



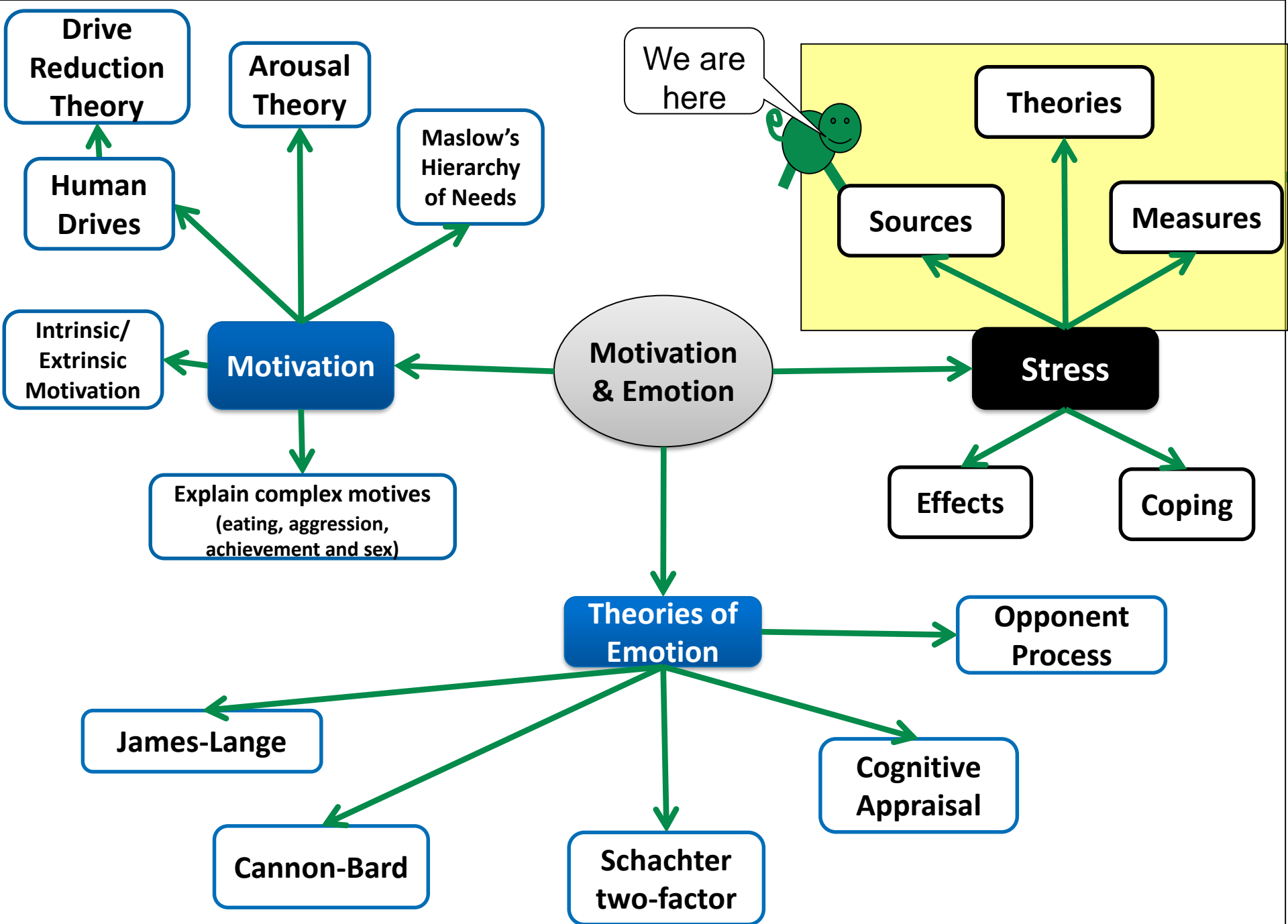
# WHS AP Psychology



## Unit 8: Motivation, Emotion and Stress

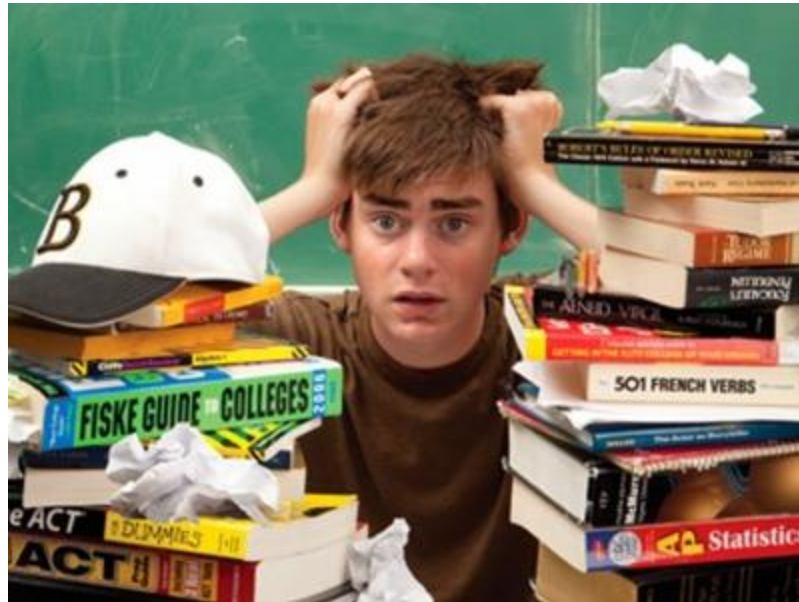
### Essential Task 8-1:

Discuss sources of stress (*conflicts, frustration, etc.*), measures of stress, and theories of stress (*general adaptation theory*)





# What are your **SOURCES** of stress?





# Gender difference?

## Stress in Girls vs. Boys

More teen girls than boys report symptoms of stress and are more likely to say stress impacts their happiness a great deal.

