Coping resources and strategies

What is coping?
Coping resources?
Coping strategies
Coping styles?
Coping behaviors?
Examples


- Model Tindakbalas (Sindrom Penyesuian Umum)
  Tahap bersedia dan berjaga-jaga, Tahap penentangan,
  Tahap kelesuan
- Model Rangsangan (Girdano & Everly, 1986). Stress
  psikososial and stres biologi, Stres (penyebab)
  Gejala stres (tindakbalas)
- Model interaksi antara pelbagai unsur, pembentukan
  stres secara holistik. Pengalaman hidup, personaliti,
  pengaruh emosi, kepintaran menghasilkan pentafsiran
  kognitif dan bertindakbalas terhadap stres.
  Tindakbalas stres akan membawa kepada gejala stres
  atau penyakit

COPING, (Lazarus, Averill and Opton, 1974)

- "... the problem-solving efforts made by an
  individual when the demands he faces are
  highly irrelevant to his welfare (that is a
  situation of considerable jeopardy or
  promise), and when these demands tax his
  adaptive resources."

(Lazarus and Folkman, 1984)

- "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.

Coping resources

- Coping resources are the characteristics or
  strengths a family has at its disposal (Burr &
  Klein, 1994)
- Coping resources are the material and/or
  psychological strength possessed by
  persons or families. Coping resources can be
  used to manage, reduce or eliminate stress.
Matheny et al (1986), The Counselling Psychologist

“... conditions or attributes that (1) decrease the likelihood that demands will be perceived as stressors, or (2) increase the effectiveness of coping behaviors (such as social support and confidence).

Personal coping resources

- Individuals who are affluent, healthy, capable, and optimistic are seen as resourceful and, thus, are less vulnerable toward the stress of life. It is of most importance to be competent to handle a stressful situation.
- Actual competence is not a sufficient prerequisite. If the individual underestimates his potential for action, no adaptive strategies will be developed. Therefore, perceived competence is crucial. This has been labelled 'perceived self-efficacy' or 'optimistic self-beliefs' by Bandura (1992, 1995).

Social Coping Resources

- Social support can assist coping and exert beneficial effects on various health outcomes (Rodin & Salovey, 1989; Sarason, Sarason, & Pierce, 1990; Schwarzer & Leppin, 1989, 1991; Veiel & Baumann, 1992). Social support has been defined in various ways, for example as "resources provided by others" (Cohen & Syme, 1985), as "coping assistance" (Thoits, 1986), or as an exchange of resources "perceived by the provider or the recipient to be intended to enhance the well-being of the recipient" (Shumaker & Brownell, 1984, p. 13).

OTHER COPING RESOURCES

- Cognitive – belief system
- Values – positive attitudes
- Personal construct – self confidence
- Physical and mental health
- Religion
- Monetary?
- In family?

Definition: coping strategies

- Thoughts and action that we use to deal with stressors and to lower our stress level (Auerbach & Gramling, 1998)

- The active process and behaviours families do to manage and/or adapt to stressors (Burr & Klein, 1994)

Coping strategy

- Coping strategy refers to any effort, positive or negative, that we do to reduce stress levels felt or to manage stressors.

(Strategy dayatindak merujuk kepada sebarang usaha, samada positive atau pun negatif, yang kita lakukan untuk mengurangkan tahap tekanan yang dirasai atau pun mengendalikan punca tekanan yang kita hadapi.)
Coping Strategies:

Coping strategies refer to the specific efforts, both behavioral and psychological, that people employ to master, tolerate, reduce, or minimize stressful events.

Function of COPING STRATEGIES

- Managing the problem causing stress
- Governing emotions relating to those stressors

(Folkman & Lazarus, 1980, 1986)

Example of famous coping strategies

By Lazarus & Folkman
- Problem Focused
- Emotion Focused
- Research indicates that people use both types of strategies to combat most stressful events

By ?
- Active coping
- Avoidant coping

Example of coping strategies

PROBLEM-SOLVING VERSUS EMOTION FOCUSED

- Problem-solving strategies are efforts to do something active to alleviate stressful circumstances. Problem-oriented coping is aimed at solving the problem that faces the person and is most likely to be used when the stressor is appraised by the individual as amenable to change. For a person with diabetes, problem-oriented coping strategies may be used in managing difficult eating situations.
- Emotion-focused coping strategies involve efforts to regulate the emotional consequences of stressful or potentially stressful events. Emotion-focused coping is most useful when the individual appraises the experience as one for which nothing can be done to modify the event or stressor, or when the stressor is transitory and will resolve itself.

Active versus passive/avoidant

- In general, problem-focused coping strategies are associated with more successful medical outcomes than emotion-focused ones. Problem-oriented coping strategies have been associated with better self-care, metabolic control, and psychosocial well-being in both adults and children.
- Positive emotion-focused coping strategies, such as humor or "looking for the silver lining," can help relieve emotional distress without compromising medical outcomes.
- Active coping strategies are either behavioral or psychological responses to change the nature of the stressor or how one thinks about it.
- Avoidant coping strategies lead people into activities (such as alcohol use) or mental states (such as withdrawal) that keep them from directly addressing stressful events.
- Active coping strategies, whether behavioral or emotional, are thought to be better ways to deal with stressful events, and avoidant coping strategies appear to be a psychological risk factor or marker for adverse responses to stressful life events (Holahan & Moos, 1987).
Higgins & Endler (1995) - coping strategies

- Task oriented – problem focused, taking direct action to alter situation, to reduce amount of stress
- Emotion oriented – altering emotional responses to stressor, reframing
- Avoidance oriented – avoiding the situation, denying its existence, or losing hope, distancing.

