FACTORS INFLUENCING STRESS & COPING

Jokes
A: What's the matter, you look depressed.
B: "I'm having trouble with my wife."
A: "What happened?"
B: "She said she wasn't going to speak to me for 30 days."
A: "But that ought to make you happy."
B: "It did, but today is the last day."

Marriage Humour
- Women are unpredictable. Before marriage, she expects a man, after marriage she suspects him, and after death she respects him.
- When a man opens the door of his car for his wife, you can be sure of one thing: either the car is new or the wife.

OBJECTIVES
- To describe factors known to influence the stress & coping process among individuals & families
- To identify & measure stress vulnerability factors

Some factors include:
- Gender (jantina)
- Individual patterns of behaviour/personality (pola perakuan)
- Social support & interpersonal relationship (sokongan sosial & perhubungan interpersonal)
- Environmental factors (faktor persekitaran)
- Other demands / expectations (other stressors)
- Perception of the stressor & one's coping resources
Untuk siswi

- It's easy to tell if a man is married or not. Just watch him drive a car with a woman sitting beside him. If both his hands are on the wheel, you can be sure he is married.

Gender difference in reaction to Stressors & Coping (Girdano, 2005)

- The researchers found that all signs point largely to oxytocin, a hormone that promotes both maternal and social behavior and enhances relaxation, as the key factor behind the gender difference.
- Additional female hormones are release & these have calming effects on females
- Oxytocin induce women to tend children & seek out other women to talk to or ventilate during stressful conditions

Family Roles

- Women's roles are more complex
- Married men have fewer MH problems than married women, employment plays a role
- Married women w/children & single parents show higher depression; may relate to family care responsibilities
- Women have fewer MH problems when employed

Differences in Social Support

- Women provide more support than they receive
- Emotional support from wives is a protective factor for married men
- Employment enhances social support with increased friend network
- Men have more instrumental, women more emotional support from friends

Patterns of behaviour/personality) – Rumaya & Maznah (2002)

- Self concept (konsep kendir)
- Type A Personality
- Anxious reactive personality (personality mudah bimbang/cemas)
- Emotional Quotient (EQ)
- “Hardiness, resilience”
Self Concept consists of:
- Self Awareness (kesedaran kendirri)
- Self Love (sayang diri)
- Self Esteem/ self worth (penghargaan kendirri)
- Self Confidence (yakin diri)
- Self Efficacy
- Self Respect (hormat diri)

Self Concept & Stress
- Generally, the more positive or better self concept lead to better coping skills, or least confident of overcoming stressors (semakin positif persepsi kendirri maka semakin baik kemahiran datatindak atau yakin dapat atasi stressors)
- Self fulfilling prophecy- you are what you believe yourself to be
- Perceptions of hopelessness & self devaluation can lead to increased stress levels

EQ
- Goleman, 1996). individuals are believed to vary in their ability to perceive, process and manage information that is emotional in nature. As such emotional intelligence is not about emotions per se, but more about the ability to use emotional information and integrate it with thoughts and actions.
- EQ - individuals with higher emotional intelligence are somehow more successful at work and in their personal lives (Goleman, 1996).

Emotional Intelligence is the ability to:
- recognize emotions in self and others
- manage one's own emotions
- empathize with others
- maintain successful relationships

Emotional Quotient (EQ) & Stress
- Individu ygyg tinggitinggi kawalan emosi-emosimudah
atasi/kendalitekanan
- Dapat menggunakan emosi yg sesuai
- Bermotivasi intrinsik
- Dapat mengenali & menghayati perasaan orang lain dengan mudah & beri respons yg disenangi
- Mempunyai kemahiran interpersonal tinggi

