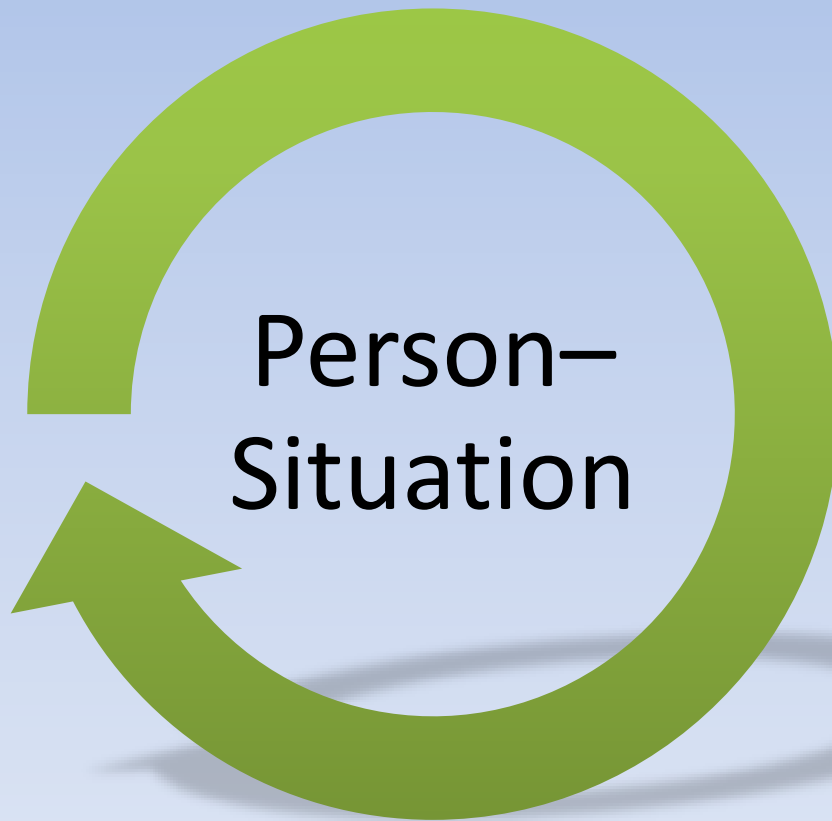




# STRESS, ANXIETY, FRUSTRATION COPING AND WELLBEING

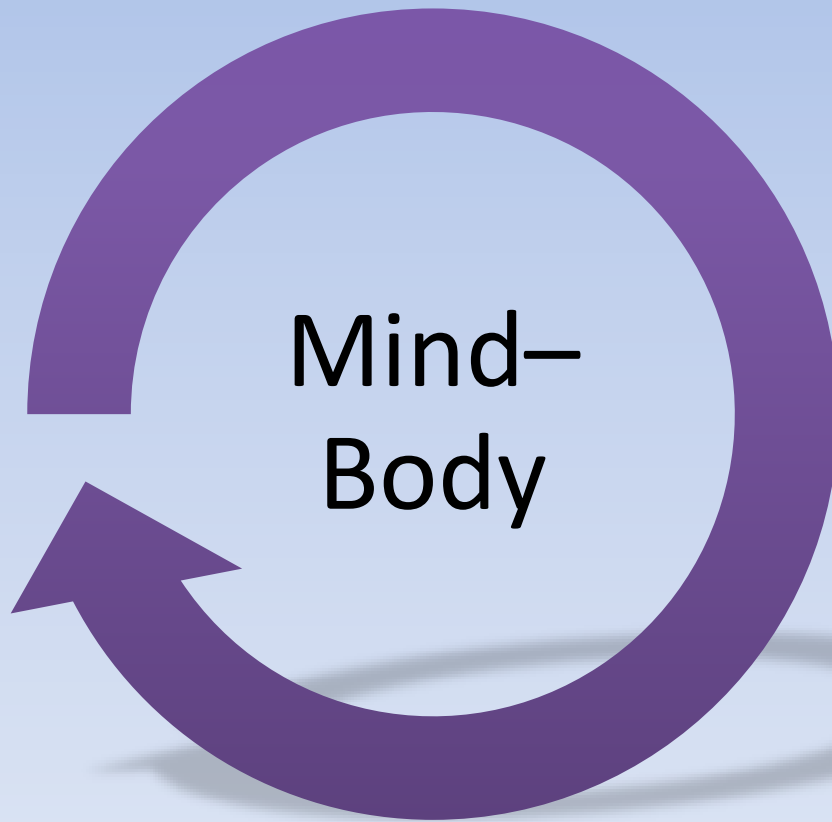


# ENDURING ISSUES



- To what extent do the methods that people use in coping with stress depend on the environment in which they find themselves?

# ENDURING ISSUES



- Can psychological stress cause physical illness?

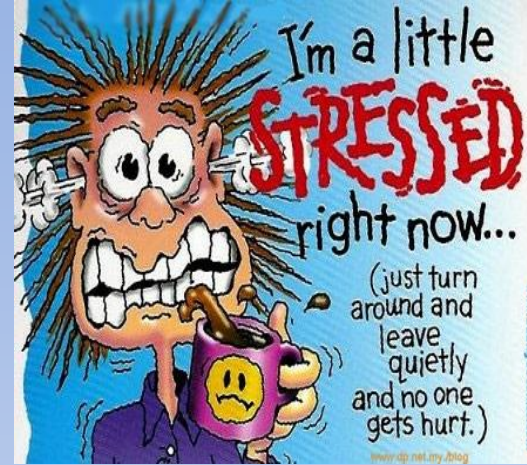
# ENDURING ISSUES



- To what extent do people respond differently to severe stress?



