Study sociological of stressor factors on society

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Dear Chief in Editor

Human is living and thoughtful creatures, obviously stimulus of outside world and around individual (family, workplace and society) depict roles and images in mind which may be according to previous experiences, these perceptions are pleasant or unpleasant. Working and employment constitute major part of human social life and can be important factor to create tension which would cause discontent, leaving profession and providing incorrect services to clients. Psychological pressures are the most common and most destructive effective force in today's society. Although in some aspects industrialized world and its increasing development cause people's communal welfare, but tension has increased in life [1].

Concern of people about family and work, social and economic problems and organization's expectations of people, technological development, forms of management and employees' expectations lead person to stress, emotions, worries, fears and hopes during day which sometimes suited with physical, neurological and respiratory capacity and sometimes it is not compatible with it that named Stress to set such pressures [2]. Job stress can be defined as one's physical and emotional responses and it would be generated when personal needs do not fit with abilities, talents or expectations so coordination between the environment and the individual must be considered in study of job stress, [3]. Job stress is the result of interaction between the individual and working conditions. However, individual differences play an important role in creating this stress but reason of the stress for different people is not the same [4].

Various sources of pressure in different people lead to different reactions. Some people better than others can cope with of these factors and outcome of the challenging environment, while many people due to individual's traits and peculiarities are more vulnerable and passive in psychological pressure which means that if they placed in stressful situations they wouldn't not be able to deal with stress factors and got in trouble . Some of these characteristics can lead to different reactions people are in stressful situations named; age, gender, health status, exercise patterns and even food [3].

Working in an organization and its matching with independence and personal freedom, identification and assessment of their position can be source of stress for people which following factors have major role in its creation; unfair employment policies and the lack of justice, restrict and inflexible rules, repeated displacements and inappropriate transfers, impossibility of improvements, the lack of feedback, poor communications and absence of information, unnecessary and harassment controls, unfair assessments, providing false information [5].

According to Asgari et al mental health problems are largely related to financial stress which was forced to individual [5]. Smoking,

insomnia, hostility and inefficiency were included in behavioral problems; irritability, anger, depression, anxiety, isolation and apathy were included in psychological problems and fatigue, headache, hypertension, skeletal , muscular and cardiovascular and digestive disorders were included in physical problems of job stress [5].

Always motivation has been one of the fundamental issues in the organization of work T and managers are constantly looking for ways which by them increased interest in working at a level that is expected. The purpose of motivation in industrial and organizational psychology are factors, conditions and circumstances that trigger, direction and continuity of behavior in the desired form in connection with individual employment opportunities [5].

Most researchers consider stress as loss of power factor. It is better to analyze the causes of this phenomenon in those way it can be used in prevention as well. Parsaei and and Mohammadi quoted by Zadeh Abbas [5] in study which etitled as" Study of Stressors in Nurses of medical emergency determined inappropriate transportation conditions and lack of rest facilities as major cause of physical stressors. Therefore, work stress may be considered as internal factors (physical, occupational, group and organizational) ,extra organizational (family - economic - social and cultural) which motivates employees to adapt working environment. All of us well know that life is monotonous and boring without different stimuli, but it should be noted that in case of increased stress and mental tension or stress in society we would have very dangerous consequences in the social dimension (Loss of self-esteem, lack of trust to others, and anger, etc.), (behavioral: high consumption of alcohol and tobacco, consumption of neurology drugs without physician's permission and substance abuse, etc.,) (reduction of quantitative and qualitative performance, absenteeism, hypothyroidism, increasing of work-related accidents and deviations, etc.), (physiological:

hypertension, palpitations, stomach ulcers, increased cholesterol and so on) that all of them remind us need of more attention to these issues [5].

In studies of Hawley quoted by Asgari [5] hard working conditions has the first rank and fatigue caused by working has the second rank among various aspects of physical and mental stress so more attention hard working conditions and fatigue caused by working is necessary in in profession. Among the various aspects of stressful socio-cultural factors, high responsibility towards members of society has the first tank and lack of proper position in society has the second rank. So responsibility towards patients and family is one of the important issues in professions such as nursing that should be considered and not overlooked by nurse managers.

According to studies it should be stated that economic factor is the highest stressor and after it physical, mental, administrative, physical, cultural and social factors are high stressors in life. Thus, economic factors and low income level should be more concerned so eliminating of these factors would reduce stress and increase satisfaction and also quality of patient care.

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