STRESS & COPING

Stress and Coping

Unpleasant state of arousal

coping ability 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

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

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 might influence a person's 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 (e.g., a shoulder to lean on).

Biological

Eat right
Sleep right
Exercise
Meditate

Biological Coping Study
(Brown, 1991)

Low Stress
Fit
Few Diseases
Not Fit
Few Diseases

High Stress
Fit
Many Diseases
Not Fit
Few Diseases