# What Is Stress?



- It is a person's response to events that are threatening or challenging.
- In psychology stress is a demand made on an organism to adopt, cope or adjust.
- For a layman We feel stressed when we are over burdened or some thing is bothering us.

# SOURCES OF STRESS

## Stressor

- Any environmental demand that creates state of tension or threat (stress) and requires change or adaptation (adjustment)

# Types Of Stress



- **Eustress**

Stress that is helpful.

Hans Selye (1980) referred that eustress is healthy, useful and necessary to keep us alert.

- **Harmful Stress**

This stress is intense or prolonged stress can overtax adjusting capacities affect our moods, impair our ability to experience pleasure and harm the body

- **Daily Hassles**

Notable daily conditions and experiences that are threatening or harmful to a person's well-being.

**Types of Daily Hassles**

- Household hassles
- Health hassles
- Time-pressure hassles
- Inner concern hassles
- Environmental hassles
- Financial responsibility hassles
- Work hassles
- Future security hassles





- **Uplifts**

Notable pleasant daily conditions and experiences.

- ✓ Lazarus and his colleagues(1985) analyzed a scale that measures daily hassles and their opposites uplifts.

- ✓ These hassles are linked to psychological variables such as nervousness worrying inability to get started, feelings of sadness, feeling of loneliness etc.

- ✓ Changes in life good or bad also contribute to be a factor of producing stress.

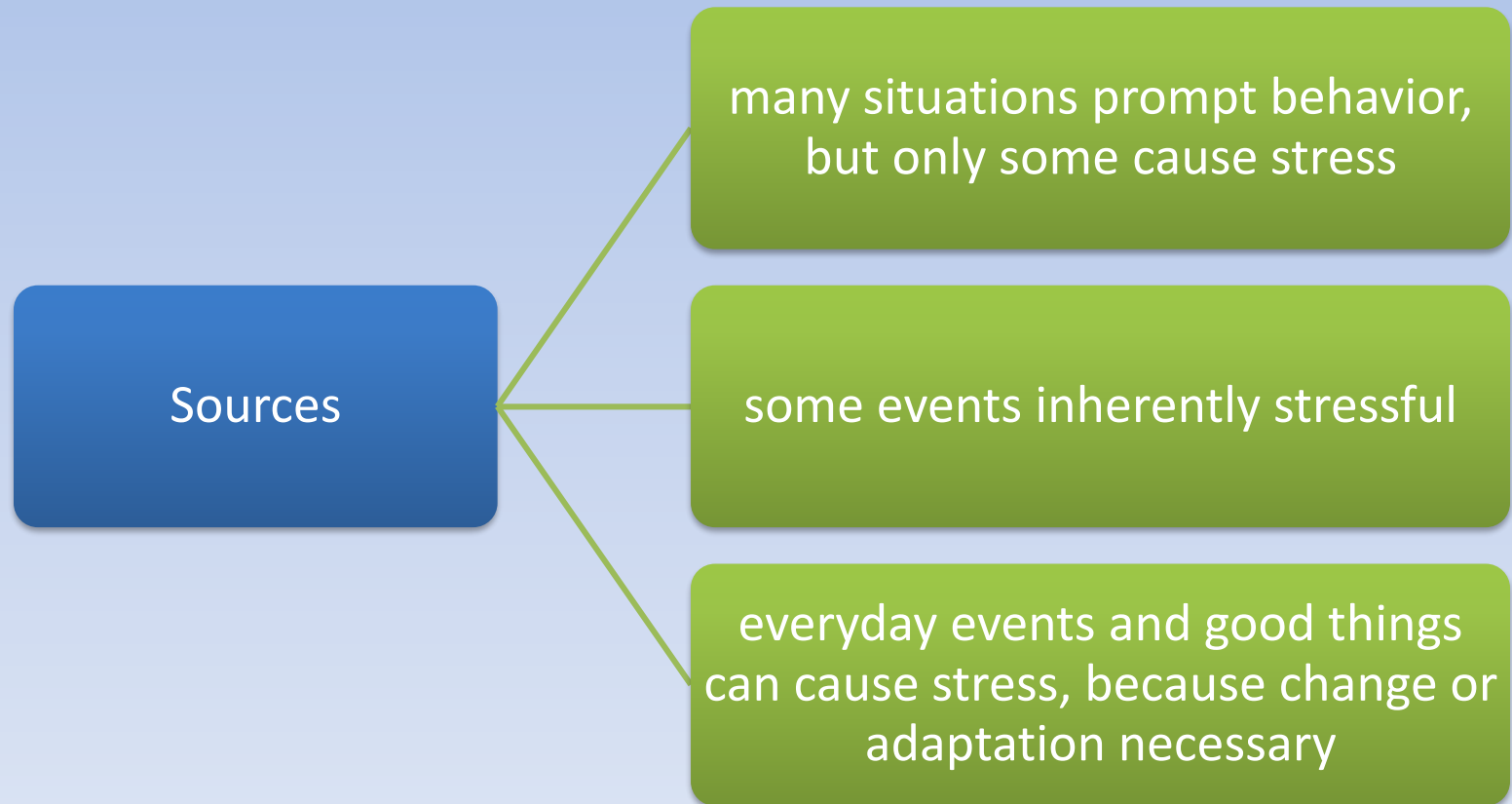
- Life changes also contribute to stress Peggy Blake and her colleagues (1984) constructed a scale to measure the impact of life changes among college students.
- Holmes and Rahe (1967) found that people who earned 300 or more on the life-change units within a year according to their scale they are more likely to have health problems.

