

1 **Chapter 10: Stress, Health, and Adjustment**

2 **Truth or Fiction?**

- Some stress is good for us.
- Because variety is the spice of life, the more change the better.
- Going on vacation is stressful.

3 **Truth or Fiction?**

- Searching for social approval or perfection is an excellent way of making yourself miserable.
- Type A people achieve more than Type B people, but they are less satisfied with themselves.

4 **Truth or Fiction?**

- Humor helps us cope with stress.
- At any given moment, countless microscopic warriors within our bodies are carrying out search-and-destroy missions against foreign agents.

5 **Truth or Fiction?**

- If you have a family history of heart disease or cancer, there is little or nothing you can do to prevent developing the illness yourself.
- Blowing things out of proportion can give you a headache.

6 **Preview of Chapter Ten**

- Stress
- Psychological Moderators of Stress
- Stress and the Body
- Psychology and Health

7 **Stress: What It Is, Where It Comes From**

8 **Stress**

- Demand made on an organism to adapt, cope, or adjust
- Eustress
 - Healthful stress
- Intense or prolonged stress
 - Affects our moods, impairs our ability to experience pleasure, and harms the body

9 **Health Psychology**

- Studies relationships between psychological factors and the prevention and treatment of physical health problems.

10 **Health and Stress**

11 **Daily Hassles**

- Regularly occurring conditions and experiences that can threaten or harm our well-being
 - Household, health, time-pressure, inner concern, environmental, financial responsibility, work and security hassles

12 **Life Changes**

- Differ from daily hassles in that life changes
 - Are often positive and desirable
 - Occur at irregular intervals
- Life changes, even positive ones, require adjustment

13 **Hassles, Life Changes, and Health Problems**

- Hassles and life changes predict health problems
 - Heart disease, cancer, even athletic injuries
- Limitations in the research
 - Nature of the links between stress and health problems
 - Positive versus negative life changes
 - Personal differences in handling stress
 - Cognitive appraisal of event

14 **What Are the Relationships Among Daily Hassles, Life Changes, and Physical Illness?**

15 **Conflict**

- Feeling of being pulled in two or more directions by opposing motives
- Four types of conflict
 - Approach-approach
 - Avoidance-avoidance
 - Approach-avoidance
 - Multiple approach-avoidance

16

17 **Irrational Beliefs**

Activating event → Beliefs → Consequences

- Negative activating event becomes more aversive
- Irrational beliefs compound the effects
- Common irrational beliefs include high need for social approval and perfectionism

18 **Type A and B Behavior Patterns**

- Type A people are highly driven, competitive, impatient, hostile, and aggressive
- Type B people relax more readily and focus more on the quality of life; are less ambitious and less impatient

19 **Psychological Moderators of Stress**

20 **Self Efficacy Expectations**

- Allow one to persist in difficult tasks and endure discomfort
- High self-efficacy expectations – less adrenaline and noradrenaline secreted when under stress
 - Moderates body's stress

21 **Psychological Hardiness**

- Business executives were found to be
 - High in commitment
 - High in challenge
 - High in perceived control over their lives
 - Internal locus of control

22 **Sense of Humor**

- Research demonstrating value of sense of humor
 - Students who produced humor in stressful situations were less affected by the stress
 - Students who watched humorous videos enhanced immune system functioning

23 **Predictability and Control**

- Predictability allows us to prepare
 - Greater benefit to internals
- Control, even the illusion of control, allows us to plan

24 **Social Support**

- Multiple definitions
 - Emotional concern
 - Instrumental aid
 - Information
 - Appraisal
 - Socializing
- Shown to help people resist infectious diseases
- Helps people cope with stress of health problems

25 **Stress and the Body:
The War Within**

26 **General Adaptation Syndrome**

- Group of bodily changes that occur in three stages
 - Alarm reaction
 - Resistance stage
 - Exhaustion stage

27 **Alarm Reaction of the
General Adaptation Syndrome**

- Triggered by perception of a stressor
- Arouses the body
- Corticosteroids help protect the body
 - Combat allergic reactions and produce inflammation
- Adrenaline is released which provides fuel for the fight-or-flight reaction

28 **Stress and the Endocrine System**

29 **Alternatives to the Alarm Reaction**

- Tend and befriend responses to threats
- Productive response by pulling back from the situation for reappraisal
 - Cognitive adaptation theory
 - Conservation of resources theory

30 **Resistance Stage of the
General Adaptation Syndrome**

- If alarm reaction mobilizes the body and the stressor is not removed
- Endocrine and sympathetic activity continues higher than normal

31 **Exhaustion Stage of the
General Adaptation Syndrome**

- If stressor is not dealt with adequately
- Muscles become fatigued
- Parasympathetic division of ANS dominates
- Continued stress may lead to diseases of adaptation
 - Allergies, hives, coronary heart disease, ultimately death

32 **Immune System**

- Immune system combats disease
 - Production of white blood cells (leukocytes) which kills pathogens
 - Remembering antibodies used to battle antigens
 - Inflammation – increases leukocytes sent to the injured area

- 33 **Psychoneuroimmunology**
- Addresses the relationships among psychological factors, nervous system, endocrine system, immune system, and disease
- 34 **Stress and the Immune System**
- Stress depresses effectiveness of the immune system through the release of corticosteroids
 - Steroids interfere with the formation of antibodies
 - Students shown to have lower immune system functioning during stressful periods of school year
 - Student with friends showed less suppression
- 35 **Video Connections: Health and Stress**
- Explain what happens to the immune system when a person becomes stressed. What is the role of cytokine?
 - What are the sources of stress in your life? Your hassles? Your life changes? Conflicts?
 - What can you do to reduce some of the stress in your own life?
- 36 **Psychology and Health**
- 37 **Biopsychosocial Approach to Health**
- Likelihood of contracting an illness can reflect the interaction of biological, psychological and sociocultural factors
 - Biological – Genetics – predispositions
 - Psychological – Attitudes, emotions and behaviors
- 38 **Tension Headache**
- Most frequent headache
 - Come on gradually
 - Dull, steady pain on both sides of head
 - Contraction of muscles during GAS
 - Shoulders, neck, forehead, and scalp
 - Persistence stress – constant contraction
- 39 **Migraine Headache**
- Affects one in ten Americans
 - Characterized by sudden onset and severe throbbing pain on one side of the head
 - Multiple triggers
 - Type A behavior patterns contribute to migraines
- 40 **Coronary Heart Disease**
- Risk factors
 - Family history
 - Physiological conditions
 - Patterns of consumption
 - Type A behavior
 - Hostility and holding in feelings of anger
- 41 **Coronary Heart Disease**
- Risk factors (continued)
 - Job strain
 - Chronic fatigue, stress, anxiety, depression and emotional strain
 - Sudden stressors
 - Physically inactive lifestyle
- 42 **Cancer**
- Major risk factors
 - Inherited disposition
 - Smoking
 - Drinking alcohol
 - Eating animal fats
 - Sunbathing
 - Stress