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STRESS AND COPING

an anthology

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Monat Stress Coping Paper

Leo Goldberger, Shlomo Breznitz



Monat Stress Coping Paper:

Stress and Coping Alan Monat, Richard S. Lazarus, 1991 This collection of articles on stress and coping covers stress and its effects stress and the environment the concept of coping coping with the stresses of living and dying and stress management *Children's Stress and Coping* Elaine Shaw Sorensen, 1993-04-09 In spite of the increase in stress coping research little is known about how stress is actually perceived by children in the family setting This is due in part to the real difficulties involved in collecting data on children's subjective experiences In addition what we currently know about children's stress and coping has traditionally derived from adult reporters rather than from the children themselves Filling a gap in the literature this volume explores theoretical and methodological issues related to the study of children and families in general and to stress coping phenomena from the child's perspective in particular The book challenges traditional deference to adult assessment of stress and coping among children by drawing data from both parents and children revealing significant contrasts between the two Through open ended qualitative measures of children's diaries and drawings the book offers a glimpse into the inner world of the child and gives scholarly expression to the fact that children can and readily will articulate needs and perceptions if given an appropriate vehicle The book's well documented chapters discuss traditional approaches to stress and coping implications for current child and family study specific needs related to the study of children within the family and implications for theory and methods Taxonomies of children's stressors coping responses and coping resources are drawn from the data and examined in detail The book concludes with suggestions for future research and clinical practice Providing fascinating insight into children's actual experience of stress and coping this volume lays the groundwork for ongoing research scholarship and therapeutic practice Academicians practitioners and graduate students in family studies child development psychology and nursing will find this book invaluable in shedding light on the often overlooked culture of children

Management of Academic Stress and Anxiety Among School Children Radhika Taroor, 2016-04-25 Humans have been facing many adversities ever since the beginning of their existence and stress is perhaps the most commonly experienced among them The term stress refers to the psychological state which derives from a person's appraisal of the success with which he or she can cope to the demands of the environment In other words it is the reaction of the mind and body to change How one responds to stress is determined by how one evaluates the change The process of cognitive appraisal involves monitoring of four aspects of a person's transaction with his environment and the continual balance between them The four aspects are the following 1 Demands made on the person 2 Their personal characteristics and coping resources 3 Constraints under which they have to cope 4 The support they receive from others Stress can be experienced in a variety of situations including family situations work situations interpersonal situations academic situations etc Out of a number of stresses faced by adolescents and young adults academic stress emerges as a significant mental problem in recent years

Work Stress and Coping Among Professionals Kwok-bun Chan, 2007-02-28

While aspiring to escape from the drudgery and alienation which seem to be the fate of manual workers professionals have long realized to their distress that their professionalism and work commitment by no means reduce the stressfulness of their work. Such an awareness of the impact of work on their physical and emotional well being has led the professionals to make efforts to maximize their person environment fit and to enhance their coping and adaptation knowing sometimes helplessly that society bureaucracy and work organization continue to be a potent source of work stress. This book offers deep analyses of work stress and coping among professionals by a multidisciplinary research team of sociologists psychologists psychiatrists social workers and human resources experts. The work lives of seven groups of professionals are profiled and compared in this book: doctors lawyers engineers nurses teachers police officers and life insurance agents. Based on a large scale survey in depth interviews and comparative analyses this book suggests practical recommendations and policy measures for personal organizational as well as societal intervention. Work stress is a social problem as such it requires a societal solution. Meanwhile individual professionals cope and adapt in the way they know best which is certainly not a satisfactory response.

Military Stress And Performance George E. Kearney, Mark Creamer, Ric Marshall, Anne Goyne, 2013-06-18. People comprise the backbone of any military force. But what happens when the stress of operations becomes overwhelming and those people fail to cope? Stress can have negative consequences for the individual the organisation and even for overall combat effectiveness. The Australian Defence Force has spent many years researching how to maximise individual resilience and performance in the face of extreme stress. For the first time this wealth of knowledge and experience has been brought together in one volume. This work examines the impact of highly stressful events such as combat and peacekeeping operations on individual troops and leaders with a particular focus on factors that build resilience and maximise performance under stress. Managing stress is an important issue not only for the military but equally for other high risk professions such as the police and emergency services. This work provides a unique synthesis of a wide range of research and clinical and personal experience providing a coherent integrated approach to the subject. Of particular use to mental health professionals it will also be of interest to general readers of military and psychology books.

Stress And Coping In Later-Life Families Mary A. Stephens, Janis H. Crowther, Stevan E. Hobfoll, Daniel L. Tennenbaum, 2018-10-24. First published in 1990. Routledge is an imprint of Taylor Francis an informa company.

