

SRINIVAS UNIVERSITY

Mangalore-575001, Karnataka (India)

Srinivas Center for Stress Management



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The main aim of this Research Centre is to promote Research in the areas of Stress which affects all humans at various levels and in varying degrees. How to tackle this evil and free people from the harmful effects and help them lead a normal life despite changing lifestyle demands.

Modern lifestyle has made every human a victim of the psychological phenomenon known as Stress. The need and desire for money and the eternal chase has resulted in this sorry state of affairs for all human beings. Also the lifestyle changes have contributed to the growing Stress factor in every human. Food habits, sleep deprivation, various indulgences all play vital roles in adding to the stress for a human being.

It is like a whirlpool and once a person is caught in the stress syndrome, it is difficult to extricate oneself and lead a life of peace and tranquillity. Several researches in the past and the present have contributed to better knowledge and understanding of the cause and effect of stress and yet the phenomenon is only growing in intensity and more and more people of the present generation are ensnared in the vicious cycle of stress.

Where is the real solution, if at all there is a solution? How to help the human beings from the evil effects of stress? Can stress be completely removed or only minimized? At which age of a human, the symptoms of stress is revealed? These are some of the questions which still seek a better answer through exploratory and problem-oriented Research on Stress. There is a lot of scope in this area which may reduce the levels of stress and increase productivity of an individual and the society. Research on Stress Management is an attempt to fill the gaps and also to align the modern style of living to reduce stress, if not complete elimination.

Research Papers

1. Perceived Stress on Students- A Study on students of Post-graduate level professional courses
submitted at National Conference at Srinivas Institute of Management
Studies (SIMS) in August 2017.

Working Papers for 2018

1. Is Age-related Stress is more accurate than General Stress for Humans, A Study on teenagers and levels of stress in them.
2. Do domestic stress affects an individual more than work-place stress, A Study on employees of the IT industry in D.K. District, Karnataka.
3. A study on the levels of stress on working women in the private sector, of various small industries in Mangalore, Karnataka.
4. A study of teachers of primary schools in respect to the stress levels they undergo and the impact on their teaching capabilities, with respect to primary schools in Mangalore, D.K. District, Karnataka.