



Emotional Balance and Adaptation in the Midst of Stress Pressure: A Literature Review

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ABSTRACT

Stress and emotions are an unavoidable part of everyday life, but it is important to remember that emotional balance and the ability to adapt to stress can be learned and improved. Stress is the body's reaction to demands or pressures from the environment that are perceived as threats or challenges. Stress pressure can affect emotions, both positively and negatively. Emotions are psychological and physical responses that arise in reaction to certain experiences or events. Emotions can be feelings of happiness, sadness, anger, fear, or surprise. The purpose of this study was to determine what factors can balance emotions so that they can adapt amidst stress pressure. This literature review study analyzed seven journals from databases such as Elsevier, Google Scholar, Directory of Open Access Journals (DOAJ), and Springer. The results in this literature review explain that managing stress and emotions well can significantly improve quality of life, improve physical health, and maintain healthy social relationships.

Keywords: Emotional Balance, Adaptation, and Stress Pressure.

Introduction

In everyday life, individuals carry out activities to live their social lives. As is known, activities that are often carried out in their daily lives, namely waking up in the morning, exercising, preparing breakfast, preparing necessities for themselves, going to school for children, going to the office for working fathers or mothers, to going just to chat with colleagues. In between these activities, sometimes there are activities outside the to-do list that has been prepared even before going to bed. For example, when working, it is necessary to complete financial tasks, but between these activities, individuals get pressure from coworkers or superiors, such as helping to tidy up client documents from other divisions with fast deadlines (Fan & Ryu, 2023). Not only those who work, even when children are at school, there will be pressure from desk mates who suddenly borrow textbooks without their knowledge, and so on.

Therefore, individuals are required to adapt and transition from the emotional shifts that are felt at all times. Emotions are psychological and physical responses that arise in reaction to certain experiences or events. Emotions can be feelings of happiness, sadness, anger, fear, or surprise. In the context of psychology, emotions are considered as complex processes involving interactions between cognitive, physical, and social aspects of the individual. Emotions play an important role in decision making, interpersonal relationships, and behavioral regulation. (LeDoux, 1998).

On the other hand, stress is the body's reaction to demands or pressures from the environment that are considered threats or challenges. Stress can be positive (eustress) which encourages someone to achieve, or negative (distress) which can affect psychological and physical well-being (Ursin & Olf, 1993; Zautra, 2003). Stress occurs when individuals feel that the source of pressure exceeds their ability to cope. This pressure can be physical, emotional, social, or mental, and can affect various aspects of a person's life. The dynamics between emotions and stress are very complex, because both influence each other in the process of a person's adaptation to the environment. Emotions can be triggers for stress, while stress can affect the intensity and direction of emotions. For example, someone who feels anxious (emotional) about the future can feel excessive stress (pressure). Conversely, prolonged stress can increase negative feelings such as frustration, depression, or anxiety.

The physical effects of chronic stress include sleep disturbances, high blood pressure, digestive disorders, heart problems, and a decreased immune system. On the psychological side, chronic stress can cause anxiety, depression, mood disorders, and decreased cognitive abilities, such as difficulty concentrating and remembering information. In addition, emotions also affect the body's physiological patterns, such as a faster heart response, increased blood sugar levels, or muscle tension. When stress is accompanied by strong emotions, the body tends to experience greater tension. This can risk causing disorders in physical health, such as an increased risk of heart disease or digestive disorders. On the other hand, managing emotions well can help reduce the impact of stress. Techniques such as meditation, breathing exercises, and physical activity can help calm the nervous system and relieve tension. Maintaining emotional balance through healthy social interactions, good time management, and the ability to talk about feelings can also be key to reducing stress.

Mayer and Salovey (1997) mapped the ability called Emotional Intelligence (EI) into four main categories, namely awareness of emotional states in oneself and others, use of feelings and other emotional data to facilitate decision making, learning and retention of knowledge about one's emotions, and emotion regulation. Various studies have shown the importance of emotional balance in managing stress and its impact on health. One of them is a study conducted by Lazarus and Folkman (1984) which states that stress arises as a result of an individual's perception of an imbalance between environmental demands and the resources they have. This study also emphasizes the importance of how a person deals with stress (coping) in influencing the negative impact of stress on health.

Stress and emotions are an unavoidable part of everyday life, but it is important to remember that emotional balance and the ability to adapt to stress can be learned and improved. This adaptation process requires skills to recognize and understand emotions, and to develop effective strategies to manage stress. Thus, emotional balance is not only important for maintaining mental and physical health, but is also part of the process of developing individual resilience in facing life's challenges. Therefore, based on the background above, the author is interested in analyzing and describing what factors can balance emotions and adaptation among stress pressures in individuals from various sources that have been studied with the aim of this study to determine the factors that balance emotions and adaptation among stress pressures.