Measuring Stress Sheldon Cohen, Ronald C. Kessler, Lynn Underwood Gordon, 1997-12-11. Measuring Stress is the definitive resource for health and social scientists interested in assessing stress in humans. With contributions from leading experts this work provides for the first time a unified conceptual overview of the intricate relationship between stress and a variety of disorders. Its interdisciplinary approach to the selection of appropriate environmental psychological and biological measures includes comprehensive evaluations and practical advice regarding a wide range of measurement approaches. For environmental stress techniques such as checklists and interviews that measure life event daily event and chronic stress are discussed. An

analysis of psychological measurements includes methods for assessing stress appraisal and affective response Neuroendocrine cardiovascular and immune measures are examined as important biological stress assessments Contributors also uncover the conceptual underpinnings of each approach as well as the various costs and benefits of available assessment techniques Reflecting the diversity of theoretical conceptions of stress Measuring Stress masterfully provides integrative incisive guidelines that will prove invaluable to students clinicians and researchers in health and social psychology medicine nursing epidemiology sociology and psychiatry

Coping Successfully Susan Steiger Tebb, 1995 First published in 1995 Routledge is an imprint of Taylor Francis an informa company

Stress and Coping D M Pestonjee, 1992-03-02 Future historians may well label the second half of the twentieth century as the age of speed Certainly there has been an explosion of information in all areas of human activity and a rapid dissemination of knowledge The result has been a growth in expectations which has affected not only individuals but also larger groups like organisations And this in turn leads to stress Even though stress is a much studied phenomenon it still tends to be defined in vague terms and is surrounded by confusion Professor Pestonjee defines stress as occurring when demands on an individual exceed his adjustment resources While stress is generally believed to have a deleterious effect of health and performance recent research has revealed that a minimal level of stress is essential for effective functioning It is the individual s reaction to stress which makes all the difference and may prove to be harmful Professor Pestonjee has divided his review of Indian research on the subject into three parts In the first section he discusses the concept of stress in relation to ancient Indian scriptures and demonstrates that stress is not just a modern phenomenon Subsequently he discusses stress related diseases like bronchial asthma anxiety neuroses and cancer The next section focuses on the different types of stress experienced by individuals in an organisational setting Available research on various professional groups such as nurses teachers women executives and policemen have been discussed in detail to describe the stress experienced by them The last section deals with coping styles or strategies adopted by individuals to deal with stress The author also examines the various personality and organisational variables which act as moderators of stress Since stress is inevitable the author has highlighted several techniques to counteract stress like yoga meditation and relaxation Dealing with a topic which is of great significance to individuals and organisations in the world today this compendium of research will be of immense interest to psychologists management experts trainers counsellors and research scholars

Analysis of Job Stress and Coping in Police Officers Alice Diamond, 1982

Social Work Practice with Families and Children Anthony Maluccio, Barbara Pine, Elizabeth M. Tracy, 2002-09-11 This book emphasizes family centered social network and school based interventions in the preparation of social workers for direct and indirect practice with clients from vulnerable populations especially the poor people of color and recent immigrant groups With an eye to recent changes in social work practice and service delivery including the impact of welfare reform and managed care on vulnerable families and children Social Work Practice with Families and Children helps social work students and practitioners

understand the increasingly complex needs of their clients Three valuable appendixes include information about tools and instruments to support practice child welfare resource centers and electronic resources pertaining to the field **The Economic Crisis and Occupational Stress** Ritsa Fotinatos-Ventouratos,Cary L. Cooper,2015-01-30 The global economic crisis of 2008 caused the collapse of the world s financial institutions large scale unemployment the devaluing of housing stocks leading to mortgage defaults and left many countries in debt unable to meet their financial obliga *Federal Probation* ,1982 Handbook of Stress, 2nd Ed Leo Goldberger,Shlomo Breznitz,2010-06-15 Presenting authoritative up to date information in convenient handbook form this premier reference covers an extensive range of current topics on the causes symptoms and treatments of stress In this second edition new chapters have been added on crime victimization sexual abuse multiple roles gender and distress AIDS chronic illness aging the burnout phenomenon psychosomatic disorders biomedical indices of stress and more New research has been added dealing with personality emotion and stress cognitive processes depression bereavement work stress post traumatic stress reponse alcoholism stress management and more

Work and Organizations in Israel Itzhak Harpaz,2017-09-04 Since the State of Israel was established its labor force has grown rapidly and has become increasingly diverse in terms of its demographic cultural ethnic and socioeconomic characteristics Israeli work values have shifted towards greater individualism materialism careerism and preference for white collar and knowledge based occupations is evident A major structural change is underway as indicated by the decline of agriculture as a component in the Israeli economy and the growth of the industrial sector mostly towards high technology and innovative enterprises This volume sheds light on trends and developments that have been taking place in the realm of work in Israel in recent years It contains a unique selection of articles presenting empirical evidence of the major features and important changes characterizing work organizations and the regime of work in Israeli society labor relations work values power and management in organizations work in the Kibbutz inter organizational relations women and work migrants and minorities in the Israeli labor force Studies show that another two major trends characterize the contemporary economy and the labor market the trend toward privatization and globalization the results of which are a continuous decrease of job security and an increasing level of unemployed Israeli men and women that are replaced by the low cost labor of foreign workers emigrating from third world countries This timely volume is valuable for its contribution to illuminating the recent changes taking place in the realm of work in Israel and will be of interest to sociologists social scientists and students of Judaica **Annual Review of Cybertherapy and Telemedicine 2015** Giuseppe Riva,Mark D. Wiederhold,2016-01-15