# Nature of Stress

- Stress is a very personal thing i.e. for one person stressful event might not be stressful for other one.
- The interpretation of events are to an extent responsible for stress e.g. if a person doesn't get a job and he thinks that is because of his inability, incompetence or poor academic career.
- But if he attributes it to other factors un related to his self esteem, such as the job place was prefilled or destiny has planned something better fro him etc. The experience of not getting a job may create no stress at all.



# SOURCES OF STRESS



# Types Of Stressors

- **Cataclysmic events**

Strong stressors that occur suddenly, affecting many people at once.

- **Personal stressors**

Major life events, such as death of a family member that have immediate consequences that generally fade with time.

- **Background Stressors**

Everyday annoyances, such as being stuck in traffic that causes minor irritations and mood swings can have long term ill effects if they continue or are compounded by other stressful events.

# Change



# Everyday Stress

Stress generated by minor annoyances, irritations, and frustrations

Major and minor events lead to feelings of pressure, frustration, and conflict

# Frustration

- Feeling that occurs when person is prevented from reaching goal



- *The term frustration refers to the circumstances that result in the failure of need or motive to be satisfied.*
- Ordinarily a person experiences frustration when satisfaction of the important motive is not fulfilled.
- One can experience frustration when one cannot immediately or directly satisfy all of his/her wishes, wants and desire.

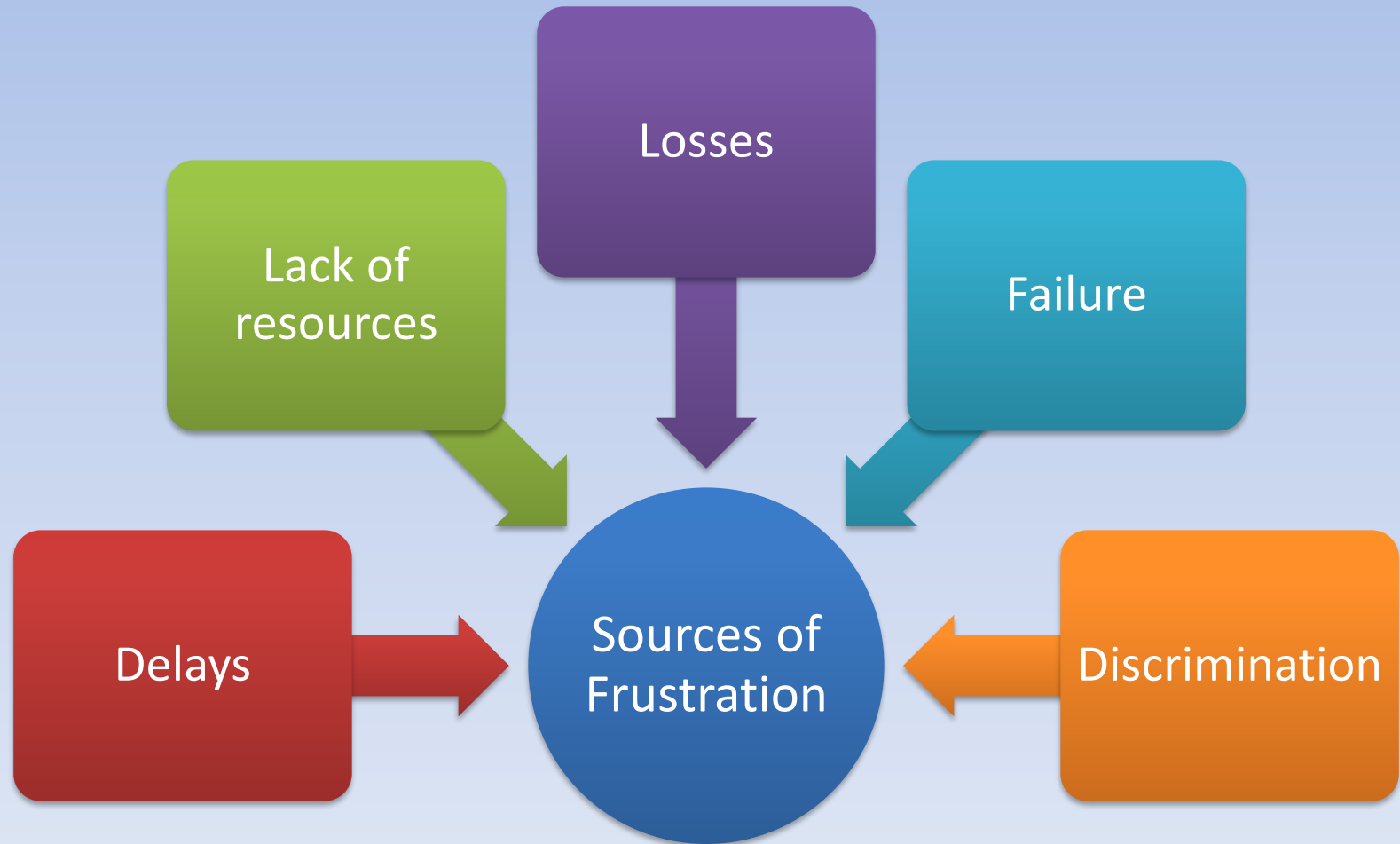
# Nature Of Frustration

- Since frustration is the result of a block to the goal-directed behaviour, it can occur in lower animals as well as in human beings.
- The potentialities for frustration are greater among human beings living in more complex industrialised cities than those living in simpler primitive societies.