Methods

This study uses references from research that has been conducted by previous studies. In addition, qualitative methods support the author in selecting, sorting, summarizing, and estimating research results from previous studies according to the author's current objectives (Damarlaksana, 2020). In addition, during the review process, the author begins to create questions using a sample or example arrangement, phenomenon of interest or interesting phenomena, design or planning, evaluation or evaluating, and research or research abbreviated as SPIDER which focuses on systematic questions. As the question in this review is, what can affect emotional balance and adaptation in the midst of stress pressure. So, the stages in this study, such as, the author plans or compiles with keywords or search keywords in the database. Furthermore, the author will find terms that match the author's questions, namely emotional balance, adaptation, and stress pressure. Then, the author places some in the database, such as Elsevier, Google Scholar, Directory of Open Access Journals (DOAJ), to Springer. Finally, after all the articles have been collected, the author sorts them from the article titles and abstracts listed, to reviewing the entire article.

Results and Discussion

A. Research Result

Based on the results of a literature search through the scientific article database that has been used, the following are the results of a review of the factors that influence emotional balance and adaptation amidst stress pressure.

No.	Reserachers/Year	Title	Methods	Results
1	Toledo, Meynard John L., dkk/ 2024	Exploring the Utility of a Real-Time Approach to Characterizing Within-Person Fluctuations in Everyday Stress Responses	Quantitative	These results demonstrated That a person-specific approach to measuring stress response components (i.e., rpps) can capture the dynamic within-person variation in stress response, as it occurs in real time, making it well-suited for use in novel just-in-time interventions targeting moments of risk.
2	Feng, Xu., Xiaxia, Wu., Jie, Lei., Jiawei/2024	The temporal dynamics of perceived stress and depression in college students: An ecological momentary assessment	Quantitative	Verified that daily perceived stress could affect college students' depression directly or indirectly through the critical mediating mechanism of state rumination, and this effect would be exacerbated with a higher level of trait rumination.
3	Fan, Lu., Ryu, Soomin/2023	Financial debts and subjective well-being of young adults: An adaption of the stress process model	Structural Equation Modeling	Financial support as a social resource was negatively associated with young adults' life satisfaction and subjective well-being, whereas self-esteem as a personal resource was positively associated with

				life satisfaction and subjective well-being.
4	Lea, Rosanna G., Davis, Sarah K., Mahoney, Bérénice., Qualter, Pamela/2019	Does Emotional Intelligence Buffer the Effects of Acute Stress? A Systematic Review	Systematic Review	Provide mixed support for the stress-buffering effect of EI. Limitations and quality of studies are also discussed. Findings could have implications for EI training programmes.
5	Gerstberger, Leo., Blanke, Elisabeth S., Keller, Jan., Brose, Annette/2023	Stress Buffering After Physical Activity Engagement: An Experience Sampling Study	Experience Sampling Assessments	Stress-related negative affect was lower when individuals engaged in physical activity, in accordance with the idea of a within-person stress-buffering effect of physical activity engagement. For individuals exposed to more severe major life events, the stress-buffering effect of physical activity engagement for negative affect was lower. Chronic stress did not moderate the within person stress-buffering effect.
6	Giyati, Anggela Novena., Wibhowo, Christin/2023	The Relationship Between Self-Compassion and Emotion Regulation with Stress Among Early Adults	Correlational Quantitative	There is a relationship between marital status and age with stress in early adulthood, so it is necessary to explore the role of these two factors in mediating the relationship between self-compassion and emotional regulation with stress in early adulthood.
7	Kadir, Almada Meidynita., Widyastuti., Ridfah, Ahmad/2024	The Influence of Emotional Intelligence on Academic Stress in Writing Theses on Students of Makassar State University	Quantitative	Students who have good emotional intelligence will get low academic stress. The findings in this study have implications for the need for students to practice controlling and understanding their emotional intelligence so that they can minimize the level of academic stress that will be obtained.

B. Discussion

Based on the review of articles that have been conducted by the author, there are factors that influence emotional balance and adaptation in the midst of stress pressure. As the article listed above, individuals who have a greater role in their environment to the pressure from the surrounding environment that changes make individuals stressed, so that it can trigger and influence the emotions in the individual (Ghiyati & Wibhowo, 2023). In addition, stress can be felt by all ages, from infants to the elderly, because this is a form of response from the individual's body function caused by external stressors and captured by the individual's physical and psychological (Santrock, 2019). Stress can also worsen existing health conditions, such as diabetes, hypertension, and heart disease. These conditions can interact with each other, where stress worsens physical conditions, and poor physical conditions worsen the perception and experience of stress, creating a cycle that is difficult to break. Emotions and stress are closely related to mental and physical health. When someone experiences stress, they often feel negative emotions such as anxiety, frustration, or sadness. These emotions can affect how individuals respond to stress, either in a healthy or unhealthy way. For example, someone who feels angry (emotional) due to work pressure may choose to talk to their boss or look for solutions, while another person may respond by closing themselves off or behaving destructively.

