors, and he defined stress as '...The state manifested by the specific syndrome that consists of all the non-specifically included changes within a biologic system'. Some years later Lazarus (1971) gave a broader viewpoint at stress and he added to the stress related literature the component of perception. He stressed that an event or situation is interpreted and evaluated by a person as stressful in light of the person's past history and experience.

In 2003 Jacob and Dodd has mention that student with positive personality, peer support and participant in extracurricular activities were exposed to low levels of burnout, while high level of burnout, while high level of burnout were due to negative personality and perceived workload. In Sue and Morishima perspective (1982) psychological distress is commonly related to personality flaw and will power deficiency. Past research by Steven B. Donovan and Brian H. Kleiner has showed actually individual suffer from high degree of stress (type A behaviour have more significantly different "sympathetic" nervous system reaction compare with person that have low – stress individual (type B behaviour). Type A individual suffer from high and uncontrolled release both of adrenaline and cortisol with a relatively long recovery time. Negative side effects of excessive cortisol secretion include increased fat levels in the bloodstream, increased breakdown of lean body tissue for energy conversion, and increased levels of acidity in the stomach. Cortisol also decreases the amount of catecholamines in the brain, which increases anxiety and depression. Catecholamines also enhance the activity of blood cells which fight infection.