

Chapter 17

STRESS AND HEALTH

Section 1: What Is Stress?

Section 2: Responses to Stress

Section 3: Physical Effects of Stress

Section 4: Psychological Factors and Health

Section 5: Ways of Coping with Stress

Question: What are some of the main causes of stress?

MAIN CAUSES OF STRESS

- Frustration – being blocked from obtaining a goal
- Daily Hassles – everyday frustrations everyone experiences
- Conflict – being pulled in two or more directions by opposing forces or motives

Question: What are the factors that determine one's responses to stress?

RESPONSES TO STRESS

- Self-efficacy Expectations – beliefs people have that they can accomplish goals that they set for themselves
- Psychological Hardiness – a personality characteristic that helps people withstand stress
- Sense of Humor – the idea that humor lightens the burdens of life

Question: What are the factors that determine one's responses to stress?

RESPONSE TO STRESS *(continued)*

- Predictability – ability to predict a stressor that seems to reduce the amount of stress that it causes
- Social Support – presence and interest of other people

Question: What is the general adaptation syndrome, and how does stress affect the immune system?

GENERAL ADAPTATION SYNDROME

- *General Adaptation Syndrome – the body’s similar responses to different types of stresses*

EFFECTS OF STRESS ON THE IMMUNE SYSTEM

- Prevents disease by producing white blood cells that destroy disease-causing microorganisms, worn-out body cells, and cells that have become malignant

Question: How can psychological factors contribute to headaches, heart disease, and cancer?

PSYCHOLOGICAL FACTORS AND HEALTH

- *Headaches*
- *Heart Disease*
- *Cancer*

Question: In what ways can people cope with stress?

COPING WITH STRESS – DEFENSE COPING

Defense coping – one way to reduce the immediate effects of a stressor

- Substance Abuse – use of alcohol, tranquilizers, and other drugs to reduce the feeling of stress
- Aggression – use of aggression and violence to cope with stress
- Withdrawal – turning away from a stressful situation
- Suicide – ultimate form of withdrawal
- Defense Mechanisms – protect the ego from anxiety

Question: In what ways can people cope with stress?

COPING WITH STRESS

Active Coping – involves changing the environment or situation to remove stressors or changing one's response to stress so that it is no longer harmful

- Changing stressful thoughts
- Relaxation
- Exercise

Question: What are common sources of stress?