**Their appearance is a significant source of stress**

68% girls vs. 55% boys



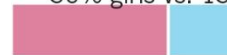
**Report feeling irritable or angry in the past month**

45% girls vs. 36% boys



**Feel bad when comparing themselves to others on social media**

30% girls vs. 13% boys



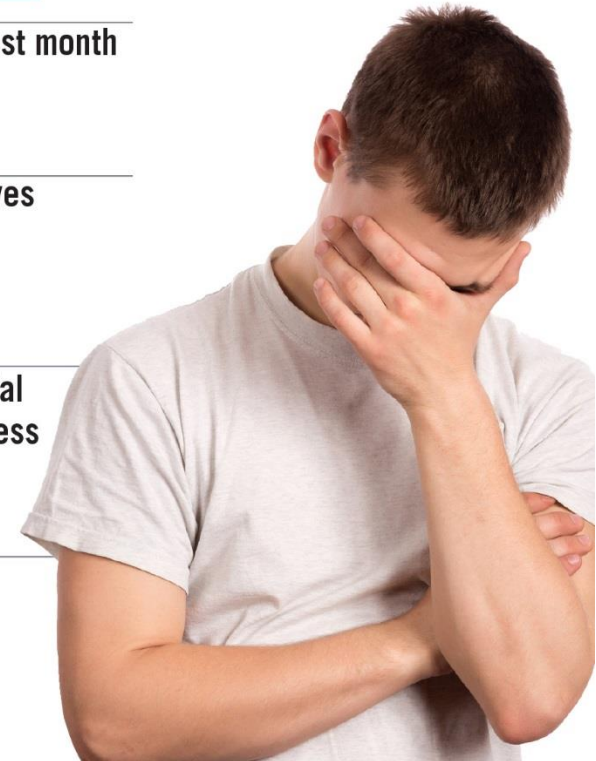
**How others perceive them on social media is a significant source of stress**

39% girls vs. 29% boys



**Say they feel pressure to be a certain way**

34% girls vs. 22% boys





# Stress

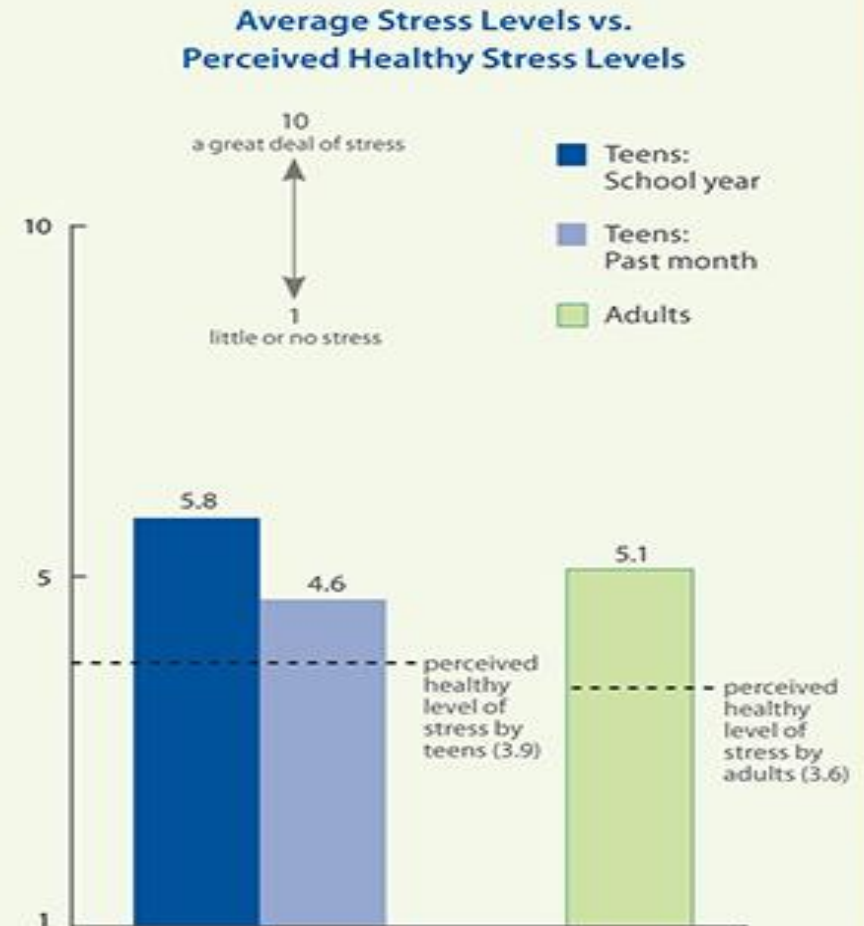
- A state of psychological tension or strain
- A reaction to a stimulus that disturbs our physical or mental equilibrium.
- A stressful event can trigger the “fight-or-flight” response, causing hormones such as adrenaline and cortisol to surge through the body.