# Sources Of Frustration

- External Sources of frustration
- Internal sources
- Motivational Conflict

# Frustration



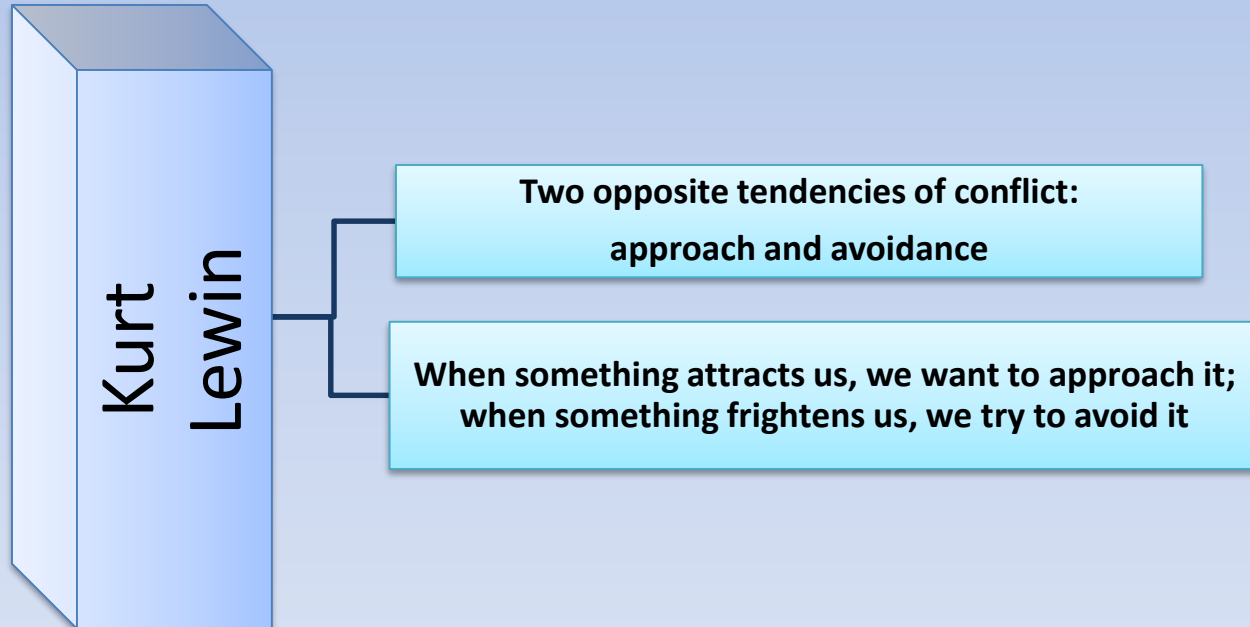
# Conflict

## Conflict

- Simultaneous existence of incompatible demands, opportunities, needs, or goals.

# Conflict

**Being torn in different directions by opposing motives. Feeling produced by being in conflict can be said to be a stress**



# Types of Conflict

## Basic types of conflict

- approach/approach
- avoidance/avoidance
- approach/avoidance

### ➤ **Approach-Approach conflict**

A type of conflict in which the goals that produce opposing motives are positive and within reach.

### ➤ **Avoidance-Avoidance conflict**

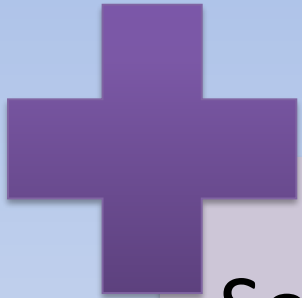
A type of conflict in which the goals are negative, but avoidance of one requires approaching the other.

### ➤ **Approach-avoidance conflict**

A type of conflict in which the same goal produces approach avoidance motives.



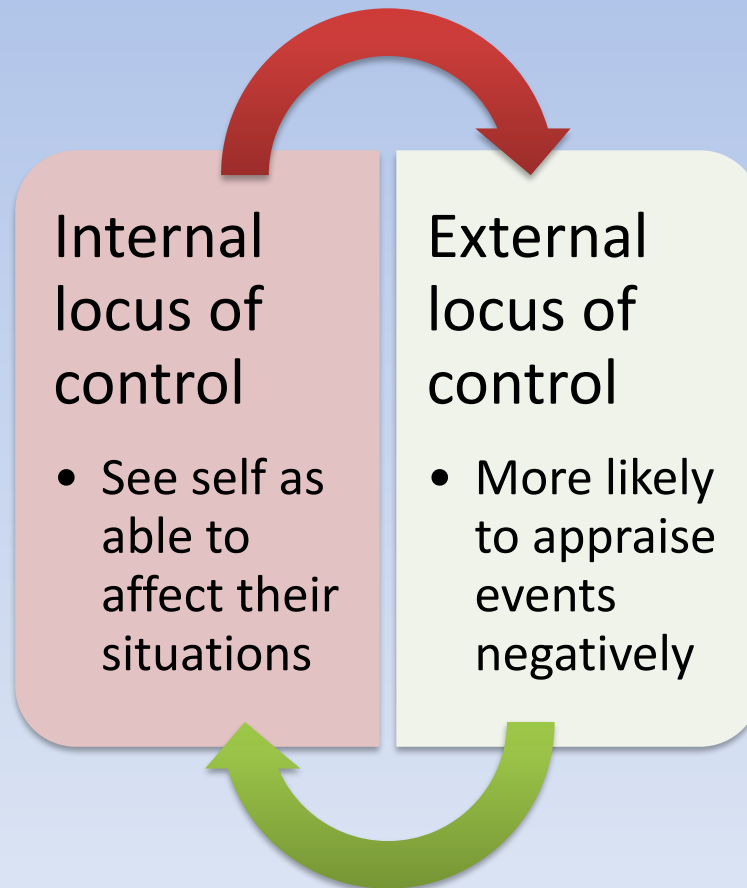
# Self-Imposed Stress



Some see  
challenging  
situations as  
opportunity for  
success rather  
than failure