Healthcare delivery systems have evolved to rely more heavily on technology in recent years There has been a shift in care diagnosis and treatment which has decreased the importance of traditional methods of care delivery Technology has not only helped to extend our lifespan but it has improved the quality of life for all citizens This book presents the proceedings of the 20th Annual CyberPsychology CyberTherapy critical reviews evaluation studies original research clinical observations and

work in progress The book underlines how cybertherapy has started to make progress in treating a variety of disorders and provides an overview of the necessary skills and tools available as well as illuminating the context of interaction in which they operate

Christian Couples Coping with Childlessness Auli Vahakangas, 2009-06-01 Children are the focus of marriage in African cultures Marriage is considered full and functional only if the couple has children in many cultures preferably a boy Becoming a parent also contributes to one's full adulthood in the sense that childlessness blocks ascent towards full personal dignity as an adult person in the community As a result childlessness is often a major disaster for both of the spouses It has social economical and personal consequences quite often including divorce This book explores in depth how childlessness is perceived dealt with and coped with in two Christian communities in Machame on the slopes of Mt Kilimanjaro Childlessness is approached through narratives of the spouses concerned and the members of their communities Their stories reveal pain and courage brokenness and strength faithfulness and betrayal Christianity presents itself in an ambiguous light on one hand pressuring spouses to keep up facades supporting oppressive structures On the other hand Christian faith provides childless couples with personal hope in the afterlife that the African traditional culture offers only to those with children This study proves that childlessness is not only a personal but also a communal problem Childlessness and the fear of having no children contribute to family structures and sexual behavior In this way they have a considerable impact on the spread of HIV AIDS in Africa However this study reveals that the attitudes and practices towards marriage and children need not be petrified but rather that traditions can and do change

Handbook of Marriage and the Family Suzanne K. Steinmetz, Marvin B. Sussman, 2013-11-11 The lucid straightforward Preface of this Handbook by the two editors and the comprehensive perspectives offered in the Introduction by one of them leave little for a Foreword to add It is therefore limited to two relevant but not intrinsically related points vis a vis research on marriage and the family in the interval since the first Handbook Christensen 1964 appeared namely the impact on this research of the politicization of the New Right and of the Feminist Enlightenment beginning in the mid sixties about the time of the first Handbook In the late 1930s Willard Waller noted Fifty years or more ago about 1890 most people had the greatest respect for the institution called the family and wished to learn nothing whatever about it Everything that concerned the life of men and women and their children was shrouded from the light Today much of that has been changed Gone is the concealment of the way in which life begins gone the irrational sanctity of the home The aura of sentiment which once protected the family from discussion clings to it no more We want to learn as much about it as we can and to understand it as thoroughly as possible for there is a rising recognition in America that vast numbers of its families are sick from internal frustrations and from external buffeting We are engaged in the process of reconstructing our family institutions through criticism and discussion 1938 pp 3 4

The Self in Anxiety, Stress and Depression R. Schwarzer, 2000-04-01 The focus of this book is on stressful experiences and emotional reactions The common perspective is that self related cognitions play an important role in describing and

explaining the subjective experience of stress anxiety and depression and the impact on academic performance and social interactions The assumption of self related cognitions as mediators in the regulation of one s behavior has a variety of consequences for different fields of applications in psychology **Social Work Health and Mental Health** Steven P. Segal,2014-01-02 Rise to today s challenges with these innovative and helpful value based solutions Containing important research based insights into social work practice in these fields Social Work Health and Mental Health Practice Research and Programs provides unique perspectives on shared practice problems from around the world offering new solutions to the dilemmas practitioners face every day such as reduced reliance in inpatient residential service provision increased reliance on economics in the era of managed care the move toward multidisciplinary service provision the growing awareness of diversity of needs and the cultural requirements of providing effective services Social Work Health and Mental Health Practice Research and Programs provides unique international perspectives on real world social work practice issues including ways to use your social work skills to solicit organ tissue donation for transplants how a social work directed community organization affected change in health behaviors in East Harlem New York a look at how to promote psychosocial well being following a diagnosis of cancer a survey of what mental health services Hong Kong elderly feel they need and what they now receive an examination of the role of demographics and social support in clinician and patient related compliance among HIV AIDS patients a discussion of the appropriateness of hospice services for non English speaking patients and much more

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