# Teen stress reporting

TEENS REPORT STRESS LEVELS FAR HIGHER THAN WHAT THEY BELIEVE IS HEALTHY.



BASE: All respondents 2013 (Teens n=1018; Adults n=1950)

Q605 On a scale of 1 to 10, where 1 means you have little or no stress and 10 means you have a great deal of stress, how would you rate your average level of stress during the past month?

Q607 On a scale of 1 to 10, where 1 means "little or no stress" and 10 means "a great deal of stress," how would you rate your average level of stress during this past school year (2012 - 2013)?

Q610 What would you consider a healthy level of stress?



# Stressful Life Events:

## Catastrophic Events:

### Catastrophic Events:

earthquakes, combat  
stress, floods etc.

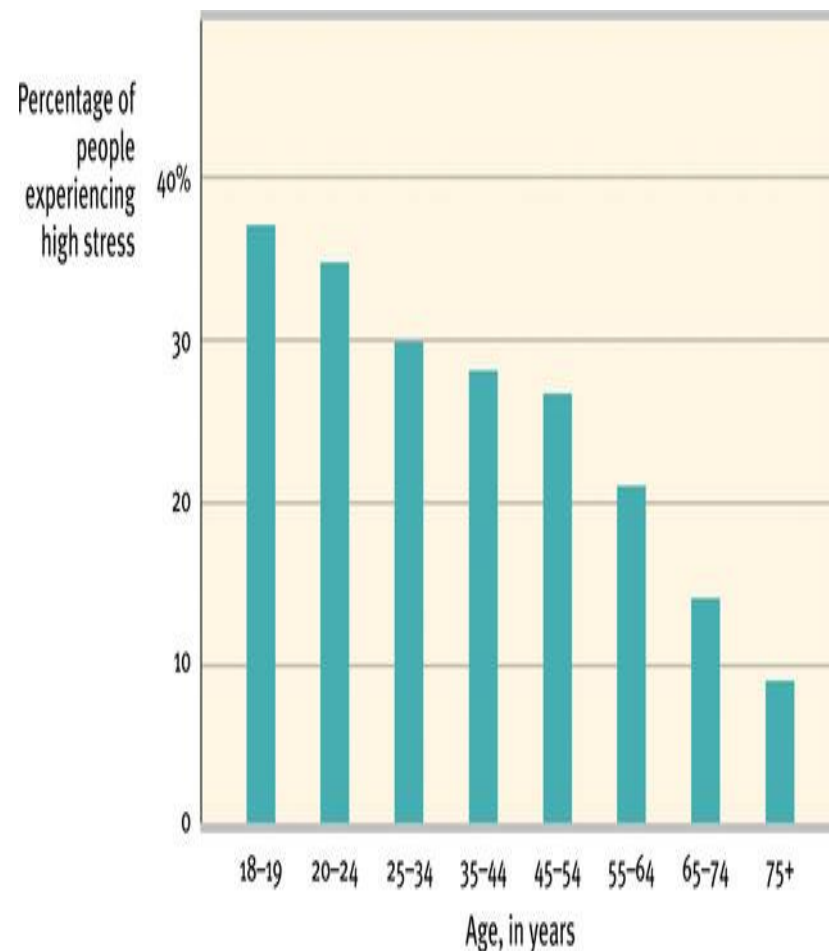
lead individuals to  
become depressed,  
sleepless, & anxious.



# Significant Life Changes

Loved one's death,  
Divorce,  
Job loss  
Home purchase ,  
A promotion,  
Marriage,

may leave  
individuals  
vulnerable to  
disease.







# Daily Hassles

**MOST significant** sources of stress  
& can damage health ...

Rush hour traffic,  
long lines,  
job stress,  
burnt-out .....

It's the **response that matters**

Others:

