

Part IV

Introduction to Stress and Stress-Coping





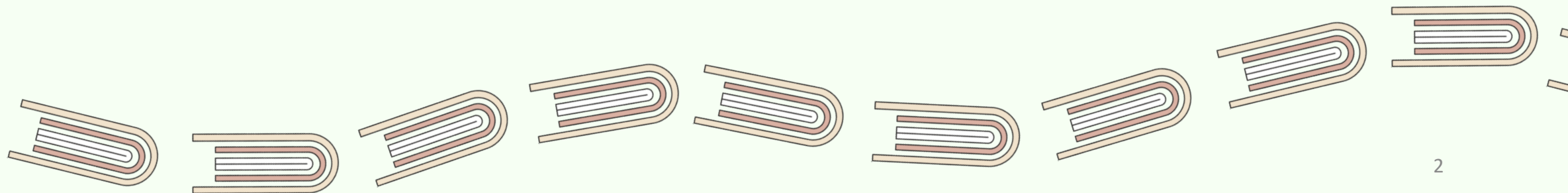
What is Stress?

- A particular relationship between the person and the environment that is appraised by the person as taxing or exceeding his or her resources and endangering his or her well being.

(Lazarus & Folkman, 1984)

- Stress is the product of an imbalance between appraisals of environmental demands and individual resources

(MacKay, Cousins, Kelly, Lee, & Caig, 2004)



What is Stress-Coping?

- A response aims at diminishing the physical, emotional and psychological burden that is linked to stressful life events and daily hassles (Snyder & Dinoff, 1999).
- An individual uses behavioral and cognitive strategies to modify adverse aspects of the environment, as well as minimize or escape internal threats induced by stress (Gil, 2005).
- Negative stress-coping strategies
- Positive stress-coping strategies



Relationship between resilience, stress and stress-coping

- To be resilient, one must have experienced stress or adversity and cope with it positively (Lavoie, Pereira, & Talwar, 2016).
- Resilience is understood as positive stress-coping or adaptation despite stress and adversity (Masten, 2014).





Negative Stress-Coping Strategies

Negative coping strategies is to aggravate the body and mind to exhaustion (Liu, 2004).



Escape



**Smoke, drink, take medicine
or eat to relieve stress**



Depends upon others to solve the problem



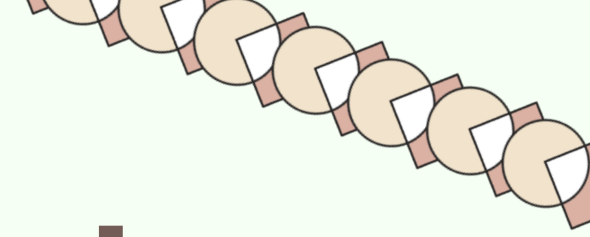
Facing problem alone

Individual who often uses negative stress-coping strategies will tend to have lower level of resilience.

(Wallace & Lee, 2010; Lu et al, 2015)



Positive Stress-Coping Strategies



Positive coping strategies is the advantageous to an individuals' psychological adaptation (Liu, 2004).



Participating in recreational activity



Solving problem with plan



Seeking for social and family support



Active re-evaluation

Individual who often uses positive stress-coping strategies tends to have a higher level of resilience.

(Wallace & Lee, 2010; Lu et al, 2015)

