



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



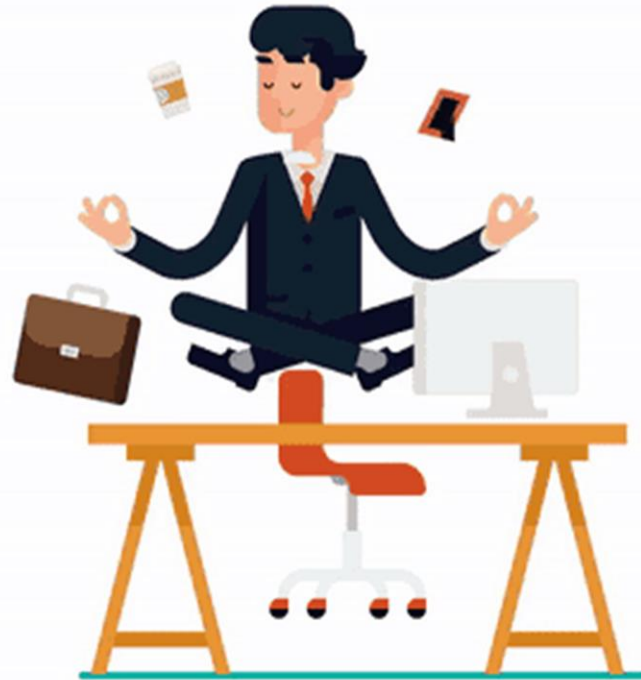
- **Lazarus and Folkman** (1980): defined coping as **efforts to deal** with **demands**
- **Hann** (1993): explained coping as an **effort** directed towards **using the resources** to **overcome** the **difficulties**
- From the above definitions, it is clear that coping is an **effort** to **deal 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**

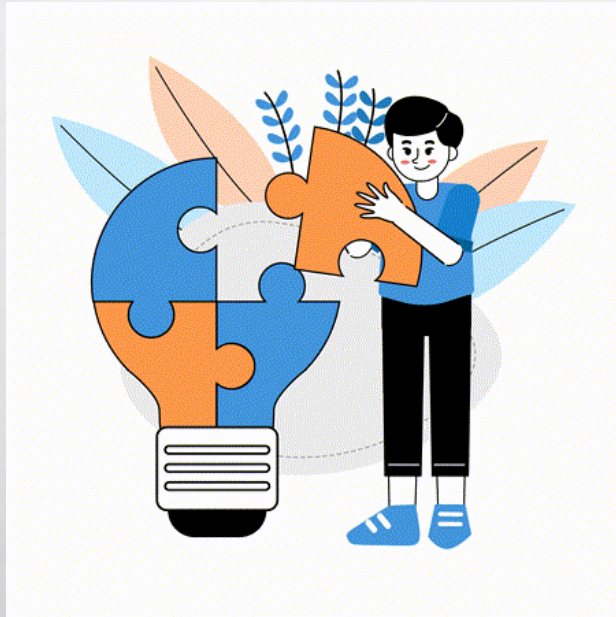


ADAPTIVE COPING

- 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



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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



