



# **Stress In Modern Living: A Management Model In The Nigerian Situation**

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## **ABSTRACT**

This research study examines the increasing incidence of stress in contemporary society and explores a management plan specifically tailored to the Nigerian setting. The article emphasises the detrimental effects of prolonged stress on one's physical and mental health, and it supports this claim with data and statistics particular to Nigeria. Additionally, this study presents a comprehensive stress management paradigm specifically designed for the Nigerian context, with a particular focus on integrating cultural and community-oriented approaches. This article offers practical strategies for stress reduction that draw upon traditional Nigerian practises, with a focus on individual well-being. This study examines the involvement of governmental entities and community organisations in the field of stress management, with a particular emphasis on promoting awareness campaigns and establishing support structures. This article highlights the importance of managing stress within Nigerian communities through the use of case studies that demonstrate successful stress management efforts. The study finishes by providing a concise overview of essential aspects and presenting practical suggestions for individuals, communities, and policymakers, so promoting a proactive stance towards stress management in Nigeria.

**Keywords:** Stress, Health, Management, Nigeria

## **INTRODUCTION**

It is worth noting that stress is intricately intertwined with several aspects of our lives. Regrettably, the presence of stressful events is an inherent aspect of human existence, permeating various domains of human activity and leaving no room for debate regarding its ubiquity. The impact of stress on physical health, mental condition, and social-psychological functions of individuals is of considerable significance. The influence of technology permeates several facets of our artistic endeavours and significantly shapes our capabilities and modes of engagement with the external environment.

Contemporary individuals navigate a realm replete with routine stressors, set against a backdrop of environmental upheavals, political, social, and economic turmoil, all of which have been compounded by the ongoing Covid-19 pandemic throughout the past biennium. In light of the aforementioned circumstances, individuals experience a sense of imminent peril, anxiety, and uncertainty regarding the future. They also have apprehensions about potential job loss, coupled with a strong inclination to retain their employment at whatever expense, while actively pursuing upward mobility within the career hierarchy to secure comparably higher remuneration. As stated by Berdzenadze (2022), there was a notable rise in tension within interpersonal relationships, as well as an increase in levels of hostility and intolerance.

The combination of physical and mental stress exerts a significant influence on both our physiological and psychological well-being. The inquiry pertains to the definition and nature of stress. Stress is a

psychological and physiological response that occurs in reaction to environmental stimuli and their fluctuations. It represents a mental state when an individual has significant challenges or difficulties in effectively managing a situation triggered by an occurrence. The intensity of stress varies, as it emerges in reaction to circumstances that pose a risk to life, such as incarceration, warfare, and natural calamities. The impact of stress is not exclusively negative, since good occurrences can also impose a significant psychological weight. The adage "every stick has two ends" suggests that every situation or concept has both positive and negative aspects.

There are numerous factors that contribute to the experience of stress. Various factors contribute to the occurrence of high-paced lifestyles in the contemporary day, including competition, violence, fear of terrorism, and natural phenomena such as earthquakes, tsunamis, and floods. Additionally, familial problems, such as the loss or illness of loved ones, as well as divorce and domestic abuse, can also serve as causative agents.

According to Selye (1936), stress is not solely determined by external events, but rather by our subjective interpretation of those events.

### **Understanding Stress**

In the field of stress research, defining the phenomenon under study is crucial. The term "stress" encompasses a wide range of meanings and phenomena. Both its strength and weakness lie in the concept of stress's inherent diversity. It's complex and encompasses a wide variety of real-world topics because of this. People experience stress because it is a natural reaction to situations that make them feel threatened, depressed, dysphoric, or otherwise off-kilter (Shalev, Yehuda, & McFarlane, 2000). Overwhelm, anxiety, destruction, pressure, tiredness, and lethargy are some of the symptoms listed by the American Psychiatric Association (2014). Because of this, stress can have negative effects on a person's physical and mental health regardless of their age, gender, race, or socioeconomic status. According to the research of Shahsavarani et al. (2013), stress refers to the response of a living organism to any external factor that causes a disturbance in homeostasis (internal balance). A tangible manifestation of the need to respond, regulate, and/or adapt (on multiple levels, including the physical, psychological, and emotional) to a change was also provided as a definition by Silverman et al. (2010). Any circumstance, event, thought, or mood that triggers feelings of exasperation, anger, apprehension, and/or anxiety can be considered a source of stress.

