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Stress and Coping Theories H. W. Krohnea a Johannes Gutenberg-Universität Mainz Germany Available online 2002. Abstract This article first presents two theories representing distinct approaches to the field of stress research: Selye's theory of `systemic stress' based in physiology and psychobiology, and the

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This article first presents two theories representing distinct approaches to the field of stress research: Selye's theory of `systemic stress' based in physiology and psychobiology, and the `psychological stress' model developed by Lazarus. In the second part, the concept of coping is described. Coping theories may be classified according to two independent parameters: traitoriented versus ...

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The Model of Coping Modes (e.g., Krohne, 1996;Egloff and Krohne, 1998) suggests the link between coping modes and personality can be established by a habitual tendency to use either mainly ...

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Basically, coping refers to an individual's attempt to tolerate or minimize the effect of the stress, whether it is the stressor or the experience of stress itself. Coping theories can be classified according to orientation or focus (trait-oriented or state-oriented) and approach (macroanalytic or microanalytic).

Theories of Coping - Trait and State-Oriented Models

According to their theory, stress coping implies an intricate process of thinking and assigning meaning to it. They explained the coping mechanism by the stress cycle where an individual's perception of the stressful situation decides how he would cope with it (Anshel, 1996; Anshel and Weinberg, 1999; Roth and Cohen, 1986).

What is Coping Theory? - PositivePsychology.com

The Lazarus Stress and Coping Theory offer an interesting way for you to understand and approach your stress in life. Lets take a moment to understand this topic more. The Richard Lazarus and Susan Folkman Model For Stress. Developed in 1984, Lazarus stress is defined as an "imbalance between demands and resources."

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In attempting to explain stress as more of a dynamic process, Richard Lazarus developed the transactional theory of stress and coping (TTSC) (Lazarus, 1966; Lazarus & Folkman, 1984), which presents stress as a product of a transaction between a person (including multiple systems: cognitive, physiological, affective, psychological, neurological) and his or her complex environment.

16.2 Stress and Coping - Introduction to Psychology - 1st ...

Stress and Coping Theory Across the Adult Lifespan ... The two concepts that are fundamental to the psychological stress perspective are appraisal and coping (Krohne, 2002). The stress appraisal model, developed by Lazarus & Folkman (1984) is the most influential psychological stress model.

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Alan J. Christensen, Patricia J. Moran, in Comprehensive Clinical Psychology, 1998. 8.13.3.1.5 Patient coping and adherence. The general stress and coping paradigm (Lazarus & Folkman, 1984) is the foundation of much of the research literature on adaptation in chronic medical illness. Lazarus (1993) has suggested that the adaptational value of a particular type of coping may be a function of ...

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The theoretical perspective is mainly inspired by the work of Bandura (1986, 1992), Hobfoll (1988, 1989) and Lazarus (1966, 1991). As an introduction, the cognitive-relational theory of stress, coping, and emotions will be briefly characterized. 1. Stress Theory

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