**UNIT 9.**

**STRESS AND CRISIS**

**9.1 Definition to stress, stressors, crisis, coping and adaptation.**

**Stress**

Stress is a condition in which the person responds to changes in normal balance state. Stress is an universal phenomenon, a physical and emotional state always present in the person.

“Stress can be defined as any type of change that causes physical, emotional or psychological strain. Stress is your body’s response to anything that require attention or action. Everyone experience stress to some degree. The way you respond to stress, however, make a big difference to your overall well-being.”

-WHO

“Stress is a non- specific response of the body to any demand made upon it regardless of its nature.”

- Hens Selye (Father of stress research)

*1976, The Stress of Life*

“Stress is like spice-in the right proportional it enchances the flavor of a dish. Too little produces a bland, dull meal; too much may choke you.”

- Donald Tubesing

**STRESSORS**

A stressor is an event or stimulus that disrupts the person’s sense of equilibrium.

“Stressors are the stimuli that produces stress.”

- Hens Selye

Stressors are the situations that are experienced as a perceived threat to one’s well-being or position in life, when the challenges of dealing with which exceed the person’s perceived available resources.

**Classification of stressors**

Stressors can be generally classified as internal and external stressors.

1. Internal stressors

-originate inside a person, (e.g. fever, condition such as pregnancy, menopause, emotion such as guilt)

- produced by maladoptation of mind-body or due to the results of errors of stressors adaptability.

1. External stressors

- originate outside a person ( e.g. a marked change in environmental temperature, a change in faculty, or social or peer pressure)

- 3 classifications are,

Physical- heat, cold, ionizing radiation, chemicals, poisons, toxins, fire, electricity, and trauma to any type.

Biological- any biological demand made on the mind, fungi, parasites, etc.

Social stressors- any social demands made on the mind body to adapt. For e.g. marriage, personal relationship, financial role, assault, murder,theft, and any crime against an individual and his property.

**CRISIS**

The noun *crisis* comes from the Latinized form of the Greek word *krisis,* meaning "turning point in a disease." At such a moment, the person with the disease could get better or worse: it's a critical moment.

- vocabulory dictionary

“Crisis is a turning point -a point of no return.”

- Rapport

A person in crisis is temporarily unable to cope with or adapt to the stressors by using methods of problem solving .

Crisis is a situation that cannot be resolved by usual method of coping mechanism as a result person become unable to function normally and requires interventions to regain equilibrium.

**COPING**

Coping is expending conscious effort to solve personal and interpersonal problems, and seeking to master, minimize or tolerate stress or conflict. It may be described as dealing with problemsand situations.

Three approaches to coping with stress are:

1. To alter the stressor
2. To adopt the stressor
3. To avoid the stressor

Coping strategies vary among individuals and are often related to the individuals perception of the stressful events.

In coping with stress, people tends to use one of the three main coping strategies:

1. **Appraisal focus strategies**

Person modify the way they think, for e.g. employing denial, or distancing oneself from the problem.

1. **Problem focused strategies**

Finding out information on the disease, learning new skills to manage their disease and rearranging their lives around the disease.

1. **Emotion focused strategies**

It involves releasing pent-up emotions, distracting oneself, using systematic relaxation procedure.

**ADAPTATION**

The word 'adapt' comes from latin word' adaptare' means adjust. Thus simply meaning of adaptation is adjustment.

Adaptation is the ultimate goal of coping, whenever people encounter stress from any sources, they attempt to adopt them.

If adaptation is successful, balanced is maintained or restored, if adaptation is unsuccessful or person becomes unable to adopt, people become ill.

**Classification of stress**

Richard Lazarus published in 1974 a model dividing stress into eustress and distress.

1. **Eustress**

The prefix derives from the Greek 'eu' meaning either "well" or "good". When attached to the word "stress" it literally means "good stress". Occurs when the level of stress is high enough to motivate a person to move into action, to get things accomplished. It protects health and improves performance.

**Example of Eustress**

* Getting to college
* coming in first or winning a lottery
* Getting a promotion
* Marriage
* Holidays
* Buying a new home
* Getting a new job

1. **Distress**

It is the most commonly- referred to type of stress, having negative implications. Occurs when the level of stress is too high or too low and our body and mind began to respond negatively to the stressors.The word distress has various meaning:

* In medicine, distress is stress caused by adverse events.
* It causes anxiety or concern, unpleasent
* It can be short or long term
* It is perceived as outside of our coping abilities
* it decreases performance
* It can lead to mental and physical problems

For e.g. difficult work environment, over whelming sights and sound, threat of personal injury.

**Other types of stress**

1. **Acute stress**

Most common form of stress and is short term, it is described as a reaction to an immediate threat, commonly referred to as the flight and fight response. It usually doesn't cause severe or permanent damage to the body. Common causes are noise, danger, crowding or isolation.

1. **Episodic Acute stress**

It is prevalent among those individuals whose lives are constantly chaotic and demanding. Individuals who worry a lot, tend to take on too many tasks at one time are prone to episodic acute stress. The people may find it so habitual that resist changing their lifestyle until they suffer severe physical symptoms.

1. **Chronic stress**

It is a type of stress that occurs over a long period of time(more than 6 month) either internal or external stressors. They are the stress that wears one down day after day and year after year, with no visible escape.

Poverty. Long term unemployment, long term relationship issues, etc. Are the example of chronic stress.

1. **Traumatic stress**

Severe stress reactions can result from a catastrophic event or intense experience such as a natural disaster, sexual assault, life-threatening accident, or participation in combant.

**Summary**

Stress is a natural phenomenon, a condition in which the person responds to change in the normal balance state. Stressors is any event or stimulus that causes stress. There are 2 types of stressors; external stressors and internal stressors. Crisis is a situation that cannot be resolved by usual method of coping mechanism, a temporary state of disequilibrium precipitated by an event. Coping may be described as dealing with problems and situations. Coping strategies vary among individuals and are often related to the individuals perception of the stressful events.To alter the stressors, to avoid the stressors and to adopt the stressors are the three approaches of coping. Adaptation is the ultimate goal of coping, whenever people encounter stress from any source, they attempt to adopt them.If adaptation is successful, balance is maintained , if unsuccessful or the person becomes unable to adopt, people become ill.

Post Test

1. Fill in the blank.
2. ….…….. is a condition in which the person responds to change in the normal balance state.
3. Fever, pregnancy, menopause, emotion such as guilt are ………….. stressors.
4. True or false
5. Crisis is a situation that can be resolved by usual method of coping mechanism as a result person become able to function normally. [ ]
6. If adaptation is successful, balance is maintained and restored. [ ]

Home assignment

1. List the type of stress. 5 marks

Plan for next class

Discussion about causes and effects of stress.

**REFERENCES**

* Mandal G.N., Mehta R.S., (2005), “ Nursing Concepts (Fundamental of Nursing)”, Makalu Books and Stationers, page no: 78-80
* Rai L., (2019), “Nursing Concepts Theories and Principles”,4th Edition, akshav Publication, page no : 227-231
* Ruth Beckmann Murry, (n.d), “Nursing Concepts for Health Promotion”, 3rd Edition, page no: 236-270
* Sharma M. (2019), “Nursing Concepts and Principles”, 3rd Edition, Samiksha Publication Pvt. Ltd. Page no: 75-106
* https://www.mentalhealth.org.uk/explore-mental-health/a-z-topics/stress
* <https://www.who.int/news-room/questions-and-answer/item/sress>