In addition, research conducted by Cohen and Wills (1985) revealed that social support can function as a buffer against stress, reducing the impact of stress on mental and physical health. This finding suggests that positive emotions felt through good social relationships can help individuals deal with stress more effectively. In the field of health, research by McEwen (2006) on stress and health shows that chronic stress can damage the nervous system and affect various aspects of body health. McEwen stated that ongoing stress can change the way the body responds to disease and infection, and increase the risk of chronic health disorders.

Managing stress and emotions well can significantly improve quality of life, improve physical health, and maintain healthy social relationships. Therefore, it is important to focus more attention on ways that can help individuals adapt and cope with stressful pressures, either through social support, relaxation techniques, or psychological approaches that have been proven effective. Another therapeutic approach to increasing PA, known as mindfulness-based

stress reduction (MBSR; Kabat-Zinn, 1990), eliminates the notion that coping with stress must involve active, approach-oriented problem solving. As awareness of the importance of emotional balance increases, it is hoped that individuals will acquire the skills needed to better cope with stress and create more optimal well-being amidst the increasingly complex pressures of life.

The hypothesis of Zautra, Berkhof, and Nicolson (2002) that stress will narrow the affective space between positive affective or abbreviated PA and negative affective or abbreviated NA in a sample of healthy workers in the Netherlands. They used an experience-based sampling method, namely a daily process design that randomly reminds people to obtain affect and event ratings 10 times a day for five consecutive days. Zautra and colleagues found that the estimated correlation between PA and NA was directly higher during moments when stressful events were reported than during non-stressful moments. If stress is not managed well, it can have serious consequences for physical and mental health. When someone experiences stress, the body responds by releasing stress hormones such as cortisol and adrenaline. These hormones prepare the body to face threats through the “fight or flight” response. However, if stress occurs continuously without recovery, the body cannot return to its normal state, which can disrupt various body systems.

Stress has been shown to increase uncertainty, which in turn places attentional demands on information-processing circuits (Ursin & Olf, 1993). When an individual's information-processing capacity is overloaded, affective focus becomes limited and, as a result, PA and NA become more inversely correlated (Linville, 1985). During times of acute stress, this is an adaptive solution; the body must mobilize energy to escape the most relevant threat it faces. There are several possible explanations for this “shrinking” of affective space, including increased informational demands on emotion processing, regulation due to increased uncertainty, and increased attention to NA resolution triggered by homeostatic disruption. More work is needed to identify the underlying factors responsible for the observed effects of a significantly increased inverse relationship between PA and NA following a stressful event.

Referring to the ability to process emotionally relevant information in the process of adapting to environmental challenges, maintaining complex information processing abilities when faced with emotion-oriented stimuli is essential for successful adaptation in times of stress. Thus, individuals can understand the stress response by using emotional intelligence. High levels of EI (emotional intelligence) require not only the ability to reason cognitively about emotions but also the ability to access emotions at the right time and regulate emotions in an effort to maintain emotional homeostasis. An EI (emotional intelligence) training study in which they trained office managers on EI (emotional intelligence) skills such as self-awareness, emotion regulation, and recognizing emotions in others, among other techniques. Perceived stress decreased significantly before and after for individuals who received EI (emotional intelligence) training compared to those who received no training at all (Contrada & Baum, 2010).

Therefore, it is important for individuals to manage stress and emotions well, by having a good social environment so that they get social support, relaxation techniques, and developing emotional intelligence, in order to improve physical and mental well-being. With a proper understanding of stress and emotions felt by individuals in order to be effective in adapting, individuals can create a better balance between stress and emotions, in dealing with complex life pressures by having good emotional intelligence.

Conclusion

This article reviews the various factors that influence emotional balance and individual adaptation to stress. Stress can arise from a greater role in the social environment and the pressure of unexpected changes, which affect a person's physical and psychological condition. Stress can also worsen existing health conditions, such as diabetes and hypertension, creating a cycle of mutually reinforcing stress and physical conditions. Negative emotions due to stress, such as anxiety or frustration, can influence how individuals respond to stress, either in healthy or unhealthy ways. Social support has been shown to reduce the impact of stress, while chronic stress can damage the nervous system and increase the risk of health disorders. Managing stress and emotions well can improve quality of life, improve physical health, and maintain healthy social relationships. Approaches such as mindfulness-based stress reduction (MBSR) and emotional intelligence (EI) training can help individuals cope with stress more effectively. Research also shows that high levels of emotional intelligence can significantly reduce stress.

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