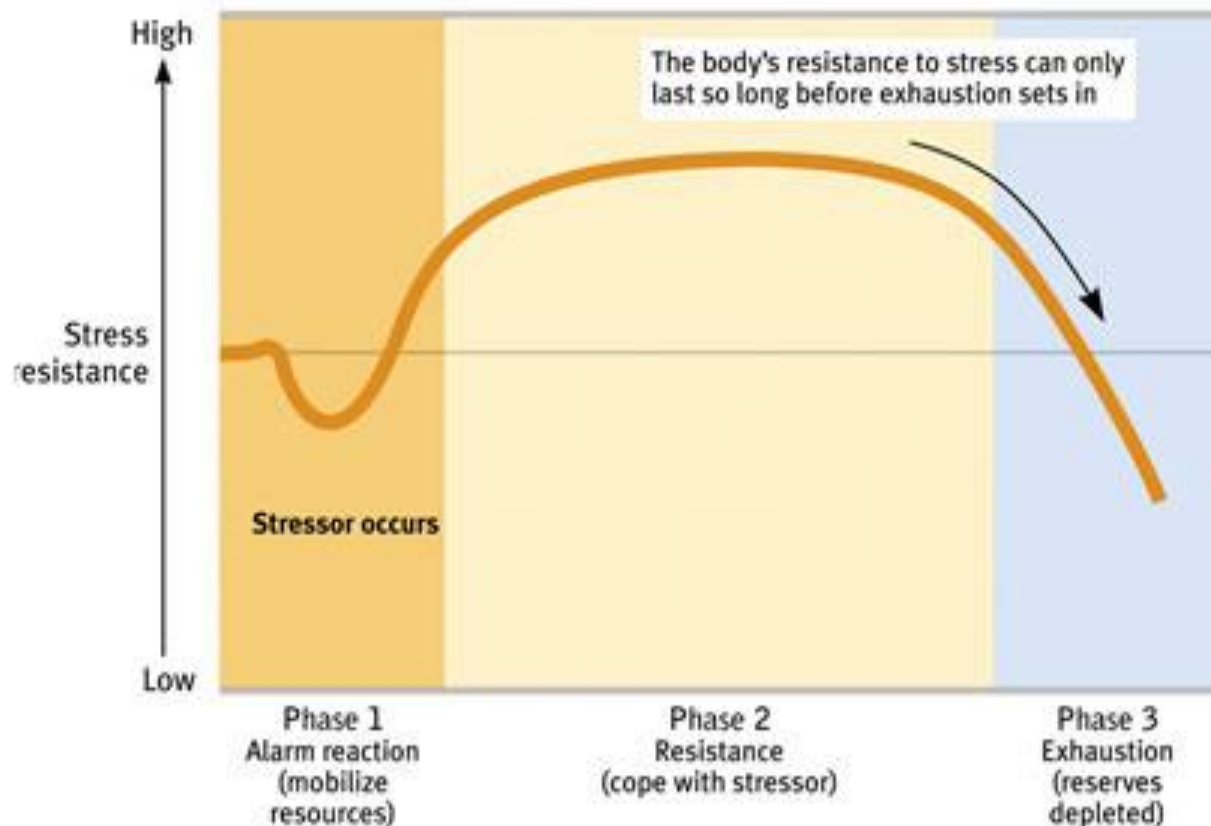
Poverty, unemployment, solo parenting,  
overcrowding etc.

<http://video.nationalgeographic.com/video/science/health-human-body-sci/human-body/science-stress-sci/>



# General Adaptation Syndrome

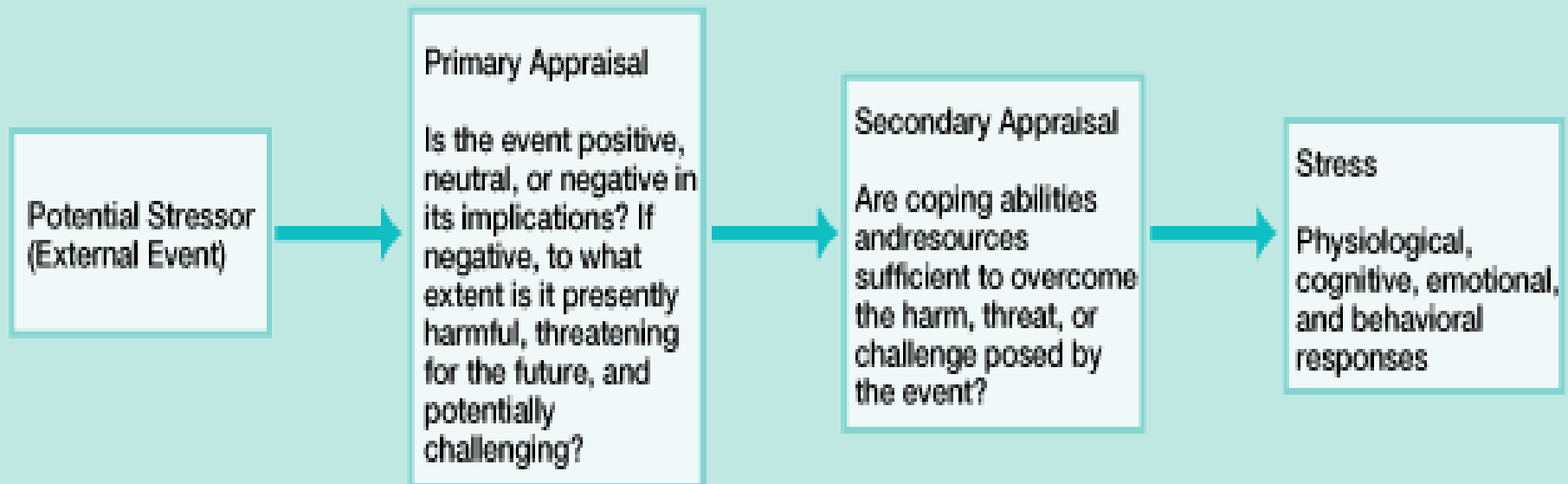
According to Selye, a stress response to any kind of stimulation is similar. The stressed individual goes through three phases.