Type A Personality
- Proposed by Cardiologits Meyer Friedman & Ray Rosenman (974)
- Observed that their patients had similar characteristics (selain di faktor fizikal, spt berlebihan berat, badan, perokok, tidak bersenam, kebanyakan pesakit jantung didi bawah jagaan mereka punya ciriciri: amat bermotivasi, berbudi cita tinggi, suka bersaing, agresif, hostile, agresif/pemarah merupakan ciriciri paling bahaya di antara ciriciri Type A.
- When hostile, testosterone is released = artherosclerosis sets in. type A person can learn negative behaviours without giving up ambition
The Type A Personality has:
- An intense sense of time urgency, race against the clock, the need to do more in the shortest time possible
- An aggressive personality that at times evolve into hostility, high motivation, short tempered, high sense of competitiveness, make a contest of everything, inability to have fun or relax.
- An intense achievement motive,
- Polyphasic behavior-the need to do several different tasks at the same time.

People with "Type A" personalities, for example, are rushed, ambitious, time-conscious and driven. Studies suggest these traits, if not properly managed, can create stress-related illnesses.

The "Type B" personality is a much more relaxed, less time-conscious and driven person. Type B personalities are able to view things more adaptively. They are better able to put things into perspective, and think through how they are going to deal with situations. Consequently they tend to be less stress-prone.

Anxious-Reactive Type
(jenis mudah cemas)
- Consistently over reacts
- Easily becomes anxious, and continues to be anxious even after the stressors is gone (mudah cemas, bimbang berpanjangan)
- Tendency to "catastrophize" stressors (cenderung perbesar stressor)
- Difficulty in forgetting negative experiences

"Hardiness/ resilience"
Suzanne Kobasa 1979
Hardiness atau resilien merangkumi 3 ciri/sikap diri iaitu:
1. anggap stressor sbg cabaran/ tidak takut kpd stressor
2. anggap stress sbg sstu yg normal dlm kehidupan
3. punyai komitmen yg tinggi dlm apa jua cabaran/aktiviti

Thus,
- Hardiness is a personality construct
- consisting of the three interrelated components of challenge, control and commitment,
- suggested as a stress resilience factor (Kobasa, 1979).

Hardiness-Stress Test
- http://cgi2.westmont.edu/forms/psychology/stresshardy/stresshardyassign.html
three key beliefs that helped turn adversity into an advantage

- The Commitment attitude led them to strive to be involved in ongoing events, rather than feeling isolated.
- The Control attitude led them to struggle and try to influence outcomes, rather than lapse into passivity and powerlessness.
- The Challenge attitude led them to view stress changes, whether positive or negative, as opportunities for new learning.

Characteristics of “stress-resistant” individuals

- Flanery, 1990
- Individu yg resilien kpd stress ada 8 ciri/sikap
  - Membuat keputusan sendiri
  - Memberi tumpuan kpd tugas & tanggungjawab
  - Menjaga diet & tidak ambil bnyk kafein/nikotin
  - Bersenam
  - Berjenaka
  - Hidup bragama

Perception and stress

- models that link individuals’ perceptions of stressors, coping methods, and psychological/physical health
- Appraisals
- Attributions - Roesch and Weiner found that individuals who explained the causes of their illness as internal, unstable, and controllable used active coping methods and were psychologically healthier.
- Self-Efficacy - stress reactions are primarily a function of low self-efficacy to exert control over a stressful situation

Persepsi mengenai stressor

- Persepsi sama ada stressor jangkaan (normative) atau luarjangka
- Persepsi mengenai tempoh masa stressor (lama vs sementara)
- Persepsi mengenai punca stressor (external/ dalam keluarga)
- Persepsi mengenai perubahan (+/-)
- Persepsi keupayan diri/keluarga

Perceptions of the Stressor & Coping

- Perception re: type of stressor
  - Normative or nonnormative? (persepsi mengenai jenis stressor, normal @ luarjangka?)
- Perception re: duration of stressor
  - Brief or long term? (persepsi mengenai tempoh masa stressor, lama @ sementara?)
- Is the stressors external or internal to self or family? (adakah punca stressor luaran @ dalaman)
- Perception of effects:
  - Positive or negative?
- Perception of ability to handle or control stressor? (persepsi keupayan kendali @ kawal stressor?)