Simply put, stress is the body's and mind's reaction to the belief that one's resources and coping mechanisms are inadequate to deal with a situation or event that one perceives as challenging, threatening, or demanding.

Both positive and negative stress have been identified. Positive stress, also known as Eustress, is temporary and has a beneficial effect on individuals. The optimal level of stress offers the necessary push to triumph over adversity. The positive effects of eustress on one's state of mind, motivation, and output are all readily apparent. But negative stress, sometimes called distress, can last for a while and is unpleasant to experience in general. When internal demands surpass available resources for dealing with them, a state of distress results. Distress can exacerbate or even cause a variety of emotional, mental, and even physical health problems.

Reviewing the literature, we find that there are distinct types of stress depending on the origin of the stressor (physiological vs. psychological), the effect on the individual (eustress vs. distress), and the duration of the exposure to the stressor (acute vs. chronic).

Response-based, stimulus-based, and cognitive-transactional based process perspectives are the three most common and influential ways in which stress has been studied in the literature. According to the response-based viewpoint, stress results when a living thing fails to adequately adapt to the external demands placed upon it. This view separates the stressor (stimulus) from the stress (reaction). In this regard, Hans Selye stands out as the most well-known proponent. Selye was fascinated with the body's reaction to stress and how it affects the progression of disease, but he was unconcerned with the source of stress itself. The stress response typically occurs in three distinct phases, each of which is shared by

humans and animals. The alarm reaction (the "fight or flight" response), the resistance stage (the "carrying chronic stress and active use of body resources"), and the exhaustion stage (the "onset of tissue damages, onset of disease, and evacuation of body resources") make up what Selye called the "General Adaptation Syndrome" (GAS). Studies in biology are particularly rich in examples of the response-based paradigm (Halber, Gallagher, & Kenny, 2014; Schwarzer & Schulz, 2003).

The second is a stimulus-based view, which originates from the work of Holmes and Rahe (1967). It has been found that the average amount of effort required to overcome some event may be a fair measure of its intensity, depending on the volume and severity of the stressors and evaluate their potential to exhaust persons. Using weighted means of occurrences would ignore individual differences among different persons, which leads to varied interpretations of the same phenomenon (Santorius, 2013; Schwarzer, 2010), which is one of the fundamental weaknesses of such perspectives.

According to the transactional-cognitive process theory, an individual experiences stress when she or he interprets the demands of her or his environment as excessive and potentially harmful to his or her ability to cope. Assumptions about transactions, processes, and contexts form the backbone of the cognitive-transactional process view on stress. Thus, stress develops as a unique mediating component in the interplay between an individual and their surrounding environment. The context of an occurrence is what gives a stressful situation its unique character. According to the authors of this theory, stress is not a static state but rather the result of a dynamic interaction between a number of factors.

### **Effects of Stress**

Negative effects on one's physical and mental health have been linked to chronic stress, the outcome of prolonged or repeated exposure to a stressful situation. These aftereffects can be harmful and have an impact on a person's overall health and well-being. The effects on health extend to both the body and the mind.

#### ***Physical Health Consequences***

Chronic stress, as described by Chapman (2016), causes the "fight or flight" response and the subsequent production of stress hormones such as cortisol and adrenaline. Long-term exposure to these hormones can increase cardiac workload and the risk of developing hypertension (high blood pressure). High blood pressure, if left untreated, can lead to artery damage and an increased risk of cardiovascular disease and stroke. The immune system's response to infections and illnesses can be dampened by the constant secretion of stress hormones. This can lengthen the time it takes to recover from illnesses like the common cold and the flu.