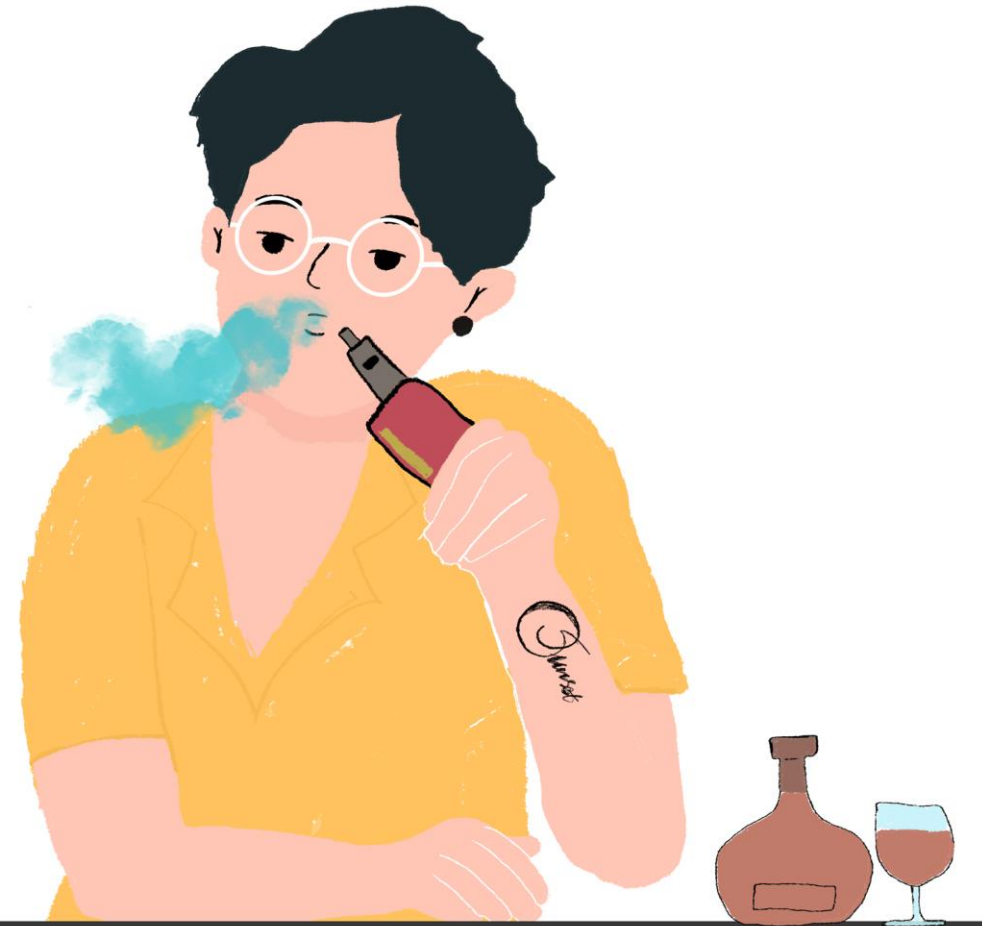
MALADAPTIVE COPING

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



SUBSTANCE ABUSE

WE ENGAGE IN UNHEALTHY BEHAVIOR TO GET
THROUGH



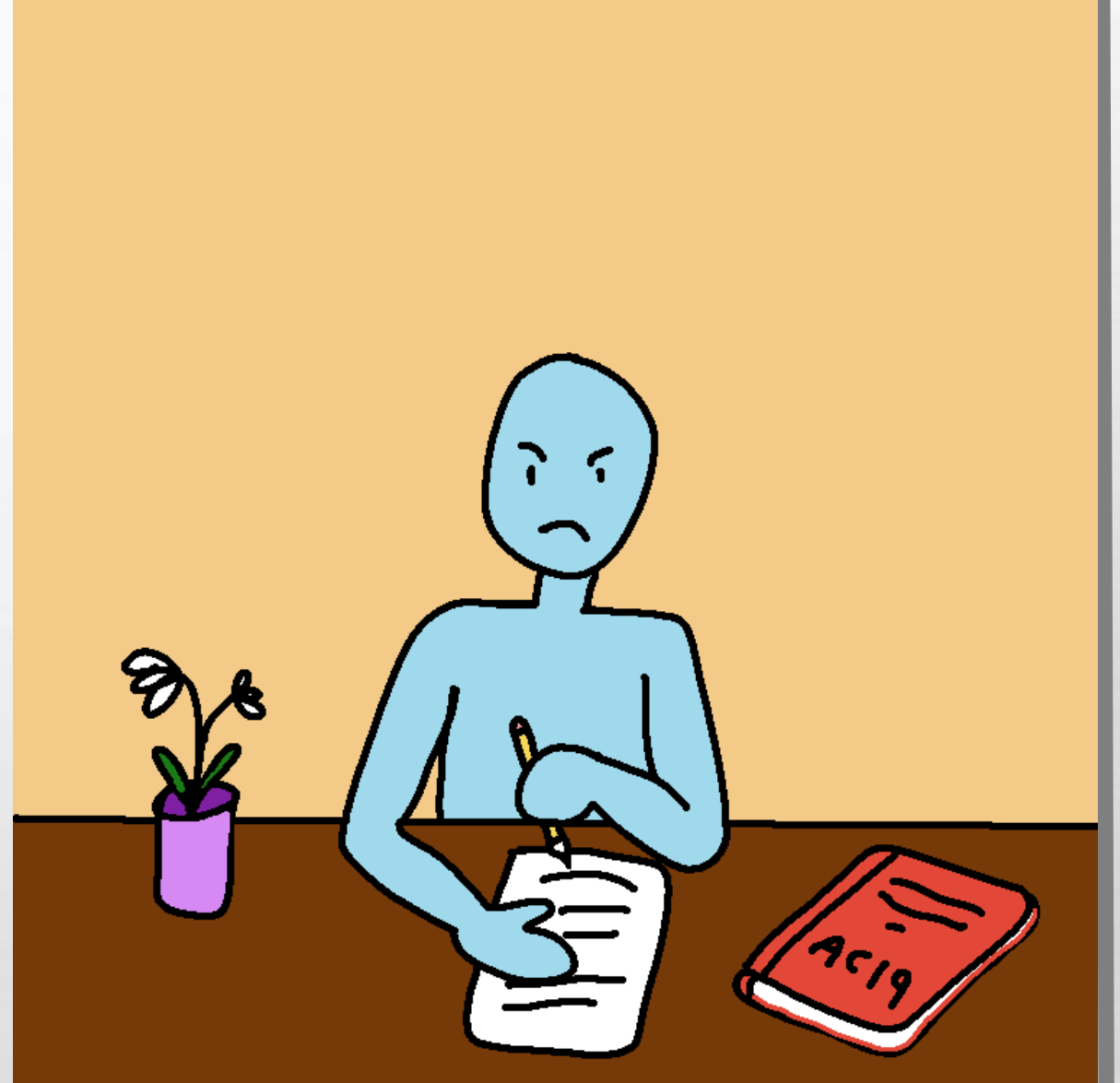
BEHAVIORAL DISENGAGEMENT

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

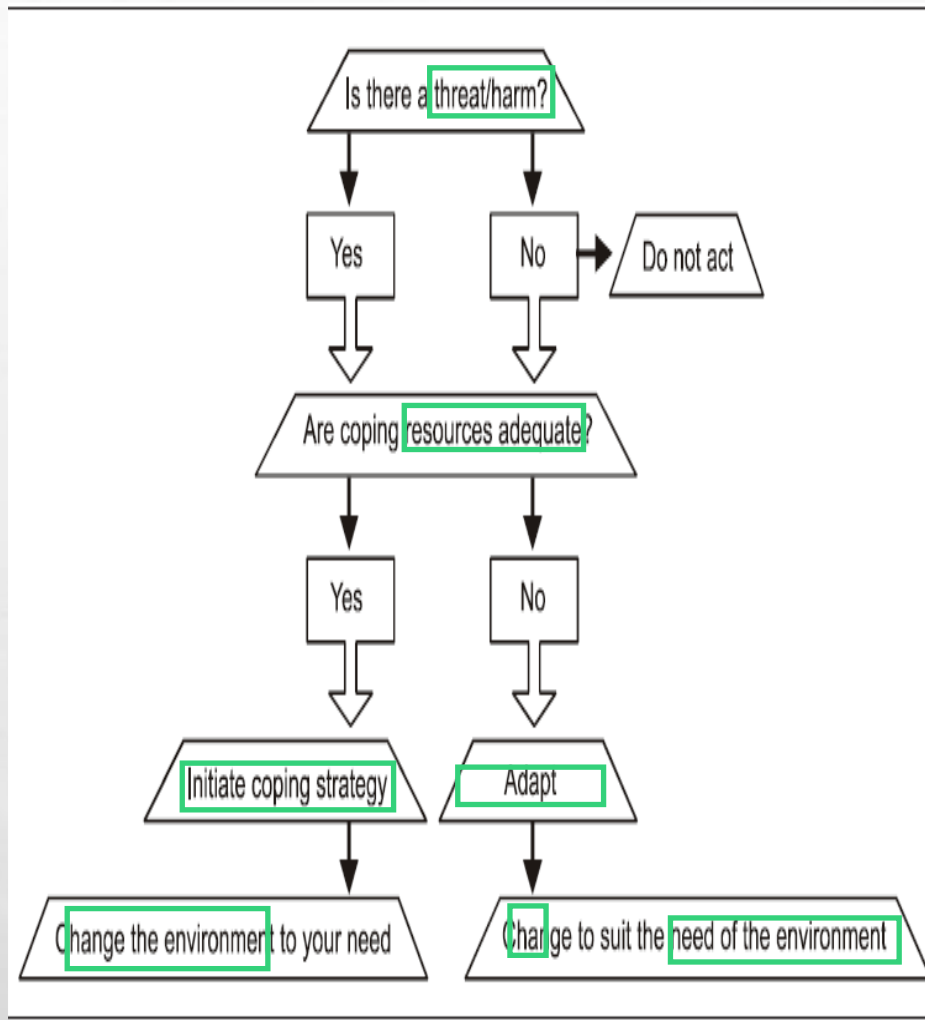
I HAVE BEEN **BLAMING** FOR THE **THINGS** THAT
HAPPENED



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'.

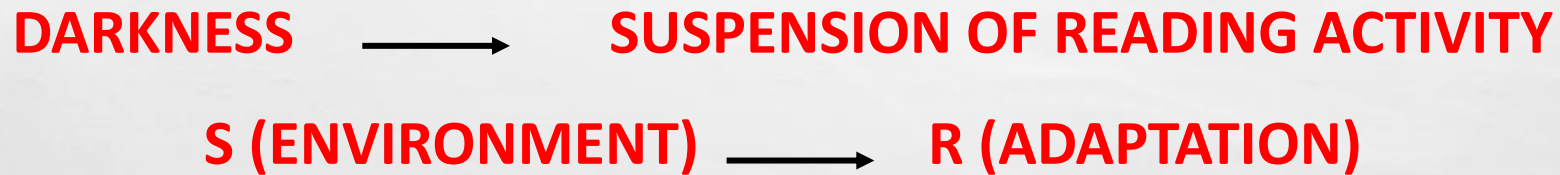
COPING AND ADAPTATION PROCESS



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**.

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**(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