Stress Intensity: Eight factors

- Predictability of stressor
- Duration of stressor
- Intensity of stressor
- Physiology
- Motivation
- Competence
- Social Support
- Cognitive Appraisal

There is a significant difference between the top three factors and the bottom five. Can you figure it out?
Stress Intensity: Eight factors

- People often have little control over the top three factors. People with an external locus of control focus on these factors, while a person with an internal locus of control will focus on the factors that they can effect.
- One of the best ways to prepare for stress is to be in good physiological shape. This would include an exercise program, a healthy diet, a meditation or prayer practice, and a sleep schedule.
- When you are faced with a stressful situation, your motivation is a key factor in getting out of the stress. If you focus on what you can do and you are determined to do it, you will deal with the stress better.
- Making sure that your work skills are sound is a great way to be prepared for stress. If you are well informed, you will have more information and will be able to be more effective at problem-focused coping.

What is social support?

- Material and psychological resources that can be obtained from others in one’s social support network
- (Sumber bantuan material dan psikologi yang diperolehi dari orang lain, iaitu jaringan sokongan sosial) (Maznah, 1990,1993)

Other definition

- Gottlieb (1983) - interpersonal coping resources. Being supportive has less to do with the ‘kinds’ of support provided and more to do with how people interact with and relate to one another.
- Maklumat verbal & nonverbal, nasihat, bantuan material yang diberikan oleh org yang rapat dgn kita. (Gottlieb, 1983)

Social support

- Social support is usually defined as the existence of people on whom we can rely, people who let us know that they care about, value, and love us.
- A broad definition of social support is the “resources provided by others” (Cohen and Syme, 1985)

IQ tinggi

Suatu hari seorang ibu hairan apabila anaknya pulang awal dari sekolah tidak seperti biasa.

Ibu: “Adli kenapa kamu pulang awal hari ini sedangkan jam baru pukul 10.00 pagi.”

Adli: “oo... tadi Adli boleh jawab soalan cikgu adli dengan tepat..lalu disuruh pulang...”

Ibu: “Oooo... bagus.. pandai anak ibu... apa soalan dari cikgu kamitutu?”

Adli: “Cikgu tanya... SIAPA YANG MEMBALING KASUT KE MUKA CIKGU ?”

Fungsi yang dilakukan oleh ahli keluarga, rakan, kenalan utk membantu seseorang yg dlm kesusahan / stres (Thoits, 1986)
Two types of support can be highlighted: A functional view of social support argues that there are specific types of support that are beneficial in specific types of situations. Two types of support can be highlighted: emotional and practical. Emotional support refers to the feeling of being loved, cared for and esteemed by others, whereas practical or instrumental support refers to the assistance with tasks.

Pearson (1982) & Maznah (1990)- 12 jenis:
1. kasih sayang (penjagaan, perhatian & perasaan kasih sayang)
2. galakan (ucapan/perbuatan yg menambah keyakinan)
3. contoh (menunjukkan cth tds atasi masalah)
4. menolong membuat sst tugas (tolong buat kerja rumah)
5. persahabatan (melakukan sst bersama2 spt berbincang, menemani dll)
6. perasaan diterima (rasa dihormati, faham perasaan & pdp, dipercayai)
7. panduan (nasihat, cadangan, bimbingan agama)

Types of Social Support (House, 1981)

- **Emotional Support**
  - Emotional support are actions that show esteem, affect, trust, concern & listening
  - denotes what is done to facilitate the person's capacity for emotion-focused coping

- **Instrumental Support**
  - Material support are actions such as doing something or giving time & energy
  - denotes what is done to enhance the person's capacity for problem-focused coping

- **Informational Support**
  - denotes advice, guidance and other such means of backing up both problem-focused and emotion-focused coping

- **Appraisal/ maklumbalas kendiri**
  - Appraisal support are honest personal feedback from others

Received versus perceived support

- The exchange of supportive behaviours is not sufficient in itself to improve the recipients emotional well-being. He or she has to *feel* supported.
- Thus, the actual support received cannot be objectively observed and counted; rather the recipient has to be asked how it was perceived.