Coping strategies - Burr & Klein, 1994

- Cognitive
- Emotional
- Communication
- Relationship
- Community
- Spiritual
- Personal development

Strategies versus styles

- Confrontative Coping
- Seeking Social Support
- Planful Problem-Solving
- Self-Control
- Distancing
- Positive Appraisal
- Accepting Responsibility
- Escape/Avoidance (Lazarus & Folkman)

STYLES OF COPING - Frydenberg and Lewis (1990)

Three styles of coping:
- Removal of the problem through personal endeavor with a minimal use of others
- Use of others as a resource (and support), usually within a problem-focused orientation
- Use of a range of emotion-focused strategies associated with a feeling of not coping (although it permits accommodation to the problem).

Coping strategies

Suls and Fletcher (1985) - studies that examined the effects of various coping modes on several measures of adjustment to illness. Avoidant coping strategies seem to be more adaptive in the short run whereas attentive-confrontative coping is more adaptive in the long run.

Some researchers have come up with two basic dimensions—such as instrumental, attentive, vigilant, or confrontative coping on the one hand, in contrast to avoidant, palliative, and emotional coping on the other (Parker & Endler, 1996; Schwarzer & Schwarzer, 1996; Suls & Fletcher, 1985).

Lazarus and Folkman (1984), problem-focused and emotion-focused coping.

- Assimilative (alteration of the environment to oneself) and accommodative coping (alteration of oneself to the environment) (Brandstätter, 1992). This pair has also been coined "mastery versus meaning" (Taylor, 1983, 1989) or "primary control versus secondary control" (Rothbaum, Weiss, & Snyder, 1982). These coping preferences may occur in a certain time order when, for example, individuals first try to alter the demands that are at stake, and, after failing, turn inward to reinterpret their plight and find subjective meaning in it.
COPING STRATEGIES

Five coping strategies: Klauer and Filipp (1993)
- (a) Seeking social integration,
- (b) rumination,
- (c) threat minimization,
- (d) turning to religion,
- (e) seeking information.

COPING STRATEGIES – Schwarzer, Greenglass & Taubert, 1999
- Proactive
- Reflective
- Strategic planning
- Preventive
- Instrumental Support Seeking
- Emotional Support Seeking
- Avoidance

Proactive Coping Inventory, 55 items, 7 scales

Characteristic of coping strategies
- Derived from different styles or ways
- Is Factor analyzed
- In the form of activities
- Could be positive or negative – impact
- Done consciously or not
- Reducing stress momentarily, short term or in a long run
- Have interaction with other psychosocial variables

Cont’d
- "coping can be best conceptualized not by referring to problem-focused and emotion-focused components (palliative and instrumental) but rather in terms of a focus on dealing with the problem, reference to others and non-productive coping. They represent both functional (effective) and dysfunctional (non-productive) coping responses.” (1991c).

Cont’d
- Using the 18 scales, the authors are able to produce profiles of coping for individuals giving rise to the notion of a “coping repertoire”. It remains to be determined exactly what mix of strategies constitutes a healthy, as opposed to an unhealthy, repertoire.

A-COPE, Patterson & McCubbin, 1986
- Strategies
- Ventilating feeling
- Seeking diversions
- Developing self reliance
- Developing social support
- Solving family problems
- Avoiding problems
- Seeking spiritual support
- Investing in close friends
- Seeking professional support
- Engaging in demanding activities
- Being humorous
- Relaxing

53 items, coping strategies.
Several types of social support have been investigated, such as instrumental support (e.g., assist with a problem), tangible support (e.g., donate goods), informational support (e.g., give advice), emotional support (e.g., give reassurance), among others.

The definition and measurement problems involved in studying the social support construct, however, have remained an issue for debate.

Social support has been found advantageous in the recovery from surgery in heart patients. Kulik and Mahler (1989) have studied men who had undergone coronary artery bypass surgery. Those who received many visits by their spouses were, on average, released somewhat earlier from hospital than those who received only few visits. In a longitudinal study, the same authors also found positive effects of emotional support after surgery (Kulik & Mahler, 1993). Similar results were obtained by other researchers (Fontana et al., 1989; King et al., 1993).

COPING INVENTORY FOR STRESSFUL SITUATION

- By Endler & Parker, 1999
- 53 item measuring styles
- Factor analyzed into three strategies
- Task oriented, emotion oriented, avoidance

What is coping behavior?

Coping is a behavior

- Pearlin and Schooler (1978)
- coping 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

Laughter any one?

Headache Cure
If you have a lot of tension and you get headaches, do what it says on the aspirin bottle:

"Take two and keep away from children."