Psychology of Human Relations – Chapter 3 Concept Notes Outline

1. What is the difference between acute, chronic, and anticipatory stressors? Please provide an example of each.

“Acute stress is the most common form of stress. It comes from demands and pressures of the recent past and anticipated demands and pressures of the near future.”

* <http://www.apa.org/helpcenter/stress-kinds.aspx>

My impression is that this resource provides an example of how anticipatory stress can overlap with acute stress. Other sources echo the novel, short term small dose of stress that can be indicated by increased heartrate, sweaty palms, etc.

Chronic Stress:

Stressed caused by repeated exposure to situations that are stressful. This can cause harm to the body over time, especially when combined with other factors such as family medical history and an individual’s physical health.

Anticpitory Stress:

Stress caused by consideration of future events. This can be an acute anticipatory stress such as an impending speech, or a more chronic anticipatory stress such as an overall sense of dread or melancholy.

* <https://www.mindtools.com/pages/article/albrecht-stress.htm>
* http://www.humanstress.ca/stress/understand-your-stress/acute-vs-chronic-stress.html

1. What are the different kinds of internal conflicts that can be experienced?

Had difficulty resolving this via online searching. Most sources defined internal conflict as intrapersonal conflict.

It seems from what I was able to find that it is conflict arising from one’s thoughts, values, principles and emotions

1. Please describe the fight or flight response.

A stress reaction that primes the body for fighting or fleeing. Hormones that provide the body physical priming are released.

1. List some of the potential effects of stress, both positive and negative. Which do you feel most applies to you? Why?

Postitive:

Focus on critical task

Fuel to overcome fatigue

Provides incentive to avoid dangerous behaviors

Negative:

Physical conditions that arise from chronic stress

Loss of environmental awareness (tunnel vision)

Loss of fine motor control in high acute stress

Stress has helped me focus and overcome fatigue in the past, but chronic stress in my past has contributed to health concerns. Acute stress has made me clumsy at inopportune times as well

1. What are the effects of emotional arousal on task performance?

Provides motivation (positive and negative) and it’s effect on task performance depends on the task itself, according to Cratty (1968), Husman (1969), and Oxendine (1968).

* <http://journals.humankinetics.com/AcuCustom/Sitename/Documents/DocumentItem/13595.pdf>