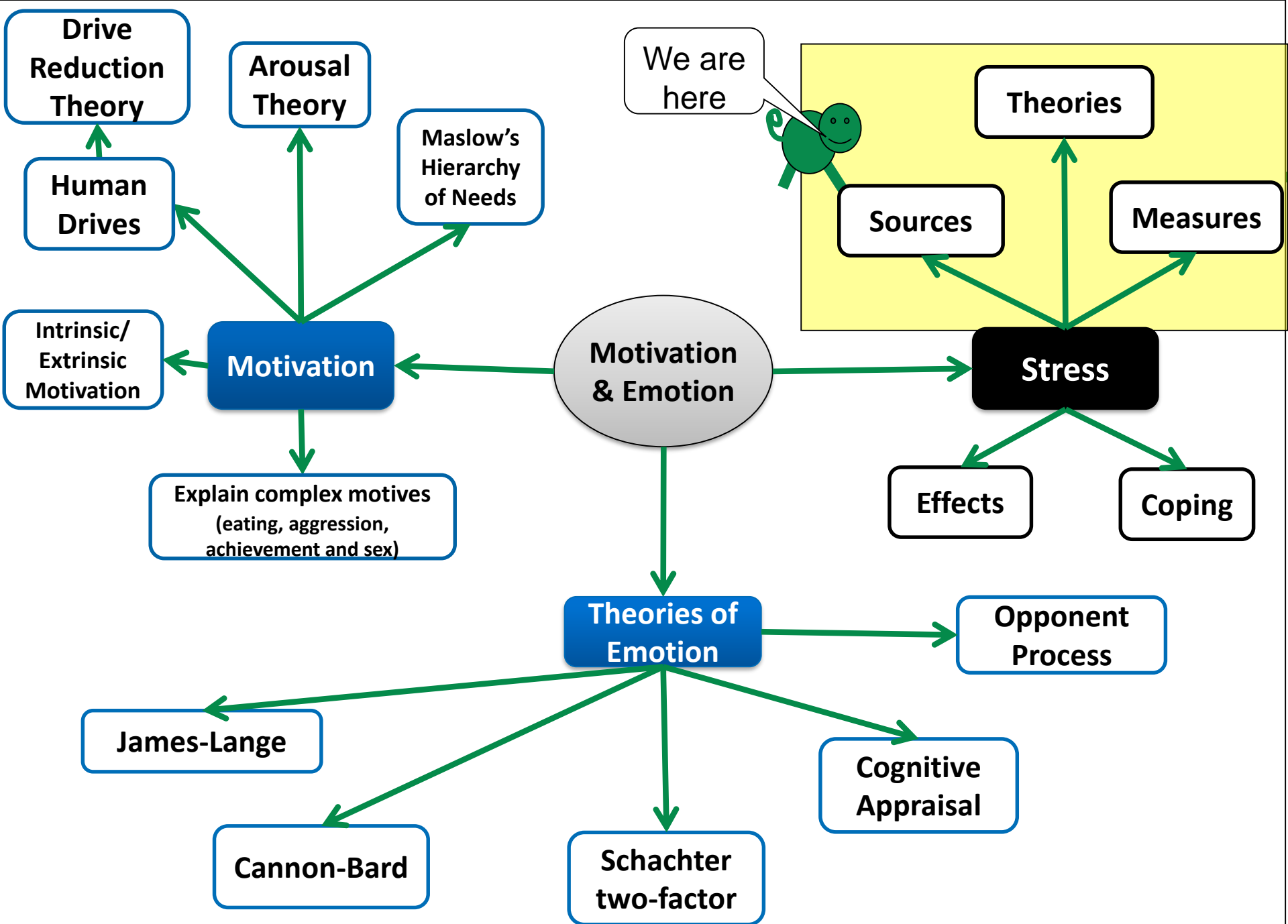




# Stressors Turn into Stress through Appraisal

- Differences in reaction to stressors may be due to an individual's appraisal

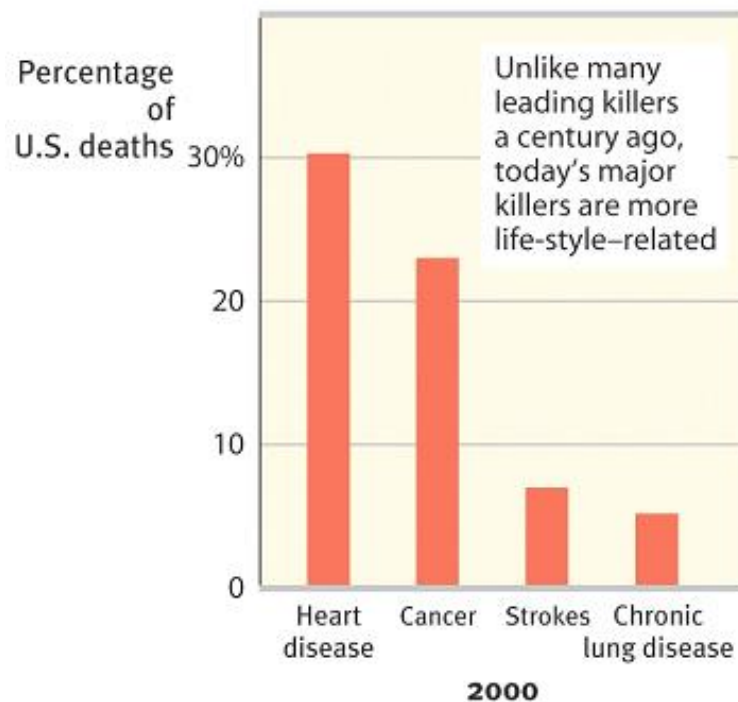






# Stress and Causes of Death

Prolonged stress combined with unhealthy behaviors may increase our risk for one of today's four leading





