ABSTRACT. In this study the research on role conflict and coping is integrated with more traditional lines of stress research. It is argued that, because role stress is generated by certain characteristics of a person's environment, coping with role stress is likely to be directed toward those environmental characteristics. The literatures on stress, role conflict, and coping are reviewed. The following conclusions are theorized: (a) The relation between role conflict and role stress is moderated by the strain existing within a person's social network; (b) this strain is produced by two factors, the perceived power of the role sender and the importance of the sender's expectations to the focal person; (c) the relation between role stress and role distress (felt emotional discomfort) is moderated by several personality characteristics; (d) the relation between role distress and coping (actual behavior aimed at reducing distress) is moderated by both individual-level and situational-level factors; (e) the relation between coping and strain can be reciprocal. The need for longitudinal, reciprocal studies of stress, distress, and coping, and for occupationally, and even organizationally, specific models of stress, is also emphasized (Bacharach & Bamberger, 1992).

The perception of conflicting expectations, termed role conflict, is generally thought to be stressful. Kahn, Wolfe, Quinn, Snoek, and Rosenthal (1964) stated that "conditions of (role) conflict... are not merely imitating, in persistent and extreme form they are identity destroying" (p. 6). The fact that role conflict is considered one form of "role stress" indicates the general conceptualization of role conflict as a noxious experience, something to be avoided. Our focus in this article is on conflict within organizational and group roles.

Researchers on role conflict traditionally assume that conflict leads to stress, and stress requires coping. If coping is unsuccessful, then the person in the focal role--hereafter termed Focal--will exhibit strain symptoms (e.g., lower satisfaction or increased blood pressure). The two most widely discussed approaches to coping are (a) changes in the organization and (b) changes in the behaviors of Focal.

In this article, two processes generally ignored in role conflict research are explored. One process concerns the subjective experience of role conflict. Instead of assuming that role conflict automatically leads to role stress, we address the question. "Under what conditions is the perception of conflicting expectations truly stressful?" The other process relates to the coping mechanisms that are used by Focal. Instead of concentrating on organizational and behavioral correlates of coping, we examine cognitive processes in social coping mechanisms.

In the next section, a general background on stress and coping is provided. In that section, we argue that the study of role conflict and coping benefits from an integration with more traditional stress research. We then present the basic argument: Role stress is generated from certain characteristics of Focal's social environment, and coping with role stress is likely to be directed toward that environment. The section on distress provides details on role conflict as a stressful experience, and the section on coping provides details on coping with role conflict. The last section contains conclusions and suggestions for research.

Background on Stress and Coping

Specific definitions of stress vary among stress investigators. Stress is considered "a process in which environmental events or forces, called stressors, threaten an organism's existence and well-being . . ." (Baum, Singer, & Baum, 1981, p. 4); a transaction between the person and the environment (Lazarus & Launier, 1978); a situation wherein the person "is forced to deviate from

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Simon Gogl

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