Others create  
stress apart from  
stressful events  
through self-  
defeating beliefs

# Stress and Individual Differences



# Stress and Individual Differences



## Optimists

- Appraise events as challenges rather than threats
- Cope better with stressful events



## Pessimists

- Appraise events as threats
- Are more likely to dwell on failure

# Stress and Individual Differences



## Hardiness Trait

- Tolerate stress exceptionally well
- Feel in control of own destinies
- Confident about coping with change



## Resilience Trait

- Recover after extreme or prolonged stress
- Become well-adjusted adults

# Direct Coping

Direct coping

```
graph TD; A[Direct coping] --> B[Intentional efforts to change uncomfortable situation]; A --> C[Problem-oriented and focused on immediate issue];
```

Intentional efforts to  
change uncomfortable  
situation

Problem-oriented and  
focused on immediate  
issue

# Direct Coping

Basic Choices for  
Direct Coping

```
graph TD; A[Basic Choices for Direct Coping] --> B[Confrontation]; A --> C[Compromise]; A --> D[Withdrawal];
```

Confrontation

Compromise

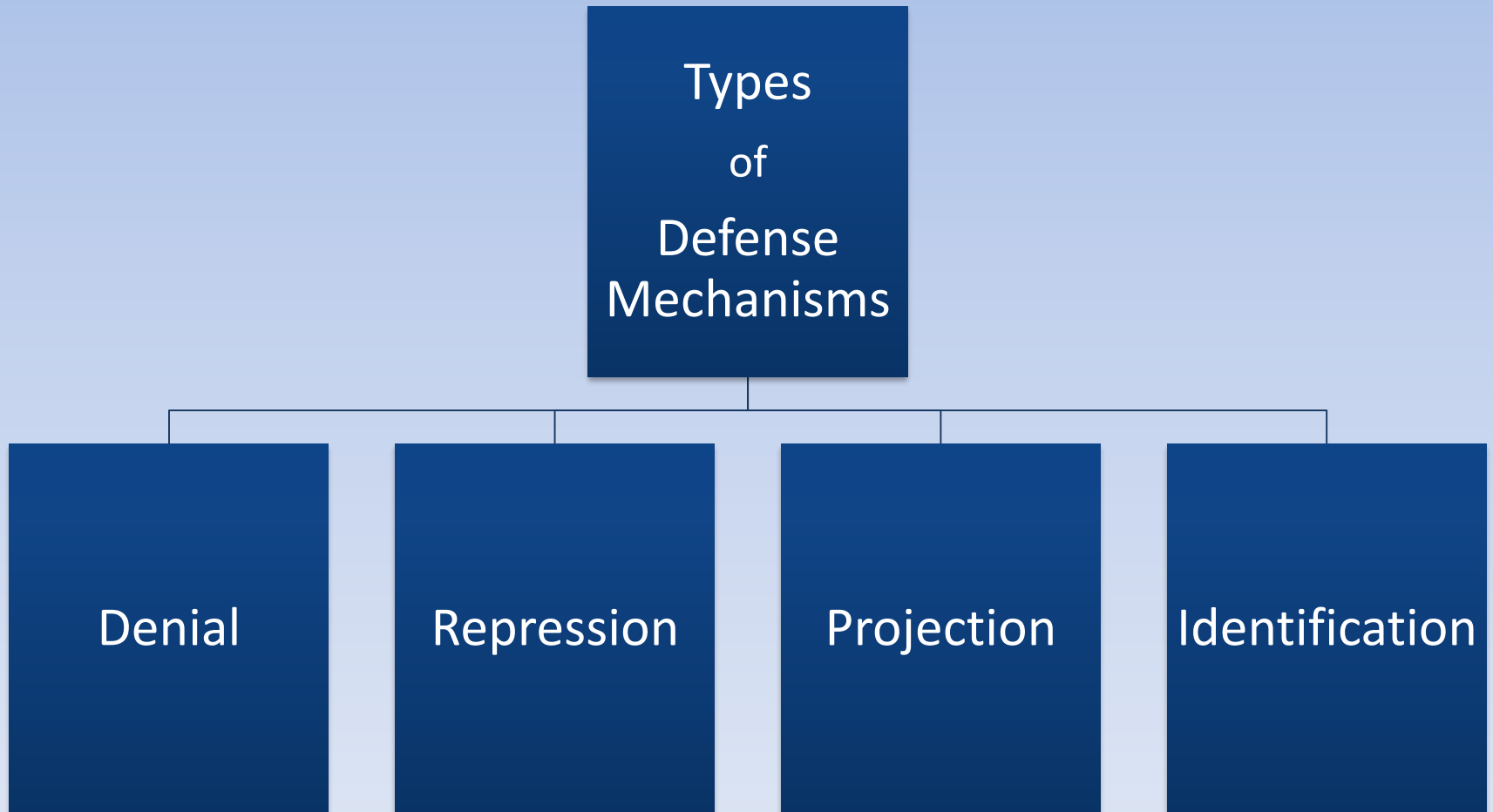
Withdrawal

# Defensive Coping

## Defense Mechanisms

- Techniques for deceiving oneself about causes of stressful situation to reduce pressure, frustration, conflict, and anxiety
- Freud proposed defense mechanisms entirely unconscious, but not all psychologists agree