The digestive system may be directly affected by stress. Diarrhoea, constipation, abdominal pain, and nausea are only some of the symptoms that can arise from altered frequency of contractions in the gastrointestinal tract muscles (Segal, Smith, Robinson, & Segal, 2016). Irritable bowel syndrome (IBS) may be made worse by prolonged mental or physical stress. Emotional eating, especially for high-calorie, sugary, or fatty meals, is a common response to long-term stress. The result may be a gradual accumulation of excess fat and obesity. Furthermore, elevated cortisol levels might encourage belly fat buildup, which is linked to a number of health problems.

When we're under stress, our bodies' internal clocks might get thrown off. Trouble getting asleep, remaining asleep, or having restorative sleep has been linked to chronic stress (Balaji & Gopal, 2021). A vicious cycle of stress and poor sleep might develop as a result. Pain may feel more intense when chronic stress is present. It has the potential to reduce pain tolerance and aggravate preexisting disorders such as headaches, migraines, back pain, and fibromyalgia. Muscle tightness brought on by stress is another potential source of physical discomfort.

#### ***Mental Health Consequences***

Anxiety disorders are often the result of long-term stress. Generalised anxiety disorder (GAD), panic disorder, and social anxiety disorder are all possible outcomes of the persistent worrying, dread, and heightened awareness that characterise stress. A lack of serotonin, a neurotransmitter that helps maintain a positive mood, has been linked to chronic stress (Kihara & Mugambi, 2018). Depressive symptoms

including chronic sorrow, hopelessness, and lack of interest in once-enjoyed activities might result from this chemical imbalance.

Memory, focus, and the ability to make sound decisions are all cognitive qualities that can be negatively impacted by prolonged exposure to stress. Chronic stress has been linked to impairments in attention, problem solving, and memory (Makubu, 2020). Mood swings and impatience are two symptoms of the emotional instability stress can induce. Emotional difficulties can put a burden on relationships and diminish an individual's sense of well-being.

Some people, as proposed by Manjunatha and Renukamurthy (2017), use medications or alcohol to deal with persistent anxiety and depression. Substance abuse problems and mental illness can develop as a result of this.

Finally, suicide thoughts or actions may occur in extreme circumstances, especially when chronic stress and depression are present together. If you or someone you know is having these kinds of thoughts, get in touch with a mental health professional or a crisis hotline right away.

### **The Nigerian Situation**

According to a 2015 Bloomberg survey, Nigeria has the highest stress levels of any country in the world. How much surprise does this result evoke from people? Not at all, in fact. There's some truth to the argument that it shouldn't. Living in Nigeria, as can be seen in our daily lives, is intimately linked to the sense of stress. Inadequate transportation systems and persistent gridlock, unreliable public transport services, the plight of low-income earners burdened with high workloads and little compensation, and the rising cost of living are just a few of the many problems that need to be addressed. There is no doubt that the people of Nigeria are under a great deal of pressure.

Eighty percent of modern diseases have stress as a possible cause, right? Life expectancy is significantly higher in the United States (78 years) compared to less developed countries like Nigeria (53 years) (Yakubu, 2020). Since stress can have such a negative effect on one's health, it's important to learn what causes it and how to deal with it correctly so that we can reduce the likelihood of negative health outcomes and premature death (Cox, Griffiths, & Leka, 2015).

Because of its history, culture, and socioeconomic elements, Nigerian society is characterised by a complex network of stressors. The difficulties that individuals and communities in Nigeria encounter can't be overcome without first gaining an appreciation for these stresses. Nigeria's government has changed hands frequently and there has been a history of military coups (Orji, 2017). Because of this unpredictability, many people feel uneasy and worried. All facets of Nigerian society are impacted by the widespread problem of corruption. It causes people to lose faith in government, slows down the economy, and makes them feel helpless.

