

## **GENDER DIFFERENCES: AN ASSESSMENT OF STRESS-RELATED BEHAVIOUR**

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### **ABSTRACT**

*Stress is a natural bodily response that protects the body from injury and danger. The body's production of stress hormones, on the other hand, may continue if the cause of the stress is not removed. Men and women are affected by stress in various ways. Biological or social factors may be to blame for the disparities in behaviour. Men and women respond to stress differently, as well as to the causes of stress and coping mechanisms for dealing with stress, according to this review research. Different people's stress levels and frequency of stress are also unique. When it comes to family and health issues, women are more likely than men to recognise them. On the other side, men are more concerned with interpersonal, financial, and work-related difficulties than women are. The fight-or-friend response is what most men take to conflict. As a result, women perceive their lives as more difficult and unpredictable than their male counterparts.*

**KEYWORDS:** *Stress, Gender Differences, Behavioural Differences, Family, Health*

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