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Document Title	: <u>بعض التغيرات الفسيولوجية في دم الإنسان الناجمة عن الضغط العصبي والقلق</u> <u>بعض التغيرات الفسيولوجية في دم الإنسان الناجمة عن الضغط العصبي والقلق</u>
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Abstract	: According to several studies have been conducted in different circumstances which cursing the stress and anxiety like the shift work in terms of employees and university student examinations. The stress and anxiety effect on the level of plasma lipids in the triglyceride or cholesterol of the blood. The experts of Hygiene view that stress and anxiety are stimulating the autonomic nervous system and this in tern leads to the manifestation of physiological systems. In addition to that, the stresses are accompanying by secretion of the body to the hormone of adrenalin and cortisol in which cholesterol is constituting in it's compound at the same time. While the cholesterol is ingredient of constructors of cell membranes, it's generating is also increased in the cases of exposure to the stresses and anxiety because a lot of body cells are deteriorated and need to be regenerated. In this research, study about stress in night shifts has been conducted as well as study of anxiety in examination concerning the female students of King Abdul Aziz University through physiological presentation that concentrates on physiological bases in regard with both subjects and the extent of their effect on the level of triglyceride and cholesterol in the blood. The study has revealed that there is a change in the mean of both triglyceride and cholesterol. Their levels have increased during the night shift and decreased during the day shift in the circumstances that included by the study about age category, sex, social status, type of work and different nationalities. The study also has showed there is a close relation between the mean of triglyceride levels before and after the exam at the degree the average anxiety and with regard to the female students of science college during the periodical exams. Nevertheless, the study has not revealed any significant differences about the average of cholesterol level in the blood before and after the exam upon the variations which included by the study like the degree to anxiety age category, social status, kind of exam, faculties and different academic years. Finally, the study came to that night shifts stresses and exams anxiety cause an increase in the triglyceride level and cholesterol level. That increase could affect the individuals general health. In some variable cases the study had.
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