Mental and physical health

- 80% of illnesses are psychosomatic i.e. illnesses which are mentally related
- Mental health problems can be addressed using various psychosocial measures such as stress reduction and cognitive modification.
Interrelationship

- Smoking – depression and anxiety (Patton et. Al., 1996)
- Substance misuse – suicidal ideation, conduct disorder, ADD, PSTD, schizophrenia-like illnesses (Hoven et. Al; Zeitlin, 1999)
- Illicit drugs – violence, unwanted pregnancy, STD and adverse mental health (Sells & Blum, 1996)
Mental Health Foundation (2001)

- Some form of mental health problem will affect one in four people in any one year
- There have been substantial increases in identified psychosocial disorder of youth since WW2 in nearly all developed countries.
Defining stress

• Categories of definitions:
  – 1. Self or bodily reactions to difficulties.
  – 2. Troublesome events.
  – 3. Perception of inability to overcome difficulties.
  – 4. A state of tension
  – 5. Others?
What is “STRESS”?

- “...a physical, chemical, or emotional factor that causes bodily or mental tension and may be a factor in disease causation” - Merriam-Webster, 1998

- “Any factor that threatens the health of the body or has an adverse effect on its functioning... The existence of one form of stress tends to diminish resistance to other forms. Constant stress brings about changes in the balance of hormones in the body.” - Bantam Medical Dictionary, 1981
VARIOUS DEFINITIONS OF STRESS (INDIVIDUALS)

A troubling situation, Event or thought) - (Anderson, 1978)

A troubling event (Holmes, 1979)

A condition in which there is great discrepancy between the demands made on an organism & the organism’s capability to respond (Caplan, 1981)
VARIOUS DEFINITIONS OF STRESS

Stress is how a person appraises an event & adapts to it (tekanan adalah Tanggapan seseorg mengenai sstu Situasi & cara ia menyesuaikan diri. - Folkman & Lazarus, 1984)

Any situation perceived as threatening one’s well-being & difficult to handle (sebarang keadaan yg mengancam Atau dianggap mengancam kesejahteraan diri & sukar dikendal (Weiten & Lloyd, 1994)

A state of tension that is created when a person responds to the demands & Pressures that come from work, family & other external sources, as well as Those that are generated from self imposed demands, obligations & self criticism (suatu keadaan ketegangan yg timbul apb seseorg itu bertindakbalas terhadap Kemahuan & tekanan pekerjaan, keluarga dll samada berpunca dari persekitaran luar ataupun daripada kemahuan & kritikan terhadap diri sendiri. (http://www.stressfree.com)
Stress (Hatta & Mohammed Hatta)

• Sebagai tindakbalas minda dan fizikal yang terhasil daripada permintaan (atau cabaran), mengikut sesuatu keadaan dan tempat.

• Ia melibatkan perasaan subjektif pada mulanya tetapi lama kelamaan menjadi kacau apabila permintaan atau cabaran semakin bertambah.

(mukasurat 12)
WHAT IS FAMILY STRESS

Family stress is a state of tension brought about by the demand-capability imbalance in the family (suatu keadaan ketegangan akibat ketidakseimbangan antara keupayaan Keluarga dan desakan/stressor) (McCubbin & McCubbin, 1989)

We define family stress as an upset in the steady state of the Family (gangguan ke atas Kestabilan keluarga) (Pauline Boss, 1987)

The family’s reaction to an event or stressor (reaksi keluarga kpd Sttu kejadian atau stressor)
WHAT IS FAMILY CRISIS

Family crisis is the state where family functioning is completely disrupted or can no longer function normally... due to changes in the family structure (such as death, divorce, separation) or there are too many stressors at any one time. As such family members experience very high levels of stress.
MEANING OF FAMILY CRISIS?

- A threatening situation, or a situation where there are too many stressors, or a situation that cannot be handled (France, J., 1980)
  - Characteristics of crisis:
    - Happens suddenly
    - Inability to react
    - Feelings of ‘hopelessness’ & ‘helplessness’ & fear
    - Other stress symptoms
WHAT IS STRESSOR?

Stressor is the ‘cause’ of the stress reaction. Stressors maybe events, thoughts or demands.

(punca tekanan atau stressor adalah faktor yg menyebabkan
Tekanan yg timbul dlm diri seseorg)
Any factor that causes stress is called a **stressor**

- There are two kinds of stressors: **processive stressors** and **systemic stressors**.
- Processive stressors are elements in the environment perceived by the organism as potential dangers. Do not cause damage directly, but are processed in the cerebral cortex (brain). The processed information is then send via the limbic system (brain that relate to emotion) in the hypothalamus, where they activate the supreme centers of the autonomic system. This results in the fight or plight (acute stress response)
Systemic stressor

- Systemic stressors cause a disturbance in the organism's homeostasis and the tissue necrosis, hypotension or hypoxia.
- Often both types of stressors occur simultaneously. They are usually accompanied by pain and/or intensive emotions.

Source: http://en.wikipedia.org/wiki/Stress_%28medicine%29%29
Stress: The generalized response of the body to any demand

Stressor: Any event or condition which initiates a stress reaction (i.e. that which causes stress)
• Pauline Boss (1988) defines stressors as events or life changes that bring about changes in family systems (stressor atau punca tekanan sebagai: peristiwa kehidupan ataupun perubahan dalam kehidupan yang menyebabkan perubahan dalam sistem sesuatu keluarga.)
WHAT ARE EUSTRESS & DISTRESS?

