



Psychology Paper- 212 Psychopathology -2

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Unit – 2 Stress

- What is Stress ?

- Mental Conflict,
- Mental physical load
- The specific reaction of the body
- The root cause of 90% of human diseases is stress.

Definition of stress

- Frustration means threat or conflict – Beron, Bayron
- Stress is the unavoidable reaction of a person's body – hans selly
- Stress is an internal problem that arises from various diseases of the body

STRESS



Stress means

- The cause of the stimulus mood,
- Reaction
- Combination of stimulus reaction

Stress response

- **Psychological-**

(Cognitive responses and impulsive responses & Emotional responses)

- **Physical-**

(Emergency responses, General Adaptation Syndrome or GAS)

Emotional Responses

- Anxiety
- Anger & Aggression
- Empathy Depression

General Adaptation Syndrome or GAS

- Stage of Alarm Reaction
- Stage of Resistance
- Stage of exhaustion

Measurement of Stress

- Autobiography & Self Report Method
- Behavioural Method
- Physiological Indices Method
- Biochemical Indications

Categories of Stressors

- Stress full life Event
- Conflict of Motives
- Daily Lasses
- Work Related Stress
- Environmental Sources
- Frustration

Strategies of Coping Stress

- Problem oriented strategies
(Control strategy, Prediction Strategy)
- Emotion – focused strategies
(Behavioural strategy, Cognitive strategy, Reaction Formation, Rationalization, Projection, Displacement, Denial, Intellectualisation)

Management of Stress

- Individual Approach –

(Arousal Reduction, Cognitive Restructuring, Behavioural Skill Training,)

- Environmental Change Approach -





● **THANK YOU**