# Defensive Mechanisms





# Defense Mechanisms

## Types of Defense Mechanisms

Regression


Intellectualization

Reaction formation

Displacement

Sublimation

# Socioeconomic, Cultural, and Gender Differences in Coping with Stress



Low-  
Income  
Groups

The diagram features two large, L-shaped graphic elements. On the left, a red L-shape frames the text 'Low-Income Groups'. On the right, a purple L-shape frames the text 'Cultural Background Influences'. A small green triangle is positioned between the top horizontal bars of these two shapes.

Cultural  
Background  
Influences

# Socioeconomic, Cultural, and Gender Differences in Coping with Stress

## Gender Difference

- Experiencing stress
- Using different coping strategies
- Turning to alcohol
- Ruminating and revisiting negative emotions and events

# HOW STRESS AFFECTS HEALTH

## Health Psychology

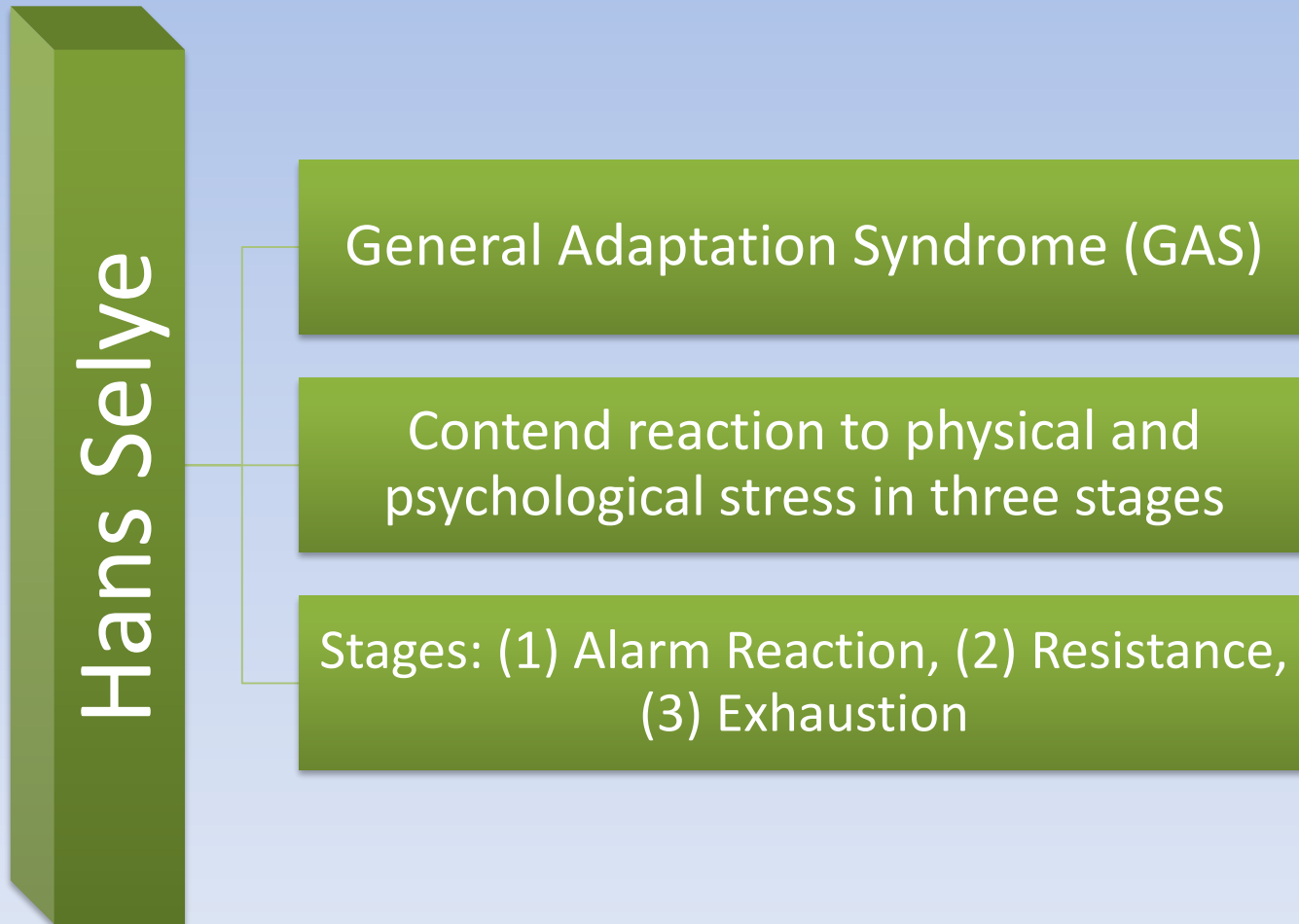
- Subfield of psychology
- Concerned with relationship between psychological factors and physical health and illness
- Relationship between acute or chronic stress and various diseases
- Stress management and disease prevention

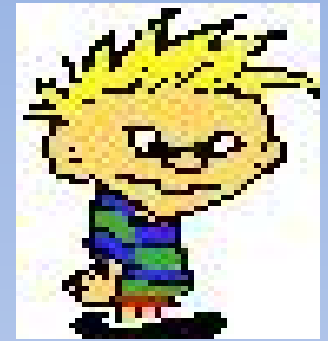
# Stress and Fear

Fear creates *Fight-or-Flight* response

- Mobilizes body to respond to external threats by attacking or fleeing
- Seems to have an adaptive or evolutionary purpose

# Reaction to Stress





- **General Adaptation Syndrome (GAS)**

A theory developed by Hans Selye that suggests that a person's response to a stressor consists of three stages.

