

IMPACT OF MUSIC IN REDUCING STRESS

Dr. Arun Balakrishnan. M .B

Assistant Professor, Dept. of Commerce, Christ College, Thrissur, Kerala.

ABSTRACT

Stress is what you feel when you have to handle more than you are used to. When you are stressed, your body responds as though you are in danger. It makes hormones that speed up your heart, make you breathe faster, and give you a burst of energy. This is called the fight-or-flight stress response. Some stress is normal and even useful. Stress can help if you need to work hard or react quickly. Stress management is a process for controlling an individual's level of stress. Stress management may include practicing daily meditation, identifying relaxing activities (which may be different for every individual), or a combination of multiple techniques. Stress management is important because chronic stress can wreak havoc on your body's immune system and contribute to health problems such as tension headaches, migraine headaches, insomnia, weight gain, depression, anxiety, digestive problems, and even heart disease. Both acute and chronic stress impact memory and concentration, making effective stress management crucial for optimal day-to-day functioning. So there are quite a lot of stress management techniques and In this study the researcher has thrown some light on how people manage their stress and overcome it using music.

INTRODUCTION

An organization is made up of four resources, namely, men, material, money and machinery. Of these, the first one is living one, i.e., human and the other three are non-human. It is the human/people that make use of non-human resources. Hence, people are the most significant resources in an organization. It is man who makes all the differences in the organization. *L.f.Urwick* had remarked that “business house are made or broken in the long-run not by markets or capital, patents, or equipment's, but by men”. According to *Peter F. Drucker*, “man, of all the resources available to man, can grow and develop. Human resources is used to describe both the people who work for a company or organization and the department responsible for managing resources related to employees. The term *human resources* was first coined in the 1960s when the