Beberapa faktor keluarga yg blh membantu:

- Berpandangan positif
- Punyai estim diri tinggi
- Komunikasi terbuka & menyokong
- Kemampuan adaptasi
- Sokongan sosial bukan formal
- Keluarga luas
- Sumber komuniti
- Ciri sosio-ekonomi, demografi

8. tenangkan perasaan @ fikiran (hilangkan perasaan takut, bimbang/bedih)
9. memberi/pinjamkan sesuatu (sesuatu keperluan)
10. ilmu pengetahuan (maklumat @ tunjuk ajar cara atasi masalah)
11. kejujuran (beritahu secara jujur tentang kebolehan/hasil kerja anda)
12. pembelaan (pertahankan pendapat, hak/ kehendak anda @ jada orang tengah)
Kajian Relevan: 1

- Kajian menunjukkan ada kaitan SS dgn kesihatan (Weiten, 1994. pg.88)
- Gore (1978) kajian menunjukkan ada kaitan antara kehilangan pekerjaan stelah sebuah kilang ditutup.
- Mendapati bahwa mrk yg mendpt sokongan kuat drp isteri, rakan & saudara: i) kurang kecewa ii) kurang tanda penyakit

- Jenis SS yg relevan bergantung kpd stressor (misalnya memberi sokongan emosi & mendengar keluhan orang yang mengalaminya)
- Kematian dll stressor kesedihan lebih sesuai berbanding memberi nasihat & menggalakkan pulih segera (Auerbach, 1998)
- Bukan jumlah sebenar SS yang diperolehi yang penting tetapi persepsi penerima SS yg utama (kepuasannya, tanggapan SS sentiasa ada & boleh diharapkan - (Auerbach, 1998)
- Selain SS, orang yang tertekan perlu terlibat secara aktif dalam penyelesaian masalah. Jika tidak relief hanya sementara & dia akan jadi lebih bergantung di masa depan.

Kajian Relevan 2

- Jemmoit & Magloire (1988) mendapati para pelajar universiti yg mendapat SS yg lebih mempunyai tahap sejenis antibodi yg lebih tinggi berbanding mereka yg kurang SS

Environmental Factors

- Gangguan masa & biorhythm badan - pekerja shift mlm terganggu waktu rehat & kerap berlaku kemalangan antara 2-4am; kesan jet lag, kurang tidur.
- Tabiat pemakanan - terlalu suk gula, garam, kurang tidur, terganggu tidur.
- Perubahan cuaca panas & sejuk yang berlaku akibatkan reaksi stress GAS.

Peringatan

- Kesudian or memberi SS juga bergantung kpd personaliti penerima. Mereka yg ekstrovert, lebih sociable & sering beri bantuan kepada org lain mudah mendpt SS.
- Jantina pengaruh adanya SS- perempuan lebih mudah mendapat SS & memberikan SS

Contoh soalan:

- Sewaktu hadapi masalah, siapa yg membantu?
- Apakah bantuan yg diberikan?
- Bagaimana bantuan diberikan?
- Adakah bantuan lain yg masih diperlukan?
- Adakah berpuashati dengan bantuan yg diberikan?
senyum pada orang tua tanda hormat~
senyum pada kanak2 tanda sayang
senyum pada kekasih tanda cinta
senyum depan H/P tanda gila!!~masih
senyum lagi memang sah giler!!!!!!
Bila hidupmu berada dalam kegelapan, 
berdoalah dan apabila selesai berdoa 
kegelapan masih mengelilingimu, bayarlah 
bil elektriku....... INSYAALLAH 
TERANG!!!