# Health Psychology

**Health psychology** is a field of psychology that contributes to behavioral medicine. The field studies stress-related aspects of disease and asks the following questions:

1. How do emotions and personality factors influence the risk of disease?
2. What attitudes and behaviors prevent illness and promote health and well-being?
3. How do our perceptions determine stress?
4. How can we reduce or control stress?





# Stress and Illness

Stress can be adaptive. In a fearful or stress- causing situation, we can run away and save our lives. Stress can be maladaptive. If it is prolonged (chronic stress), it increases our risk of illness and health problems.



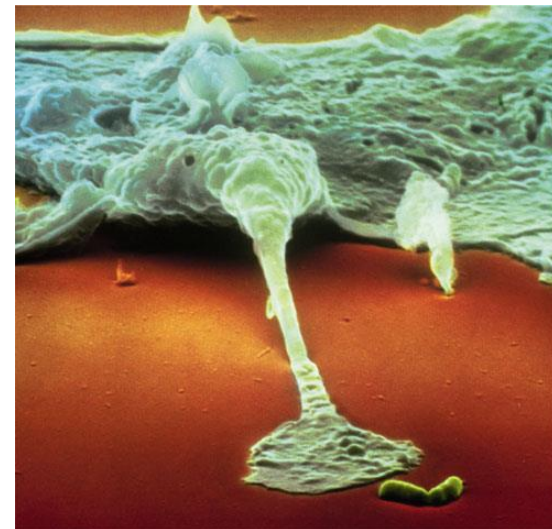
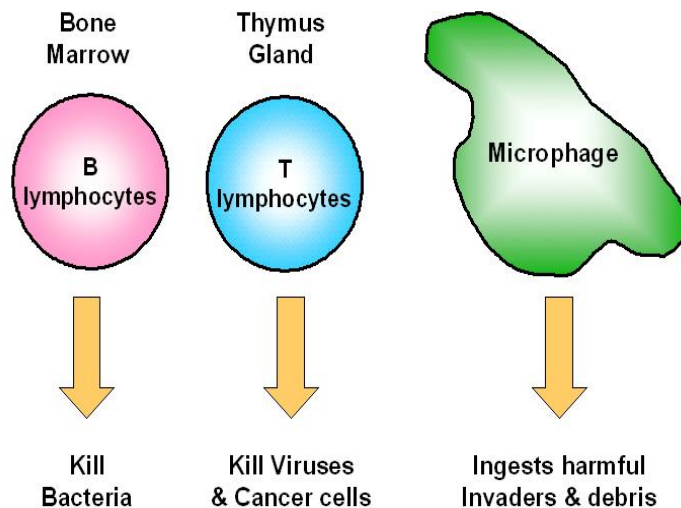
# Stress and Heart Disease

- Frequent or chronic stress can cause damage to the heart and blood vessels
- **Type A personality**
  - Competitive, hard-driving, impatient, verbally aggressive, and anger-prone people
  - Respond to life events with impatience and hostility
  - Correlated with development of heart disease
- **Type B personality**
  - Relaxed and easygoing



# Stress and the Immune System

B lymphocytes fight bacterial infections, T lymphocytes attack cancer cells and viruses, and macrophages ingest foreign substances. During stress, energy is mobilized away from the immune system making it vulnerable.

