



9. Give an example of a life event which is likely to be stressful. Suggest reasons why it is likely to cause different degrees of stress to the person experiencing it.

Ans:

- Losing a long-term job is a life event which is likely to be a cause of stress to an individual.
- A person's response to stress largely depends on how the events are appraised or interpreted.
- This was explained by Lazarus in his Cognitive theory of stress.
- According to this theory, stress depends on his primary or secondary appraisal. A new or changing event is positive, negative or neutral.
- A negative event, such as losing a long-term job, can be appraisal for its harm, instead a challenge.
- If it is appraised as a threat, which may result in future damage, it will result in high levels of stress.
- If it appraised as a challenge, then the individual, who lost the job, will have more confident expectations of the ability to cope with the stressful event, overcome it.
- If appraised as a harm, assessment of the damage, which has already been caused by the event, will result in high stress.
- Through secondary appraisal, one's coping abilities and resources are analysed as to whether they are sufficient in meeting the harm, threat or challenge.

10. Given what you know about coping strategies, what suggestions would you give to your friends to avoid stress in their everyday lives?

Ans: High school students these days avoid extremely stressful lives, with increasing completion, expectations and demands. Therefore, I would suggest 'task-oriented strategy' as explained by Endler and Parker, to be an effective means in coping with stress.

Task-oriented coping involves:

1. Obtaining information about a stressful situation.
2. Deciding our priorities.
3. Dealing directly with the stressful situation.

Such an approach helps during exams and project deadlines.

I would also suggest the adoption of positive attitude and thinking which promotes health and well-being.

A positive attitude where the individual has a fairly accurate perception of reality; ability to take credit for success and blame for failure; acceptance and tolerance for other's view points. Positive thinking interns of being optimistic. Optimism points towards the inclination to expect favourable life outcomes. An optimist will always use problem-focused coping and try and find the source of stress. Relaxation Techniques, Exercise, Balanced Diet all contribute significantly to stress reduction.

11. Reflect on the environmental factors that have (a) a positive impact on the being and (b) a negative effect.

Ans. Until recently, catastrophic events were not studied systematically, because of their infrequent and unpredictable occurrence. However, because the survivors of these devastating

events often experience the severe psychological aftermath termed 'post- traumatic stress disorder'.

Whether large-scale natural disasters produce lasting psychological effects, however, remains a source of controversy. Some research shows evidence of long-term psychological effects, whereas other studies show that the psychological impact of natural disasters is minimal.

In certain respects, the psychological trauma that results from human-produced disasters can be more dramatic and long term in its scope than natural disasters. Several factors seem to contribute to this phenomenon. One important factor seems to be control. Human-produced disasters are usually the result of human error; but we expect that adequate precautions will be taken to prevent human error. Thus, when disaster strikes, our expectations are violated, leading to a loss of control. In contrast, we do not expect to have control over hurricanes, earthquakes, or other types of natural disasters and accept them as fate.

A second factor has to do with the consequences associated with each type of disaster. Natural disasters, while large in scope, tend to be clearly marked and limited in time. In contrast, human-produced disasters—such as the contamination of ground water with toxic chemicals—can, potentially exert their effects for many years. For example, exposure to toxic chemicals can increase people's risk of developing cancer or produce genetic damage. Moreover, the psychological trauma combined with the uncertainty regarding when or if these consequences will appear can produce chronic stress-related problems.

12. We know that certain life-style factors can cause stress and may lead to diseases like cancer and coronary heart disease, yet we are unable to change our behaviour. Explain 1 why?

Ans. Life-style is the overall pattern of decisions and behaviours that determine a person's health and quality of life. An individual, when stressed, is more likely to expose himself/herself to pathogens—agents causing physical illness.

Stressed individuals have poor nutritional habits, disturbed sleeping patterns, tendency to engage in health-risking behaviours such as intake of stimulants such as caffeine, alcohol, cigarettes, drugs like tranquil lies such health impairing behaviours develop gradually and provide pleasant experiences temporarily, but have detrimental long-term consequences.

As they are addictive, and pleasurable, individuals using these psychoactive substances are unable to give them up.

Such type of life-style ultimately cause serious health hazards like cancer, diabetes and coronary heart diseases.

Knowing that faulty lifestyle causes various physical and psychological hazards.Still people continue, because the consequences and side effects are not likely to occur immediately. Their effects get manifested after several years. So people ignore them. Because they are aware with the side effects. They develop anxiety because of inconsistency in their attitude and behaviour but because this lifestyle becomes a part of their habit pattern. So they find it very difficult to change and continue such hazardous lifestyle and ultimately it causes a stage of burn out.

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