Nigeria has more than 250 distinct ethnic groups and several different religions, making it one of the most religiously and culturally diverse countries in the world. Individuals caught in the crossfire of inter-group tensions and conflicts are inevitably strained by this rich diversity. Terrorism (such as Boko Haram in the northeast), banditry, and communal confrontations are just some of the security threats that the country faces (Abonyo, 2020). Communities in danger may be forced to live in perpetual terror, and many will suffer psychological trauma as a result. The wealth gap in Nigeria is wide, with a few very affluent people and the majority living in abject poverty. Increased economic strain and social unrest are the results of persistently high youth unemployment.

In many regions of Nigeria, people lack easy access to adequate medical treatment. When people or their loved ones get sick, they may be under a lot of pressure because they can't get the treatment they need. Inadequate facilities, inadequately educated teachers, and limited access to quality education are only some of the issues facing the Nigerian education system despite the country's vast and active youth population (Udoh and Ajala, 2015). Many young people experience frustration and lack of opportunity as a result of this.

In many areas, especially those pertaining to education, employment, and resources, women in Nigeria continue to face prejudice. Another major problem is gender-based violence, which has devastating

effects on the lives of many women. Many Nigerians face daily stresses due to insufficient electricity, poor transit options, and unstable water and sanitary infrastructure. By Agulanna (2007). Sometimes, established societal norms and individual objectives simply don't mesh. This causes strain, especially for young individuals attempting to balance these conflicting expectations of them.

Political and social activism in Nigeria carries with it the risk of government crackdowns and the possibility of physical harm. People are discouraged from speaking up about injustice because of the climate. Migration occurs both within and outside of Nigeria, mostly for economic and security-related reasons. Loss of income and family unity during relocation are two additional sources of stress brought on by this phenomenon (Bamba, 2016).

According to Oludeyi (2015), environmental problems including deforestation, desertification, and pollution are a source of stress in Nigeria since they have negative effects on people's ability to make a living and their health. Family and community are highly valued in Nigerian society. While this might be comforting, it can also be stressful if people feel compelled to fit into stereotypical roles by, for example, getting married or focusing on a specific job path. When women are expected to put their family's needs before their own or when they encounter discrimination because of their gender, traditional gender roles can cause unnecessary tension and dissatisfaction.

There is a sizable Christian and Muslim population in Nigeria. When people's religious principles and the demands of modern society clash, the former can be a source of comfort and the latter a cause of further stress. Mental health is still stigmatised in Nigerian society (Adim et al., 2018). Seeking assistance for mental health issues can be perceived as a show of weakness, which can discourage people from doing so and contribute to increased levels of stress.

### **Empirical Data and Statistics on the Impact of Stress in Nigeria.**

Adamu and Abdullahi used the Job Content Questionnaire Instrument to investigate the prevalence of psychosocial stress among healthcare professionals in a tertiary hospital in Bida, Niger State. They discovered that the general prevalence of psychosocial stress was 46% (95% CI: 38.948-53.172). In 2014, a cross-sectional survey was conducted among 200 healthcare professionals. In this research, the most common risk factor for experiencing psychosocial stress was the lack of necessary equipment. The authors of this study noted that a major flaw was respondent bias.

Mojoyinola (2008) confirmed the prevalence of stress at 55.5% (95% CI: 47.313-63.579) among 153 nurses in two tertiary hospitals in Ibadan. The study attempted to analyse the impact of stress on the nurses' physical, mental, personal health, and work behaviours. A modified version of the Stress Assessment Questionnaire for Hospital Nurses and a job assessment scale were used in this study to confirm that stress has a substantial detrimental effect on the physical and mental health of health-care employees ( $F = 2.376$ ;  $df = 10/153$ ;  $P > .05$ ). Stress among health care professionals is a real issue, and Mojoyinola acknowledged that overwork, understaffing, anger, and a lack of advancement are all contributors.

Owolabi et al. (2012) conducted a cross-sectional study on 324 healthcare professionals at Oyo State's mission hospitals to examine the connection between stress and hypertension. Health was evaluated by measuring body mass index and blood pressure, and psychological strain was gauged using the Job Demand - Control Questionnaire Instrument. Prevalence estimates for stress ranged from 21.685% to 31.14%; furthermore, stress was found to be statistically related with an increase in the prevalence of hypertension.

