Executive Stress the Misconception

Stress has multiples types, in the article the rhesus monkeys were shown to have more stress in a higher rank while the baboons in the movie are shown to have lower stress in high ranks. In the article the rhesus monkeys who had a higher rank developed ulcers first proving that the higher social rank gave more stress. While the baboon study proved that the people in the lowest ranks had a higher rank of stress. It may appear that these two studies contradict each other however that does not have to be the issue. The study with the rhesus monkeys actually had a major flaw the the monkeys who could prevent the shocks were considered to be executives however another conclusion could be drawn. To reconcile these contradicting studies researchers believe that the reasons they had this stress is because they had an extreme reaction to the shock while the other monkeys did not. The monkeys who learned how to prevent these shocks were under stress because they hated it more than the other monkeys, the other monkeys had less stress because they cared little about the shock. This leads to the conclusion of two types of stress there is the subordinate stress and there is the stress when they are under physical harm. So people can be under stress if they have a lack of control so if they are lower on the social status they will have a higher stress. Another stress type is if you are afraid of physical harm, the rhesus monkeys who were more afraid of the harm would attempt to learn how to prevent it faster.This can be reflected in different people’s personalities as well there are people who accept failure and have less stress while others hate failure and will attempt to avoid it creating high amounts of stress. So using these two studies we can learn how there are two types of stress and use that to improve our lives. People need to accept failure and not be afraid of it while still attempting to gain more control over their lives, this combination will lead to a very low stress and therefore healthy life.