- **Eustress**
  - is positive stress
  - some amount of stress is needed to motivate/push humans

- **Distress**
  - is negative stress
  - too much stress negatively affects human functioning
Eustress: Positive or curative stress

Performance Stress Curve

Optimal Stress

No Stress Maximum Stress
**Distress:** Unpleasant or disease-producing stress

**Examples**
- chronic pain
- lack of meaningful friendships
- anxiety
- depression
- etc.
Distress versus Eustress

- The “dis” and the “eu” refer to the stressor, not the impact of the stressor.
- Both can be equally taxing on the body.
- Stress is cumulative in nature.
Stress to death

Stress
  ↓
Distress
  ↓
Dis-Stress
  ↓
Dis-Ease
  ↓
Disease
  ↓
Chronic Disease
  ↓
Death
<table>
<thead>
<tr>
<th>Event</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Death of spouse</td>
<td>100</td>
</tr>
<tr>
<td>Divorce</td>
<td>73</td>
</tr>
<tr>
<td>Marital Separation</td>
<td>65</td>
</tr>
<tr>
<td>Jailed</td>
<td>63</td>
</tr>
<tr>
<td>Death of Close Family</td>
<td>63</td>
</tr>
<tr>
<td>Marriage</td>
<td>50</td>
</tr>
<tr>
<td>Fired from work</td>
<td>47</td>
</tr>
<tr>
<td>Retirement</td>
<td>45</td>
</tr>
<tr>
<td>Change in Health</td>
<td>44</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>40</td>
</tr>
<tr>
<td>Change in Financial condition</td>
<td>38</td>
</tr>
<tr>
<td>Change in Work</td>
<td>36</td>
</tr>
<tr>
<td>Mortgage more than Rm10K</td>
<td>31</td>
</tr>
<tr>
<td>Trouble with in –laws</td>
<td>29</td>
</tr>
<tr>
<td>Vacation</td>
<td>13</td>
</tr>
</tbody>
</table>
WHAT ARE ‘DAILY HASSLES’
(Lazarus & De Longis, 1988, Kanner 1981)

• Relationship problems and irritating daily responsibilities
• ‘daily hassles’ considered as more stressful (Kanner et al., 1981, De Longis 1988)
• More accurately predicts stress related diseases like flu, migraines, backaches etc
• Based on a study of 75 university couples over 6 months
## EXAMPLES OF ‘DAILY HASSLES BASED ON STUDY BY DE LONGIS ET AL., (1988)

<table>
<thead>
<tr>
<th>Hassle</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Troubling thoughts about future</td>
<td>76.6</td>
</tr>
<tr>
<td>Not getting enough sleep</td>
<td>72.5</td>
</tr>
<tr>
<td>Wasting time</td>
<td>71.1</td>
</tr>
<tr>
<td>Inconsiderate smokers</td>
<td>70.7</td>
</tr>
<tr>
<td>Physical appearance</td>
<td>69.9</td>
</tr>
<tr>
<td>Too many things to do</td>
<td>69.2</td>
</tr>
<tr>
<td>Misplacing or losing things</td>
<td>67.2</td>
</tr>
<tr>
<td>Not enough time to do things that need to be done</td>
<td>66.3</td>
</tr>
<tr>
<td>Concerns about meeting high standards</td>
<td>64.0</td>
</tr>
<tr>
<td>Being lonely</td>
<td>60.8</td>
</tr>
</tbody>
</table>
Coping

• In psychology, **coping** is the process of managing taxing circumstances, expending effort to solve personal and interpersonal problems, and seeking to master, minimize, reduce or tolerate stress or conflict (mostly intrapersonal).
COPING (Pearlin and Schooler, 1978)

- as behavior that protects people from being psychologically harmed by problematic social experiences. Coping serves a protective function that can be exercised in three ways: 1) by eliminating or modifying stressful conditions; 2) by perceptually controlling the meaning of the stressor; or 3) by keeping emotional consequences in bounds.
COPING, (Lazarus, Averill and Opton, 1974)

• "... the problem-solving efforts made by an individual when the demands he faces are highly relevant to his welfare (that is a situation of considerable jeopardy or promise), and when these demands tax his adaptive resources."
"Coping consists of efforts, both action oriented and intra psychic, to manage (i.e. master, tolerate, reduce, minimize) environmental and internal demands and conflicts."

(Lazarus and Launier, 1978, p. 311)
"constantly changing cognitive and behavioral efforts to manage specific external and/or internal demands that are appraised as taxing or exceeding the resources of the person." (process oriented)

Coping allows people to use various skills to manage the difficulties they face in life.
Process oriented?

- not trait-oriented
- approaches use to cope change with time, experience, and the nature of the stressor
- rather than people being "pre-programmed" to use the same coping behaviors regardless of the stressful experience.
- coping is the process that is used to help master a problem, but coping does not necessarily mean that one has mastered the problem.
Coping strategies, Frydenberg and Lewis (1996)

- Social Support
  - Solve Problem
  - Physical Recreation
  - Spiritual Support
  - Professional help
- Worry
- Relaxation
- Invest in Friends
- Social Action
- Seek to Belong
- Work Hard
- Focus on Positive
- Wishful Thinking
- Not Cope
- Ignore the problem
- Tension Reduction
- Keep to Self
- Self-blame
Coping styles, Frydenberg and Lewis (1996)

- Solving the Problem
- Ref. to Others
- Non-productive coping
COPING

• In practice it is used interchangeably with such concepts as mastery, defense and adaptation
• addresses the cognitive, affective and behavioural aspects of the coping process.
The Yerkes-Dodson law (1908)

• A critical issue concerning stress among students is its effect on learning. The Yerkes-Dodson law (1908) postulates that individuals under low and high stress learn the least and that those under moderate stress learn the most. A field study and laboratory tests support the notion that excessive stress is harmful to students' performance.
READINGS