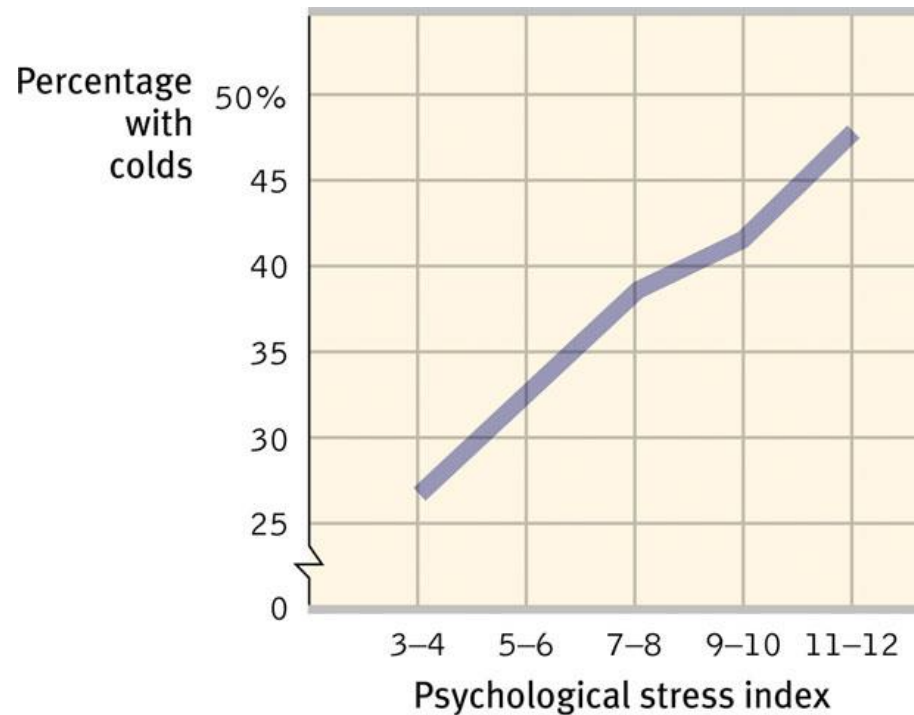


Lennart Nilsson/Boehringer Ingelheim International GmbH



# Stress and Colds

People with the highest life stress scores were also the most vulnerable when exposed to an experimental cold virus.





# Stress and Cancer

Stress does not create cancer cells.

Researchers disagree on whether stress influences the progression of cancer.

However, they do agree that **avoiding stress and having a hopeful attitude cannot reverse advanced cancer.**



# Stress and AIDS

Stress and negative emotions may accelerate the progression from human immunodeficiency virus (HIV) to acquired immune deficiency syndrome (AIDS).

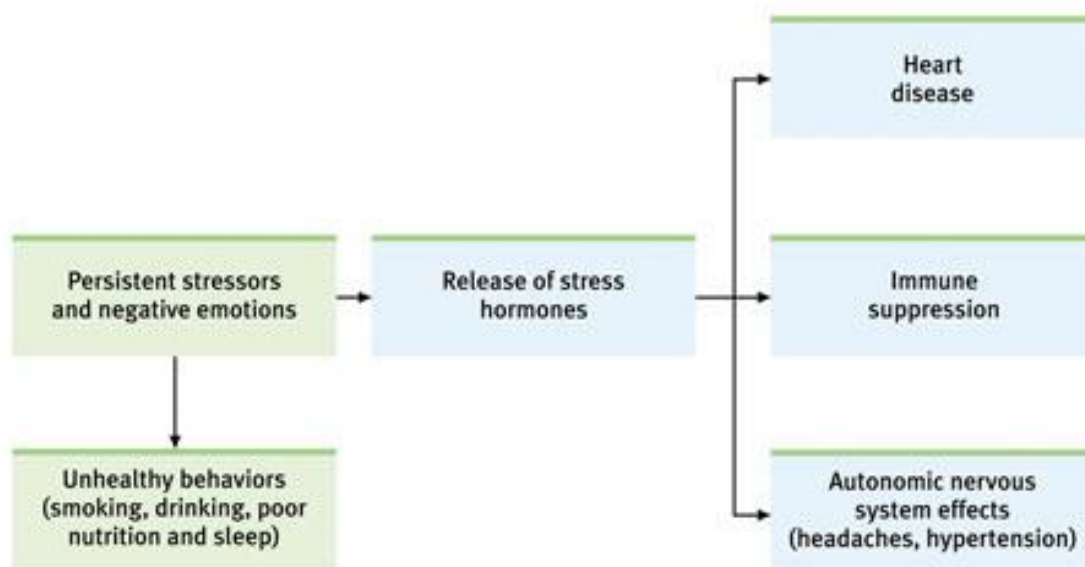






# Health-Related Consequences

Stress can have a variety of health-related consequences.





