FEM3105 (STRESS & COPING) 3(3+0)

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This course requires:
- 100% commitment
- full concentrations
- active participations
- proactive & innovative minds
- positive attitude & behaviour

Assessments:
1. Test 1 = (20%)
2. Individual assignments (25%)
   a) Self analysis + article (10%) – Due 5 April 2013
   b) Individual assignment – Case study (15%)
      Due: 2 weeks before your Final exam
3. Quiz / Reaction Paper: 15% (e-mail) (Q1-DUE: 22nd March 2013)
4. Final exam = (40%)
WHAT IS STRESS?

Define stress – write down your answer
- Think about WHAT normally stressed you out.

In general, people have their own understanding of what is stress / coping

- What is life?
- Philosophically, life is a journey with a purpose
- We encounter / interact / deal with people, places, things, and events in life, in which help us obtain our goals
- Along the way we may become stressful
- “Stress is a gift; it is about how we interact with the world” – Girdano, Dusek & Everly 2010

STRESSFUL?
Pressure
Anger
Under the weather
Being down
Anxiety
Nervousness
Depressed
Tension
Uplight
Upset

HOW STRESSFUL ARE YOU TODAY?
WHAT IS STRESS?

For next class:

Q – find the best definition of stress. Properly cite the source and what do you think of that definition (i.e. why do you think it is a good definition?)

Why do we need to study STRESS & COPING?

The world is changing; change is inevitable
Interactions between & within family members / community or larger system may induce various reactions
• Systemic approach acknowledged the interactional effect of one unit of a system onto the others
• SO WHAT?
Why do we need to study STRESS?:

- Various “modern” illnesses are known to be psychosomatic (physical symptoms, but may be mentally/emotionally related)
- Addressing the root cause may help to prevent, cure (or improve the situation)
- Modern living development in various areas including challenging life demands, thus produced modern “illness”
- “Behaviour modification therapy” may be needed; to change by choice

Define this picture:
WHAT IS STRESS?:
Various definitions … (why!)
- Dictionary: „A physical, chemical or emotional factor that causes bodily or mental tension & may be a factor in disease causation – Merriam Webster (1998)
- 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)
- Tindakbalas minda & fizikal yg terhasil drpd permintaan (atau cabaran) mengikut sesuatu keadaan atau tempat; melibatkan perasaan subjektif awalnya yg lama kelamaan menjadi kacau apabila cabaran/permintaan bertambah (Hatta)
.. Is how a person appraises an event & adapts to it (Folkman & Lazarus, 1985)

Any situation perceived as threatening one’s well-being & difficult to handle (Weiten & Lloyd, 1994)

A state of tension that is created when a person responds to the demands & pressures that came from work, family & other external sources, as well as those that are generated from self-imposed demands, obligations & self criticism (http://www.stressfree.com)

WHAT IS STRESS?:

1. Stress as Response (i.e physical response such as headache; knot in tummy, rashes etc)

2. Stress as Stimulus (outside force that puts demands on oneself = stress is pressure/my BOSS is stress/stress is having too much to do)

WHAT IS STRESS?:

3. Stress as a Transaction (an exchange between stimulus, one’s perception of it & the response it causes) i.e stress is the muscle tension I get when I think about public speaking
WHAT IS STRESS?:

4. Stress as a holistic phenomenon
   (stress as a part of a larger whole – part of individual's physical, social, spiritual, emotional & intellectual well-being) i.e stress is being a student or stress is feeling helpless in trying to control one's life

STRESS IS…

A holistic transaction between the individual & a stressor that results in the body's mobilization of a stress response (Blonna, R. 2005)

Holistic transaction
- stress appraisal process involve potential stressor, individual, & the environment;
- influenced by one's level of well-being & ability to cope with stressor at that particular moment, within the specific environment
A Stressor
• Any stimulus appraised by the individual as threatening or capable of causing harm or loss
• Is the “cause” of the stress reaction; may be events, thoughts or demands
• 2 types: processive & systemic stressors
  • Processive = elements in the environment perceived by the organisms potential danger; do not cause danger directly, but are processed in the brain (cerebral cortex).
  • The processed info is then sent via the limbic system (brain that relate to emotion) in the hypothalamus, where they activate the supreme centers of the autonomic system; thus results in the fight or flight (confront or avoid)

Systemic stressor = causes disturbance in the organism's homeostasis & the tissue necrosis, hypotension or hypoxia
Often both types occur simultaneously; usually accompanied by pain / intensive emotions
- Stressor = Events or life changes that brings about changes in family system (Pauline Boss, 1998)

A Stress Response
• A set of physiological adaptations by the body to maintain homeostasis in the face of threat, harm or stress

*** The above definition acknowledged the importance of one’s perception & coping in the appraisal of potential stressor ➔ Stress does not occur in vacuum (level of well-being + environmental factors)
Stress as a holistic phenomenon (stress as a part of a larger whole – part of individual's physical, social, spiritual, emotional & intellectual well-being)

i.e. stress is being a student or stress is feeling helpless in trying to control one's life.

Stress never occurs in vacuum...

Macro environment

Micro environment

Physical

Cognitive

Emotional

Spiritual

Social

Environmental/occupational

The web version...http://www.isma.org.uk

Stress is:

“The adverse reaction people have to excessive pressures or other types of demand placed on them.”

Pressures may come from many differing sources

- when their combined effect is overwhelming, stress occurs.
- This means that stress is not good for you.
- Stress is an unhealthy state of body or mind or both.
EUSTRESS vs DISTRESS

- Eustress is POSITIVE stress (or curative)
- Certain amount of stress is needed to motivate human-beings

- Distress is unpleasant or disease producing stress

• The eus & dis refer to the stressor, not the impact of the stressor
• Both can be equally taxing to the body
• Stress is cumulative in nature