STRESS & COPING
Stress and Coping

Unpleasant state of arousal

coping ability $\prec$ problems of life
Top 5 Stressors for College Students

• Concern over meeting high standards
• Being lonely
• Fear of wasting time
• Troubling thoughts about the future
• Not getting enough sleep
Types of Stressors

Major life events

Everyday hassles
Stress and Coping

Potential Stressor:

Something new
Something different
Stress and Coping Model
Lazarus & Folkman (1984)

Stage 1: Primary Appraisal

Is potential stressor a threat or challenge?

- No
  - Feel no stress
- Yes
  - Go to Stage 2
Stress and Coping Model
Lazarus & Folkman (1984)

Stage 2: Secondary Appraisal

Can I cope with the stressor?

Yes
Feel No Stress

No
Feel Stress
What Makes an Event Stressful?

Positive vs. Negative

Negative events more stressful

• Lower self-esteem
• Create more problems than they solve
What Makes an Event Stressful?

Negative vs. positive
Predictable vs. unpredictable

Unpredictable events more stressful
What Makes an Event Stressful?

Negative vs. positive
Predictable vs. unpredictable

Timing

Content
What Makes an Event Stressful?

Negative vs. positive
Predictable vs. unpredictable
Controllable vs. uncontrollable

Uncontrollable events more stressful
Yoked Shock Study
Staub et al., (1971)

Participant 1  Participant 2

In control  Yoked

Better able to tolerate shock
Perceived Control Shock Study
Geer, Davison, & Gatchel (1970)

Phase 1

Feel shock → Press Switch
Perceived Control Shock Study
Geer et al., (1970)

Phase 2

Perceived Control  No Control

Lower Skin Conductance
Ways of Coping

Psychological

Reframe event
Ways of Coping

Psychological

Social support

Get help

Instrumental Support: Providing labor, materials, or a direct service to another (e.g., lending $, giving somebody a ride).

Informational Support: Providing information that helps another act and make decisions (e.g., giving another person directions, medical information, etc.).

Appraisal Support: Providing useful, accurate feedback about another's performance/behavior (e.g., feedback from a coach).

Emotional Support: Reassuring another, providing comfort, expressing concern love (e.g., a shoulder to lean on).
Ways of Coping

Psychological

Social support

Biological
  Eat right
  Sleep right
  Exercise
  Meditate
Biological Coping Study
(Brown, 1991)

Low Stress
- Fit → Few Illnesses
- Not Fit → Few Illnesses

High Stress
- Fit → Few Illnesses
- Not Fit → Many Illnesses