Al-Mustaqbal University

College of Science

General biology-Botany

Professions Theoretical Lecture 8

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**Stress of plants**

Plant stress is a response to unfavorable environmental conditions that can affect a plant's growth, development, and overall health. When a plant experiences stress, it attempts to adapt or cope with the situation, but prolonged or intense stress can result in reduced vigor or even death.

The major causes of plant stress can be broadly categorized into **abiotic** (non-living) and **biotic** (living) factors:

### Abiotic Stress Factors

1. **Water Stress**
	1. **Drought Stress:** Occurs when a plant receives insufficient water, leading to dehydration. This results in wilting, reduced photosynthesis, and sometimes leaf drop. Prolonged drought stress can be fatal.
	2. **Waterlogging Stress:** When plants are exposed to excessive water, especially in poorly-drained soils, roots can suffocate due to a lack of oxygen. This leads to root rot and can weaken or kill the plant.
2. **Temperature Stress**
	1. **Heat Stress:** Excessively high temperatures can cause cell damage, protein denaturation, and a reduction in photosynthetic efficiency.
	2. **Cold Stress:** Freezing or extremely low temperatures can cause ice to form inside plant tissues, rupturing cells. Some plants also experience damage from chilling (non-freezing) temperatures.
3. **Nutrient Stress**
	1. **Deficiency Stress:** Insufficient nutrients (e.g., nitrogen, phosphorus, potassium) can lead to poor growth, chlorosis (yellowing of leaves), and poor flowering or fruiting.
	2. **Toxicity Stress:** Excessive nutrients or toxic substances (like salts or heavy metals) can inhibit root function and cause leaf burn, root damage, or stunted growth.
4. **Light Stress**
	1. **Excessive Light (Photoinhibition):** Too much sunlight, especially under intense heat or in high-UV conditions, can damage photosynthetic cells, leading to bleaching or burning of leaves.
	2. **Insufficient Light:** Lack of adequate light (e.g., in shaded areas or during winter months) can hinder photosynthesis and reduce plant growth.
5. **Pollution Stress**

Airborne pollutants, like ozone, sulfur dioxide, and nitrogen oxides, can damage plant tissues, impair photosynthesis, and stunt growth. Soil contamination with heavy metals or chemicals can also harm root systems.

### Biotic Stress Factors

1. **Pests:**
Insects, such as aphids, caterpillars, and beetles, can damage plant tissues by feeding on leaves, stems, and roots. This can lead to decreased growth, spread of disease, and sometimes death.
2. **Diseases:**
Fungal, bacterial, and viral infections can weaken plants, leading to wilting, rot, or leaf spots. Pathogens can also reduce a plant’s ability to photosynthesize or absorb nutrients.

### Plant Responses to Stress

Plants have evolved various strategies to deal with stress:

1. **Stress Hormones:** When stressed, plants produce hormones like **abscisic acid (ABA)**, which helps manage water loss by closing stomata (tiny pores on leaves), or **ethylene**, which regulates growth responses to damage.
2. **Antioxidant Production:** Stress can cause the production of harmful reactive oxygen species (ROS). Plants may activate antioxidant mechanisms to neutralize these molecules and minimize cell damage.
3. **Root Growth Adjustments:** In response to water stress, roots may grow deeper in search of water. Some plants may also alter their root-to-shoot ratio to conserve water or nutrients.

### Managing Plant Stress

To minimize stress in plants, it's important to:

1. Provide consistent, appropriate watering and drainage.
2. Adjust soil pH and nutrient levels based on plant needs.
3. Select plant varieties suited to local climate conditions.
4. Reduce exposure to pollutants or harmful chemicals.

Proper plant care, along with understanding stress responses, can help gardeners and farmers grow healthy plants even under stressful environmental conditions.