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

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

Yoked Shock Study
Staub et al., (1971)

Participant 1
In control
Better able to tolerate shock

Participant 2
Yoked

CP
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