In a study conducted among 198 healthcare professionals at two hospitals in Ugep, Cross River State, using the Stress Assessment Questionnaire Instrument, Etim et al. (2015) found a prevalence of psychosocial stress of 92.9% (95% CI: 88.421-96.081). Workload (3.9%), poor managerial support, poor staff attitude (29.8%), a poor work environment, and a lack of equipment (30.8%) were found to be risk factors for psychosocial stress in this cross-sectional study. Among the health effects linked to psychosocial stress, headaches and migraines rated highest (76.3%). Loss of interest in work (10%) and trouble focusing (11.6%) were also identified as negative health effects of psychosocial stress.

The prevalence of psychosocial stress was calculated by Obasohan and Ayodele (2014) as 86.2% (95% CI: 81.695-89.960) among 290 doctors at three hospitals in Lagos who were assessed for stress-related symptoms. Obasohan and Ayodele (2014) found that employment discrimination is a substantial risk factor for psychosocial stress, with a prevalence of 30.5% ( $R^2 = 0.305$ ;  $F = 23.291$ ;  $P > .05$ ) using the employment Stress and Workers productivity measure.

Adeolu et al. (2016) used the General Health Questionnaire (GHQ-12) in a cross-sectional study to determine the prevalence of psychosocial stress among 253 doctors at the University College Hospital, Ibadan, and they found that it was 31.6% (95% CI: 25.939-37.739). For this study, we used the General Practitioners' Job Stress Inventory and the Job Satisfaction Scale to assess the causes and effects of stress on physicians' mental and physical health. Job discontent ( $OR = 2.33$ ;  $CI = 1.08-4.04$ ) and poor mental health ( $OR = 3.82$ ;  $CI = 1.42-9.95$ ) were found to be risk factors for stress among healthcare employees by Adeolu et al. (2016).

Ladan et al. (2014) conducted a cross-sectional study at the Ahmadu Bello University Teaching Hospital in Zaria to examine the stress levels of 107 healthcare employees. Stress was found to be prevalent in 90.65% of people (95% CI, 83.484%-95.427%). In this study, we employed the job demand - Control Questionnaire Instrument and found that among health-care employees, work overload and long work hours (75%) were the most important predictors/risk factors for stress. Hypertension (51%), muscle cramps (59.6%), discouraging thoughts (65.4%), annoyance (67.5%), headache (69.2%), forgetfulness (70.0%), and rage (74.9%) were reported as health consequences of stress.

In a research of 238 doctors working at a hospital in Benin City, Edo State, Onowhakpor (2018) found that 50.84 percent (95% CI: 44.303-57.356) of them were experiencing some form of stress. Inadequate resources (85.1%), sleep deprivation (89.5%), and work overload (94.3%), as measured by the GHQ-12 instrument used in this study, were verified as risk factors for stress.

### **Stress Management approaches**

Keeping your mind and body healthy in today's fast-paced world requires adept stress management. There is a wide variety of methods available to people for managing stress. The following methods for dealing with stress are suggested in Table 1.

