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 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
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
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 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).

Biological Coping Study
Brown, (1991)
Low Stress
Fit  Not Fit
Few Illnesses
High Stress
Fit  Not Fit
Few Illnesses
Many Illnesses

Biological
Eat right
Sleep right
Exercise
Meditate

Instrumental Support:

Social Support:

Psychological

Ways of Coping

Informational Support:

Appraisal Support:

Emotional Support: