



STRESS AND COPING



WHAT IS COPING?...

Coping in simple terms defined as the ways in which an individual tries to deal with the stress experienced by him/her



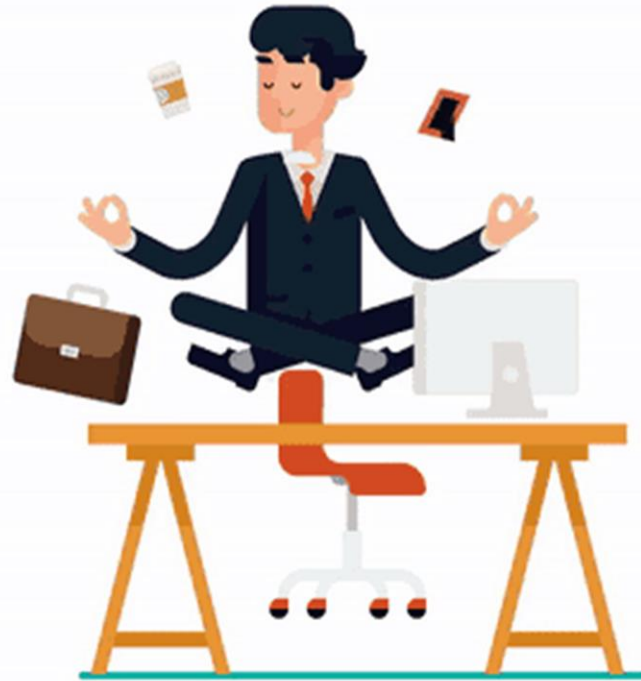
- **Lazarus and Folkman** (1980): defined coping as efforts to deal with demands
- **Hann** (1993): explained coping as an effort directed towards using the resources to overcome the difficulties
- From the above definitions, it is clear that coping is an effort to deal with stressors.
- The coping may aim at dealing with the problem that is the cause of any distress in the individual or negative emotions experienced by him/her

PEOPLE USE ADAPTIVE COPING AND MALADAPTIVE COPING TO DEAL WITH STRESS



ADAPTIVE COPING

Contribute to resolving the stress response



MALADAPTIVE COPING

Strategies that cause further problems

Makes things easy now but worse in long run

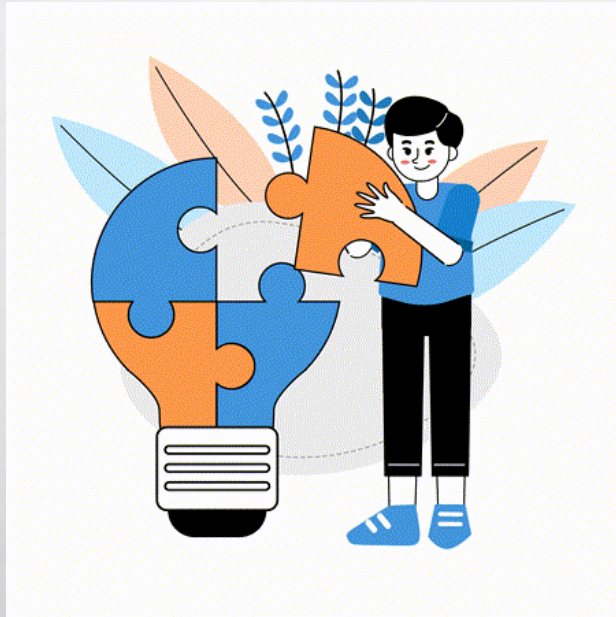


ADAPTIVE COPING

- People will be concentrating on their efforts on doing something about the situation they are in.
- They are thinking what are the different sources available, emotional support and instrumental support- **use of emotional support.**
- They look at the situation from a different perspective and make it seem more positive- **positive reframing**
- They accept the reality that has happened- **acceptance**

ADAPTIVE COPING (CONT.)

PROBLEM-SOLVING



REACHING OUT FOR SUPPORT



CHANGING EXPECTATIONS

EMOTIONAL

REDUCING STRESS RELATED EMOTIONS



BEHAVIORAL

**TAKING ACTIONS TO REDUCE STRESS SUCH
AS BREATHING TECHNIQUES**



COGNITIVE

CHANGING THE WAY WE THINK ABOUT STRESSORS

CHANGING THE WAY WE THINK ABOUT STRESSORS



MALADAPTIVE COPING

- **DENIAL: I HAVE BEEN SAYING TO MYSELF IT IS NOT REAL**



SUBSTANCE ABUSE

**WE ENGAGE IN UNHEALTHY BEHAVIOR TO GET
THROUGH**



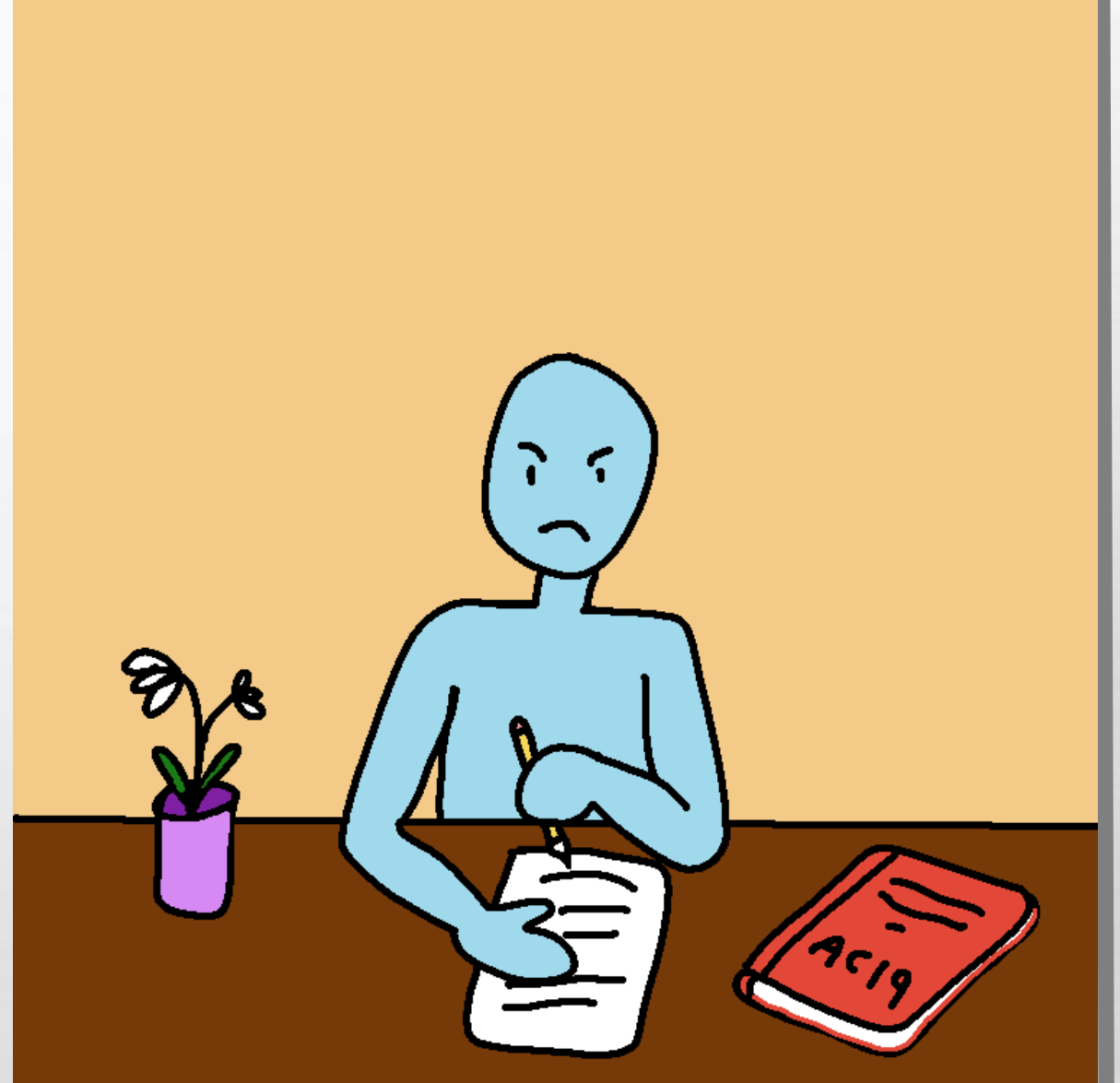
BEHAVIORAL DISENGAGEMENT

GIVING UP TRYING TO DEAL WITH



SELF DISTRACTION

**I HAVE BEEN TURNING TO WORK OR OTHER
ACTIVITIES TO TAKE MY MIND OFF THINGS**



SELF BLAME

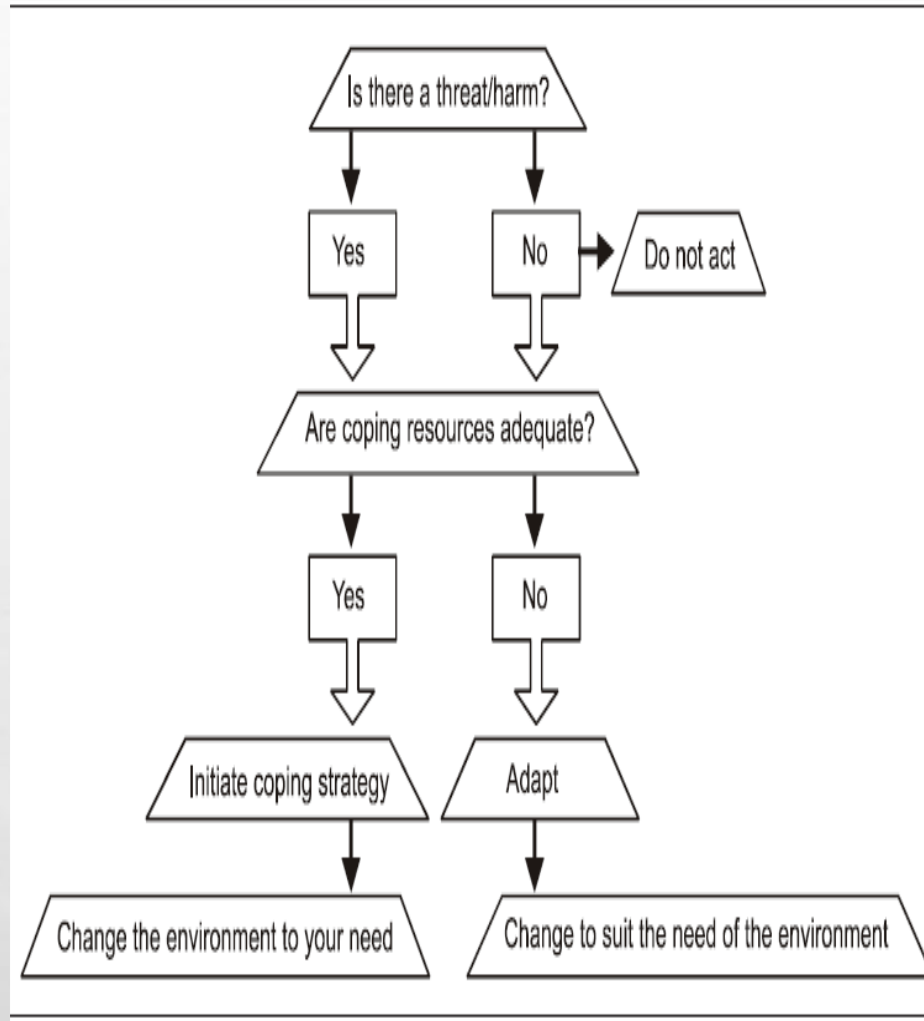
**I HAVE BEEN BLAMING FOR THE THINGS THAT
HAPPENED**



ADAPTATION AND COPING

- Adaptation and coping are processes that can be explained in the context of our environment.
- Both refer to cognitive and emotional involvement aimed at restoring equilibrium or homeostasis that is disturbed because of stress.
- Adaptation can be explained as a process of adjustment to the demands of the environment.
- Here, environment forms the 'stimulus' and adjustment is the 'response'.

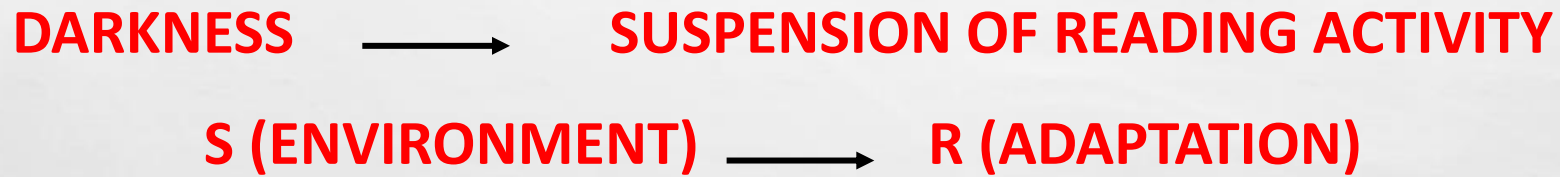
COPING AND ADAPTATION PROCESS



THE RESPONSE TO ANY STRESS SITUATION DEPENDS UPON THE INDIVIDUAL'S APPRAISAL OF THE SITUATION. THE APPRAISAL IN TURN IS DETERMINED BY A NUMBER OF FACTORS SUCH AS:

- **PERCEPTION OF SERIOUSNESS OF THE SITUATION (RANGES FROM 'VERY SERIOUS'TO 'NOT AT ALL SERIOUS)**
- **ASSESSMENT OF THE PERSONAL STAKES INVOLVED (MAY MENTION THE ACTUAL STAKES SUCH AS JOB, RELATIONSHIP, REPUTATION, POWER, ETC.)**
- **PERCEIVED LOCUS OF CONTROL (LOC) (SELF/SOMEBODY ELSE/ UNKNOWN SOURCES LIKE GOD, LUCK, FATE ETC)**
- **CONFIDENCE IN THE AVAILABLE EXTERNAL RESOURCES**
- **PAST EXPERIENCE**

- In case of adaptation, the situation or the stressor is presented to the individual, and he responds in a way that suits the situation.
- But the individual is not left with any alternative to change the situation so as to suit him.



- As long as you try to fit yourself to the environment your response is adaptation.

S



O



R

**(Failure in Power
supply and
darkness)**

**(Perception of
environment as a
disruption to one's
activity)**

**(Arrangement of
temporary light to
change the
environment)**

Environment



**Individual's appraisal
of the situation**



**Active coping
behavior**

- Adaptation does not involve much cognitive exercise on the part of the organism, while coping calls for it sufficiently.
- Whether an individual opts for adaptation or coping, depends upon the appraisal of the situation, in terms of the external and internal resources available to bring in the desirable changes in the stress-inducing environment.

ADOPTATION



COPING





THANK YOU