### **Alarm Stage**

- People become aware of the presence of stressor.
- At biological level sympathetic nervous system becomes energized helping a person cope initially with the stressor.



## Resistance Stage

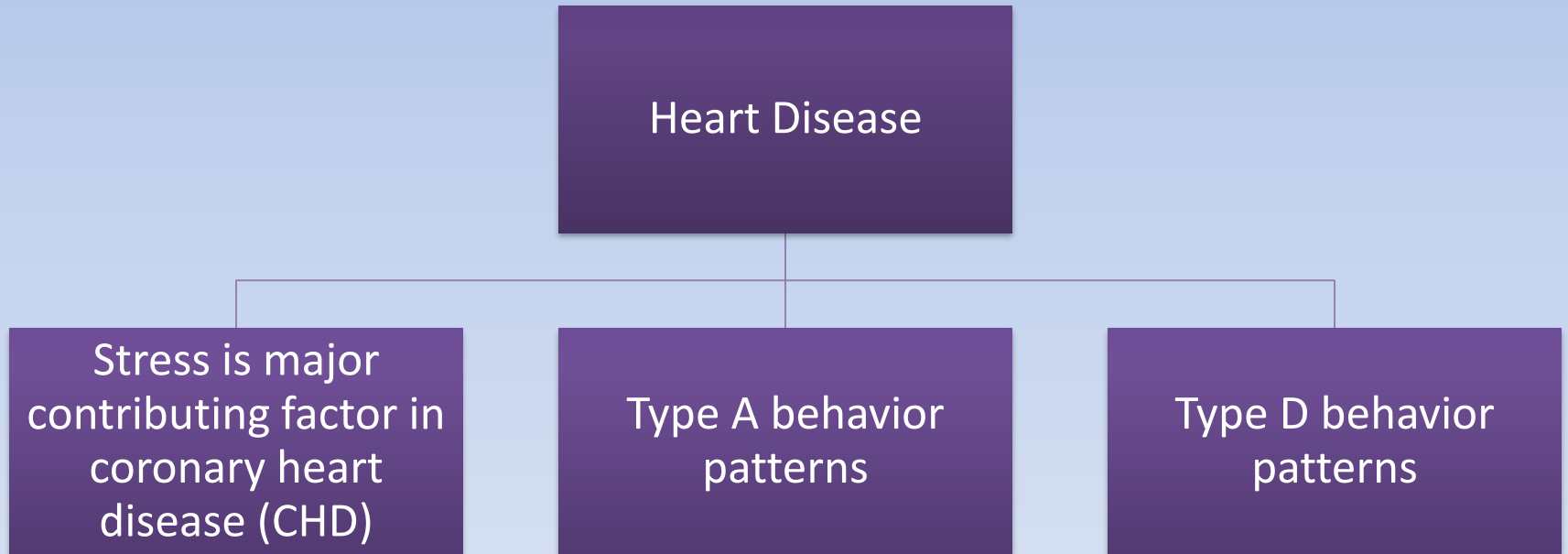
- During this stage body prepares to fight the stressor.
- People use different means to cope up with the stressor.

## Exhaustion Stage

- If the resistance is inadequate person enters into this stage if 2<sup>nd</sup> stage is inadequate that is exhaustion.



# Stress and Heart Disease



# Stress and Heart Disease



Stress reduction

Reducing stress  
part of treatment  
of hardening of  
arteries

Very low-fat diet  
and stress-  
management  
techniques  
effective in treating  
this disease

# Stress and the Immune System

## Psychoneuroimmunology (PNI)

The study of the interaction between stress and immune, endocrine, and nervous system activity

Chronic stress is linked to suppressed functioning of immune system, especially respiratory illness

# Stress and Cancer

Research on possible link between stress and cancer is mixed



Several new cancer drugs work by boosting immune system



Psychologists can play vital role in improving quality of life for cancer patients

# Reducing Stress



Effective ways to reduce stress:

Exercise and/or relaxation training

Social support

Religious practices

Reaching out and giving to others

Using effective coping strategies (proactive coping, positive reappraisal, humor)

