

Unit - 4

Stress and Coping

Stress -

Stress derived from latin word 'strictus' meaning "tightened"

- everyone experience stress
- stress in school, college, work place home.
- nobody is stress free
- pressure, strain, hassal, frustration, irritation, tension, anxiety, worry etc are common word used to refer stress.
- can be mild, moderate and extreme.
- " process in which environmental events^{or} forces called stressors, threaten an organisms existence and wellbeing
Parents have stress
Children have stress
Teachers have stress.

Stress a response.

- Stress as a response model introduced by Hans Selye (1956)
 - described stress as a physiological response pattern and was captured within his general adaptation syndrome (GAS)
- This model describes stress as dependent variable & includes 3 concepts.

- ① stress is defense mechanism
- ② stress follows the 3 stages of alarm, resistance and exhaustion.
- ③ if stress is prolonged or severe, result in ^{diseases of} adaptation or even death.

- Selye introduced the idea of that the stress response could result in positive and negative outcomes based on cognitive interpretation of the physical syst symptoms or physiological experience.

- Stress could be experienced as
~~eustress~~ eustress - (positive)
distress - (negative)

- When confronted with a negative stimulus, the alarm response

combat initiate the sympathetic nervous system to combat or avoid the stressor (↑ heart rate, temperature, glucose level) initiates fight or flight reaction to the stressor, which can lead to adaptive disease such as sleep ~~depr~~ deprivation, mental illness, hypertension and heart disease.

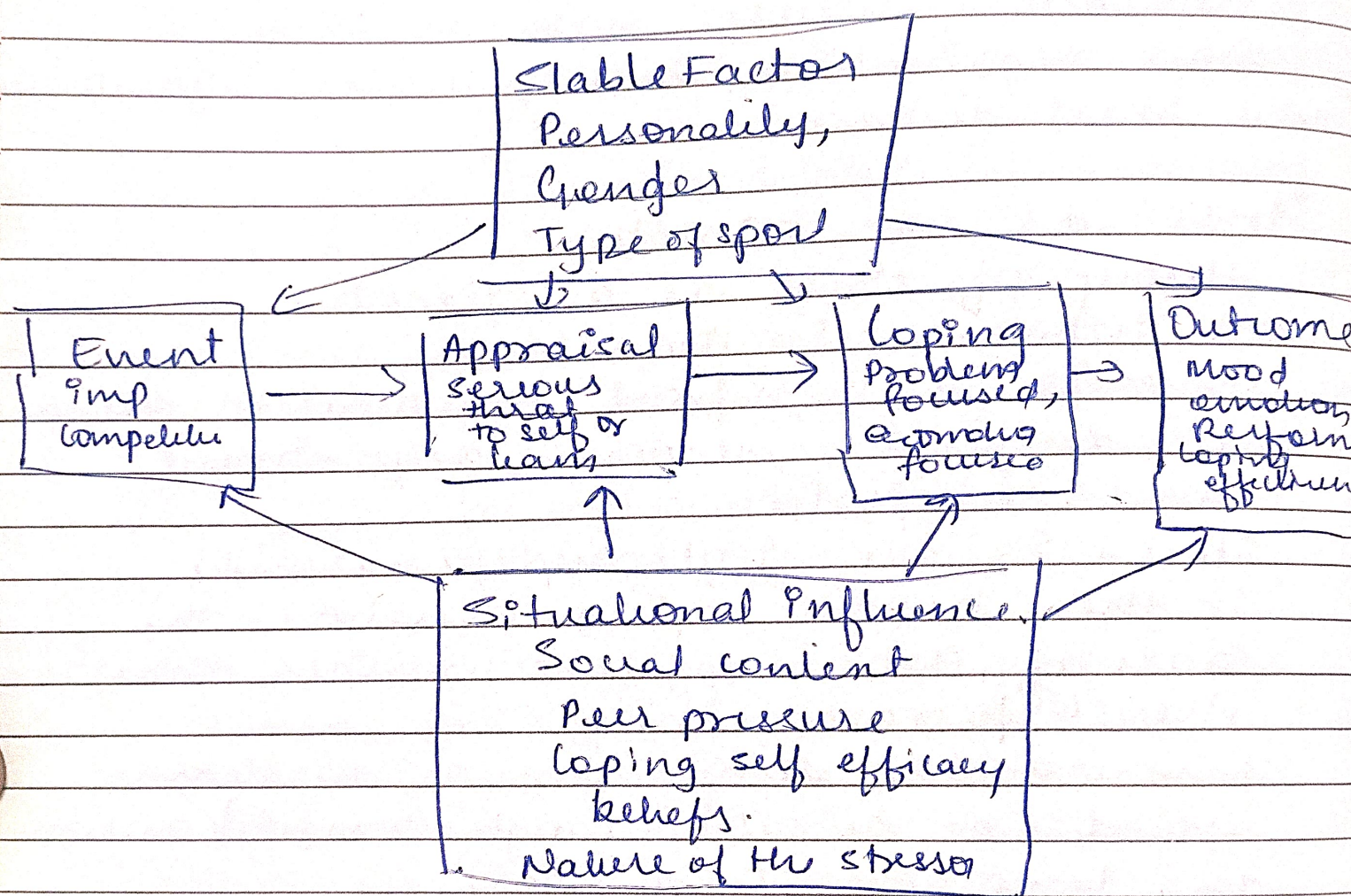
Stress as a stimulus

- theory of stress as a stimulus was introduced in the 1960
- stress is a significant life event or change that demands response, adjustment and adaptation
- stress is an ^{stress} independent variable in the health, coping equation - the cause of an experience rather than the experience itself.
- stress as a demanding or threatening event or situation (high-stress job, overwork, long commute to work)
- stress as stimulus that causes certain reactions, violence, bullying

Interaction Model of Stress

theoretical framework that emphasizes the dynamic interplay b/w personal characteristics, the environment & the stress response.

- posits that stress is not only a result of external stressors but also influenced by an individual's perception, appraisal, and coping strategies



① Stressor. - Internal or external acute or chronic (eg health problem, financial issues, positive events like having baby, marriage)

② Appraisal. - central component of transaction model.

evaluates the significance & potential consequences of a stressor

2 main stages.

(I) Primary appraisal -
Individual assess that stressor is
irrelevant, beneficial or threatening.
Promotion

(II) Secondary appraisal -
involves evaluating one's coping
resources and strategies
it assesses that whether individual believes
that they have ability to cope effectively
with the stressor.

(3) Coping Strategies -
are efforts individual make
to adapt or manage stressor.

o problem focused - source of stress directly

o emotion focused - managing the
emotional response to stress.

o adaptive coping strategy - seeking
social support or engaging in
relaxation techniques & negative effect of
stress

o Maladaptive coping - alcohol consumption,
avoidance or stress related
problems.

Stress related health problems

- Coronary heart disease
- Digestive system
- Asthama
- Nigrairie
- Ageing
- Cancer
- HIV/AIDS
- Other induced effect of stress
 - o more junk food
 - less sleep
 - hardly exercise
 - \uparrow intake of coffee
 - consumption of Drugs & alcohol