**Table 1: Stress Management Techniques**

1	<b>Mindfulness and Meditation</b>	Meditation and other forms of mindfulness practise assist practitioners bring their attention back to the here and now. Anxiety levels can be lowered and stress alleviated with the use of these methods (Bowin & Harvey, 2019).
2	<b>Physical Activity</b>	Intense stress relief can be attained by regular exercise. It's a great stress reliever and natural mood booster since it triggers the release of endorphins. Jogging, yoga, and dancing are all fantastic choices.
3	<b>Healthy Diet</b>	Consuming foods rich in vitamins and minerals, as well as remaining hydrated, helps general health and the body's ability to deal with stress (Petreanu, Lordache, & Seracin, 2020).
4	<b>Sleep Hygiene</b>	Getting enough sleep is an important stress management strategy. Better sleep can be achieved with the help of excellent sleep habits like sticking to a regular sleep schedule and engaging in a relaxing bedtime routine.
5	<b>Time Management</b>	Tasks might be less overwhelming if they are organised and prioritised. Effective time management can be achieved by the use of tools such as the Pomodoro Technique and the making of to-do lists (Balaji & Gopal, 2021).
6	<b>Social Support</b>	The emotional support and new perspective you gain from talking to a friend, family member, or therapist are invaluable. Having and keeping solid friendships is a great way to reduce the effects of stress.
7	<b>Relaxation Techniques</b>	Individuals can decompress and lower their stress levels by partaking in activities like reading, taking warm baths, or engaging in hobbies.
8	<b>Cognitive Behavioral Therapy (CBT)</b>	According to Lumley and Provenzano (2003), CBT is a method of therapy that aids patients in recognising and altering stressful ways of thinking and behaving. It teaches people how to handle stressful situations better.
9	<b>Stress Reduction Workshops</b>	A person's ability to cope with stress can be greatly improved by attending a stress reduction programme or class. Awareness of stress and methods for dealing with it are common topics of these seminars.
10	<b>Self-Care</b>	Preventing burnout and increasing resistance to stress can be achieved through prioritizing self-care activities such as taking breaks, establishing boundaries, and practicing self-compassion. (Adim, et al., 2018)
11	<b>Nature and Outdoor Activities</b>	Outdoor activities and time spent in nature have been shown to have a relaxing effect on the mind and body, making them ideal stress relievers.
12	<b>Mind-Body Practices</b>	Techniques like tai chi and qigong use breathing exercises and attentive movement. These have the potential to serve as stress-dissolver and induce calm.
13	<b>Seeking Professional Help</b>	Seeking expert support from a mental health professional is crucial when stress gets unbearable or causes mental health disorders like anxiety or depression. Professionals in the field, such as therapists, counsellors, and psychiatrists, can offer personalised support and care.

An individual's particular stressors will dictate the combination of methods they should employ, so it is important for them to experiment to see what works best for them.

### **Importance of a Holistic Approach to Stress Management**

Owing to the far-reaching effects of stress on a person's body, mind, emotions, and spirit, it's crucial to take a multifaceted, integrated approach to dealing with the issue. Individuals can improve their well-being and experience less stress in the long term if they use an all-encompassing approach to managing their stress (Kraaijenbrink, Spender, & Groen, 2010). An integrative method looks beyond the surface manifestations of stress and addresses the root causes as well. Included are lifestyle, relationships, employment, and beliefs as potential sources of stress. Long-lasting improvement is possible after the underlying reasons are identified and treated. Heart disease, digestive disorders, and a compromised immune system are just a few of the medical ailments that have been linked to prolonged stress. This strategy places an emphasis on one's physical well-being through means such as exercise, nutrition, and sleep to assist people cope with stress and lessen its physiological effects.

Ashfaq and Mohammed (2013) contended that stress is detrimental to mental health and frequently results in symptoms including anxiety, sadness, and cognitive impairments. Mindfulness, counselling, and relaxation techniques are just a few examples of the holistic approaches that help strengthen mental fortitude and equip you to deal with destructive thoughts. One of the major contributors to stress is one's emotional state. An individual's ability to control their own emotional responses to pressures is enhanced by cultivating a more self-aware and regulated emotional state, two goals of a holistic approach.

According to Kreitner and Kinicki (2005), a large part of managing stress holistically entails bolstering social relationships and reaching out for support from friends, family, and groups. Connections like these can be a source of both mental and physical relief from stress. Furthermore, self-care is an integral part of stress management in general. In order to avoid burnout and improve one's general health and happiness, it is important to take time for oneself, pursue one's interests, and show kindness to oneself. Finding a happy medium between your professional and personal life is equally important. For other people, stress is linked to their sense of purpose, values, or spirituality; therefore, it is important to take a more holistic approach, which takes into account the significance of boundaries, time management, and having a happy life outside of work. A holistic method gives students the freedom to investigate these facets and discover strength in their convictions.

