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 = (25%)
2. Individual assignments (15%)
   - Part A - Self analysis
   - Part B - Article analysis
3. Individual assignment – Case study (20%)
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?
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?

Why do we need to study STRESS?:

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 organism's 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 relates 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

Social

Spiritual

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