General Psychology lectures 14-15

Stress and adjustment.

- Stress and adjustment
- Causes of stress
- 3. Reactions to stress:
- a. Anxiety
- **b.** General adaptation syndrome
- c. Burnout

STRESS

Anything that produces demands on us to adjust our behavior.

It includes

threats to our well-being

pressures

changes which require us to adjust to new situations

Psychological demands: conflict and frustration. Physical demands: infection, disease, injury.

Adjustment

- A person is considered well-adjusted when he is able to meet the changing demands of his environment.
- 3 adaptive responses:
- 1)maladjustment (poor personal effectiveness);
- 2) Adjustment (satisfactory)
- 3) Competence (excellent) (well-adjustment)

Types of stress

distress	eustress
negative sources;	Positive sources; getting married earning a high grade achieving success.

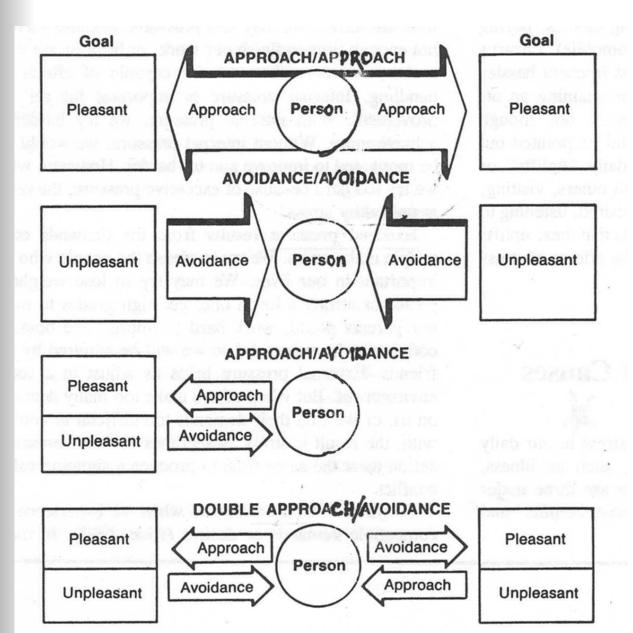
Sometimes it is unavoidable and motivates us to lead a full life.

3 major psychological causes of stress.

Pressure	Conflict	Frustration
Internal: we strive to maintain self-esteem by forcing ourselves to achieve higher standards (study harder, more popular, look attractive) It is important. External: result from the demands that other people make on us. (pleasing other people, high grades for parents, admiration from friends) It helps to adjust to social environment.	2) avoidance-avoidance \(\percapsis 2\)	We are prevented from reaching a goal. Types: a) Time delays b) Daily hassles c) Lack of resources d) Losses e) failure



Conflict chart



Reactions to stress

Anxiety:

A fear of the demands (traits/situational)

In children:
punishment no
parents love,
darkness, thunder.

In adults: general security, self-concept, interpersonal relationship social expectations task completion.

Behavioral responses:

-Avoidance

Escape

Impairment in speech, coordination, mental activities

Physiological responses:

Increased blood pressure, breathing, heart rate sweating stomach distress.

General adaptation syndrome (GAS)

Stage I Alarm reaction:

Immediate response;

Adrenalin release;

Slow digestion;

Heart beats;

Blood pressure

increase

Stage II

Stage of resistance

Negative

consequences;
Stay in the

body;

Though we think; we can handle the situation.

Stage III

Stage of exhaustion

Body begins to

deplete its energy

resources:

asthma,

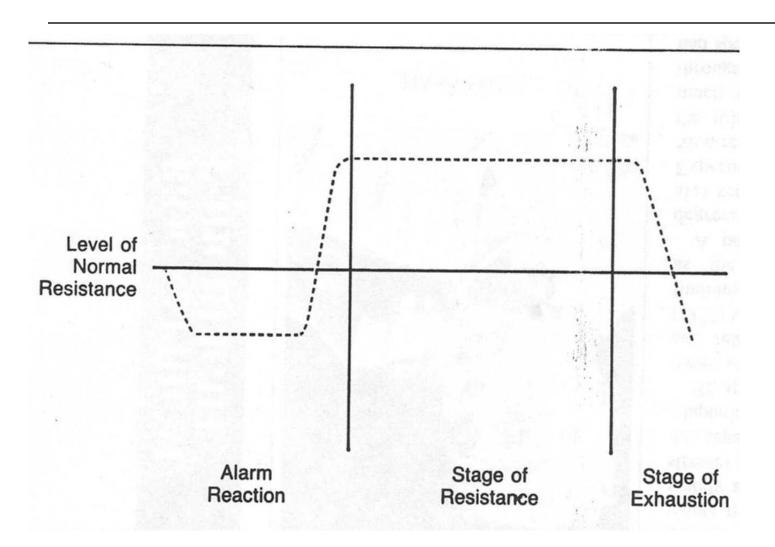
diabetes,

arthritis,

allergies,

ulcers.

GAS CHART



Burnout

A depletion of our physical and mental resources.

People who often experience burnout: -achievers, taking extra work, courses;

- teachers, giving extra help to students
- Responsible ones more than can do.

Stress persists until burnout occurs.

Symptoms of Burnout

- Exhaustion
- Detachment
- Boredom
- Impatience (irritability)
- Sense omnipotence (only you)
- Feelings unappreciated
- Physiological problems

Occupations: nurses, teachers, counselors, doctors, therapists, policy, social workers

too much contact with people.

Solutions to burnout.

- 1. Setting realistic goals, manageable but still challenging.
- Know you limits no additional responsibilities.
- 3. Don't become involved emotionally with other people
- 4. Enjoy yourself by taking a break.

Type A and Type B behavior

A

particular type of personality

Competitive, aggressive, hard-driving, constantly under excessive stress. Impatient with others who can't keep up with them. Hate delays and do several things at a time. Often suffer from CHD, heart attack, stroke.

<u>B</u>

Can be hard working, aggressive, impatient but relax more.

They react to environmental demands and work hard when it is required.

SEMINAR questions.

- 1. Define stress
- 2. Describe a well-adjusted person
- 3. Name major psychological causes of stress.
- 4. Describe internal and external pressure.
- 5. Explain conflict situations (according to the diagram)
- 6. When does frustration occur?
- 7. Describe most common reactions to stress
- 8. Illustrate most common types of frustrations.
- 9. Explain how people respond to stress according GAS (general adaptation syndrome)
- 10. Describe the causes and symptoms of burnout and possible solutions.

Home assignment:

Write an essay (1-2 pages) describing defense mechanisms and managing stress techniques in general and find out you won coping stress skills and cognitive and behavioral techniques.

Literature: R. Atkinson Ch 15 'Stress and Coping' pp 602 -614