Given that everyone deals with stress in their own unique way, a blanket solution may not be the best option. An individual's unique set of problems calls for unique approaches, and a holistic method encourages people to develop stress-reduction methods that are uniquely suited to them. However, holistic approaches to stress management do more than just alleviate symptoms for the time being; they also teach people to develop healthy coping mechanisms so that they can avoid stress altogether. It helps people develop long-term coping skills and resilience (Palmer, Cooper, & Thomas, 2004). Ultimately, a holistic strategy for stress management should help improve a person's quality of life in every aspect. Greater life satisfaction, pleasure, and fulfilment can be attained by paying attention to all areas of well-being.

In conclusion, a holistic perspective acknowledges the complexity of stress and the necessity of an all-encompassing, coordinated strategy for its management. Taking care of one's physical, mental, emotional, and social health allows for not just a lower stress level, but also an improved quality of life and increased resistance to future stressors.

### **A Proposed Management Model**

For a stress management strategy to be effective in Nigeria, it must take into account the specific cultural, societal, and community aspects that shape stressors and coping strategies in the country. The cultural diversity and social relevance of Nigeria should be reflected in this model. A stress management model customized for the Nigerian context, emphasizing cultural and community-based solutions is suggested below:



- a. **Cultural Sensitivity and Understanding:** Recognise that Nigeria is home to a wide variety of peoples and languages. Learn how stress is interpreted and experienced differently depending on one's cultural background.
- b. **Psychoeducation and Awareness:** Educate the Nigerian population on the effects of stress on their bodies and minds, and encourage them to seek professional help by launching public awareness programmes. It is important to adapt course materials to the varying needs of students from various linguistic and cultural backgrounds.
- c. **Community-Based Support Systems:** Improve and expand on tried-and-true community support methods like large, close-knit families and regular community events. Facilitate community-wide dialogue about stressors and coping methods.
- d. **Mindfulness and Traditional Practices:** Stress-relieving activities like yoga, Tai Chi, and meditation can be enhanced by using mindfulness techniques. Support the use, under the supervision of experts, of traditional herbal treatments that have been shown to have a calming impact.
- e. **Family-Centered Approach:** Recognising the importance of family dynamics in Nigerian society, involve them in stress management programmes. Family members should be encouraged to talk openly with one another about their experiences with stress.
- f. **Religion and Spirituality:** Incorporate faith-based stress management programmes, taking advantage of Nigeria's strong religious and spiritual traditions. Urge people to find peace and strength in their faiths.
- g. **Art, Music, and Dance Therapy:** To relieve tension, try traditional art forms like music and dance. Remind people that art can be a powerful tool for social change.
- h. **Community Wellness Centers:** Set up community centres for wellness where people can go for expert counselling, stress management classes, and more. Make sure there is an emphasis on cultural competence and linguistic accessibility at these hubs.
- i. **Supportive Networks and Social Cohesion:** Create opportunities for people to get together through community celebrations and support networks. Insist that neighbours keep an eye out for one another.
- j. **Traditional Healers and Counselors:** - Work together with well-respected local healers and counsellors to deliver mental health care that is sensitive to local customs and values. Make sure these professionals know how to see the signs of stress and how to help their patients cope with it.
- k. **Government and Policy Support:** - Propose legislation that would increase funding for and access to mental health care in underprivileged communities. - Spend money on studies on stress and mental health in Nigeria.
- l. **Evaluation and Adaptation:** Maintain an ongoing evaluation of the stress management model based on scientific data and public input. Changes in society and culture should prompt adjustments to the model.

It is possible to handle stressors in a way that resonates with Nigeria's diverse population and promotes mental and emotional well-being by designing and implementing a stress management model adapted to the Nigerian environment, with a focus on cultural and community-based solutions. The goal of this strategy is to equip individuals with the resources they need to deal with stress in a healthy, culturally appropriate way.