# Adopting Healthy Lifestyle



**Positive psychology movement**

**Promote good health by adopting healthier lifestyle**

- Healthy diet
- Exercise
- Quit smoking
- Avoid high-risk behaviors

# Sources of Extreme Stress

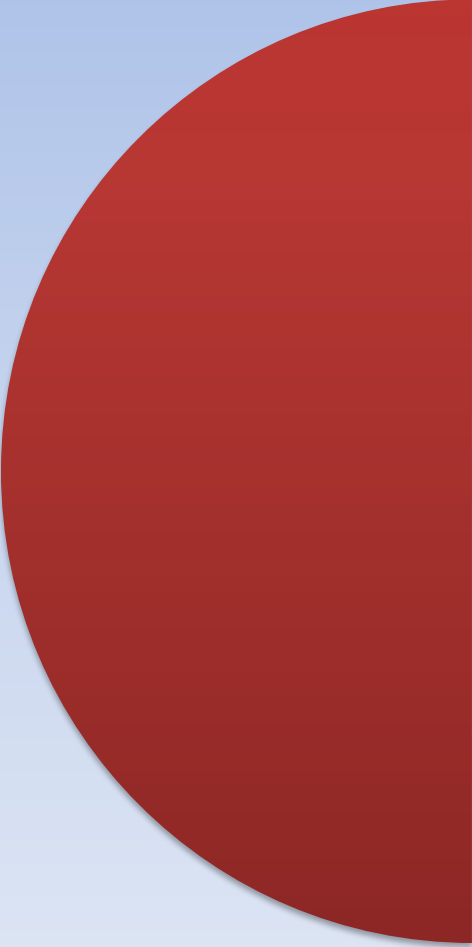
Extreme stress  
markedly changes  
individual's life and full  
recovery is difficult

# Sources of Extreme Stress






# Posttraumatic Stress Disorder



## Posttraumatic Stress Disorder (PTSD)

- psychological disorder
- caused by severely stressful events
- characterized by episodes of anxiety, sleeplessness, and nightmares
- exposure to severe trauma and incidence of development of PTSD

# Posttraumatic Stress Disorder



## Posttraumatic Growth (PTG)

- particularly stable individuals experience a positive form of personal growth
- emerges largely from an individual's struggle to reconcile their loss through religious or existential understanding
- related to personality, psychological well-being, and effective cognitive coping strategies
- more likely found in young adults than in older people

# Posttraumatic Stress Disorder



## Recovery

- Related to amount of emotional support survivors receive from family, friends, and community

## Treatment

- Helping clients come to terms with terrifying memories
- Immediate treatment near site of the trauma coupled with expectation that individual will return to everyday life
- Reliving traumatic event in a safe setting

# THE WELL-ADJUSTED PERSON

Some think it is ability to live  
according to social norms

Disagreement about what  
constitutes good adjustment

Other argue that society is  
not always right

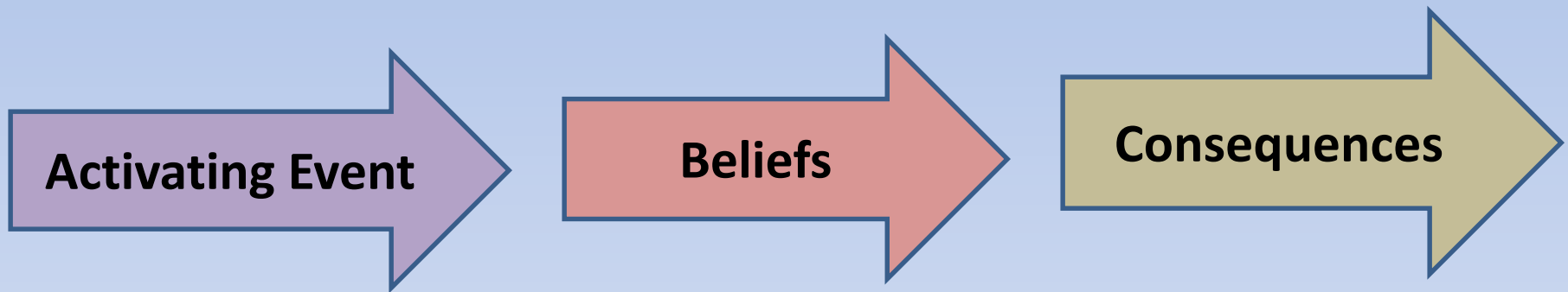
# THE WELL-ADJUSTED PERSON

## Maslow: Well-Adjusted People

- unconventional and creative thinkers
- perceive people and events realistically
- set goals for themselves
- tend to form deep, close relationships with few chosen individuals

# ABC THEORY

- It was given by Albert Ellis, he says that our beliefs about events, as well as the events themselves, can be stressors.



# Personality Types And Stress

- On the basis of stress personality can be divided into two types.

## ❖ **Type A personality**

- They are highly driven, competitive, impatient and aggressive.
- They feel rushed and under pressure all the time and keep one eye firmly on the clock.

## ❖ **Type B personality**

- They are relax more readily and focus more on the quality of life.
- They are less ambitious and less impatient while doing any work.



# Disorders Caused By Stress

- **Psychophysiological Disorders**

- ✓ Medical problems influenced by an
- ✓ interaction of psychological, emotional
- ✓ and physical difficulties.
- ✓ Stress is a cause for Psychophysiological disorders like high blood pressure, headaches, backaches etc.



- **Posttraumatic Stress Disorder**

- ✓ A disorder in which a person re experiences the traumatic event again and again causing stress and depressed mood.



# Psychological Disorders

- **Anxiety Disorders**

The occurrence of anxiety without an obvious external cause, affecting daily functioning.



## **Phobic Disorder**

An intense, irrational fear of a specific object or situation.



## **Panic Disorder**

Anxiety disorder that takes the form of panic attacks lasting from a few seconds to as long as several hours.

## Generalized Anxiety Disorder

The experience of long-term, persistence anxiety and worry.

## Obsessive-Compulsive Disorder

A disorder characterized by obsessions and compulsions.

### Obsession

A persistent unwanted thought or idea that keeps on reoccurring.

### Compulsion

An irresistible urge to repeatedly carry out same act that seem strange and unreasonable.

