

## Stress analysis in the Gjilan Municipality (Kosovo)

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### Abstract

During this scientific research, my main objective is to analyze and give an overview of the factual situation in Gjilan Municipality (Kosovo). The dynamics of life shift people towards stressful situations. Nowadays stress is a very much discussed issue, while we do have little knowledge about the causes of stress, its circumstances, its management. Stress affects negatively people's health by disordering the immune system. When a man has stress, he/she has disorders in connection with the following symptoms: saliva flows slowly, increased eyelids, shrinking of blood vessels, shiver and sweat, deep breathing, quick heart beats, problems with food digestion and an increased blood tension.

**Keywords:** stress, disorder, Kosovo, Female, Male.

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