### **Community and Government Involvement**

The significance of government and community organisations in stress management is paramount when it comes to treating the mental health and overall well-being of their citizens. These entities assume a crucial function in increasing knowledge about stress-related matters, creating efficient support systems, and advocating for overall mental well-being. The subsequent discourse provides a comprehensive analysis of the respective responsibilities of individuals and the significance of awareness campaigns and support networks.

Governments possess the capacity to institute laws and regulations aimed at fostering mental health awareness and facilitating stress management. This include the allocation of resources towards mental health programmes, the establishment of guidelines aimed at reducing workplace stress, and the guarantee of accessibility to mental healthcare services. Various governmental bodies have the capacity to commit resources towards the provision of assistance for mental health efforts. These resources encompass financial backing for research endeavours, educational endeavours, as well as community-based programmes that specifically address stress management (Gangster and Loghan, 2005).

Governments has the capacity to initiate public awareness programmes aimed at mitigating the societal stigma surrounding the act of requesting assistance for mental health concerns, such as stress. These initiatives have the potential to provide public education regarding the identification of stress indicators and the means to obtain necessary assistance. In addition, organisations have the potential to promote the adoption of stress-reduction programmes, employee assistance programmes (EAPs), and mental health policies that prioritise the well-being of employees.

Primarily, governmental entities may prioritise their efforts towards vulnerable demographics, such individuals with little financial means, displaced persons seeking refuge, or those who have experienced trauma, through the provision of tailored assistance and resources aimed at mitigating their unique stressors. Community organisations play a crucial role in the management of stress. One potential approach to disseminating knowledge about stress management to community members is through the organisation and implementation of workshops, seminars, and public events. These platforms can serve as effective means of educating individuals within the community. They have the capacity to furnish knowledge pertaining to the array of resources that are accessible, as well as the many coping tactics that can be employed. These organisations have the capacity to host support groups and peer-led projects, providing a platform for individuals who are encountering comparable pressures to exchange their experiences, extend support to one another, and acquire knowledge through their shared interactions.

Community organisations play a crucial role as intermediates, facilitating the connection between those who require mental health services, counselling, and therapy. They have the potential to facilitate the connection between individuals and professional assistance, thereby addressing the divide. Provide community-oriented wellness initiatives that integrate stress mitigation methods, such as yoga, meditation, or art therapy, with a focus on cultural sensitivity and inclusivity. Crisis intervention programmes and hotlines are available to those experiencing immediate distress, facilitating their access to experienced specialists who can provide support and assistance.

The importance of the partnership between governmental entities and community-based organisations cannot be overstated when it comes to effectively tackling stress management and promoting general mental well-being (Malik, 2011). Promoting awareness campaigns and establishing support structures can result in enhanced resource accessibility, diminished social stigma, and enhanced overall well-being for individuals and communities. Through collaborative efforts, these institutions have the potential to provide a conducive environment that offers enhanced support for individuals grappling with stress-related difficulties.

## **CONCLUSION**

A more holistic and culturally relevant approach to stress management in modern life has been shed light on in the context of Nigeria's complex sociocultural milieu. We have discussed the complex nature of stress and the difficulties that Nigerians confront, from economic hardships to cultural differences.

Recognising stress as a systemic problem that impacts one's physical, mental, emotional, and social health is central to the stress management strategy recommended for Nigeria. Effective stress treatment can be found through the use of traditional Nigerian practises including mindfulness, social support systems, and the enjoyment of cultural richness.

An environment where mental health is prioritised, stigma is eliminated, and access to mental health services is enhanced can be greatly aided by government participation via policies, financial allocation, and awareness programmes. Community organisations are cornerstones of support because they equip

individuals to handle stress through resources including education, support groups, and wellness programmes. Collective action is emphasised to solve stress-related difficulties and to foster resilience in Nigerian society through advocating for awareness campaigns and strong support structures.

In conclusion, coping with the stresses of modern life in Nigeria requires a team-oriented, culturally sensitive approach that draws on modern scientific knowledge, government support, and community resources. Embracing these values would help Nigeria create a society that is prepared for the challenges of the modern world while also honouring its rich cultural history and embracing the variety that makes the country so dynamic.

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