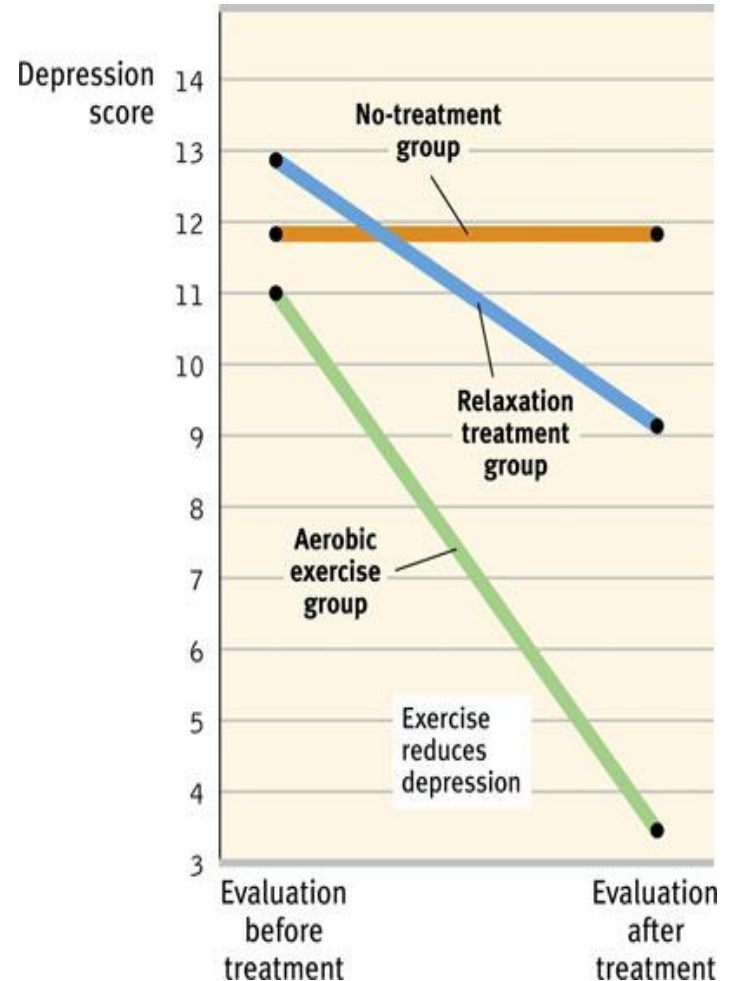
# Managing Stress

Having a sense of control, an optimistic explanatory style, and social support can reduce stress and improve health.



# Aerobic Exercise

Can aerobic exercise boost spirits? Many studies suggest that aerobic exercise can elevate mood and well-being because aerobic exercise raises energy, increases self-confidence, and lowers tension, depression, and anxiety.

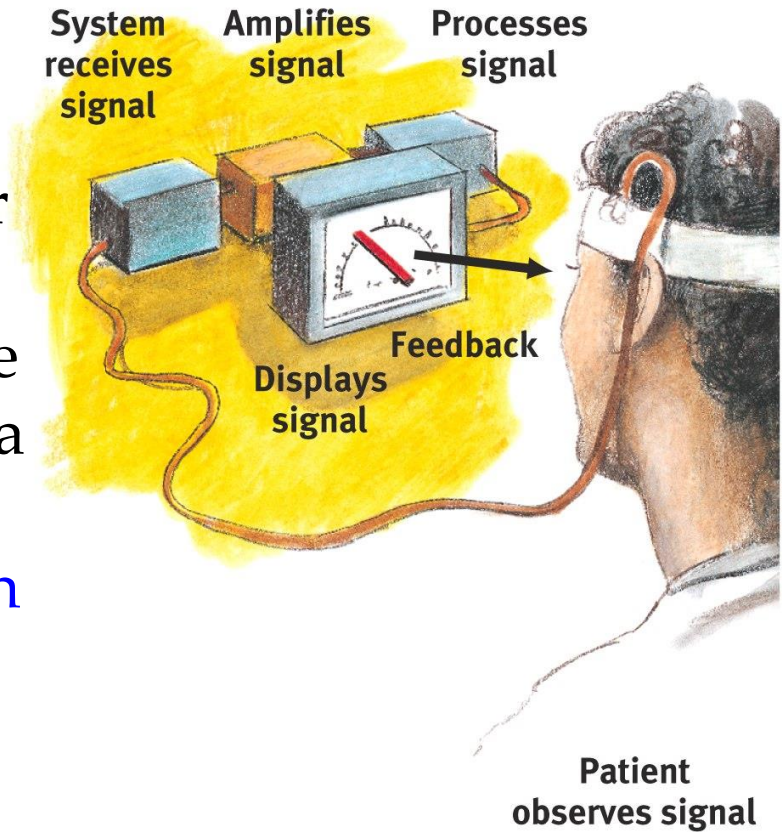




# Biofeedback, Relaxation, and Meditation

**Biofeedback** systems use electronic devices to inform people about their physiological responses and gives them the chance to bring their response to a healthier range.

**Relaxation** and **meditation** have similar effects in reducing tension and anxiety.





# Biofeedback and Neurofeedback

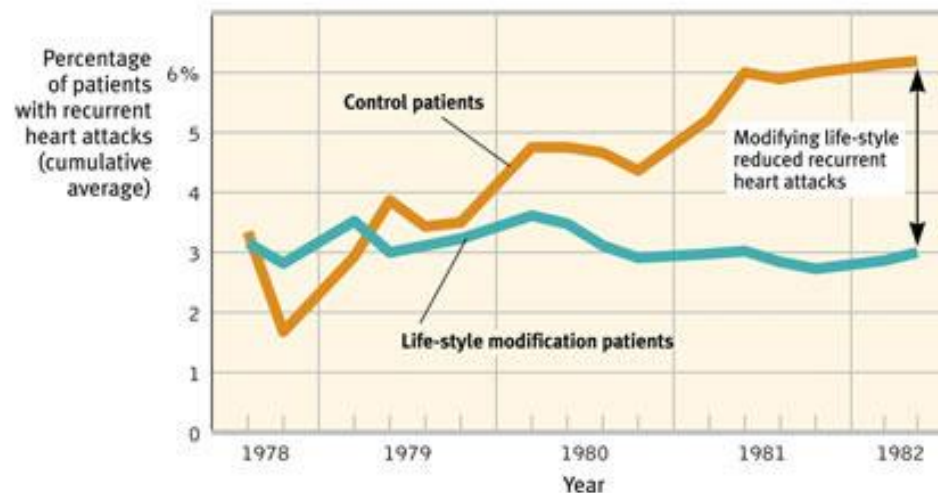


Allows us to observe physiological changes



# Life-Style

Modifying a Type-A lifestyle may reduce the recurrence of heart attacks.

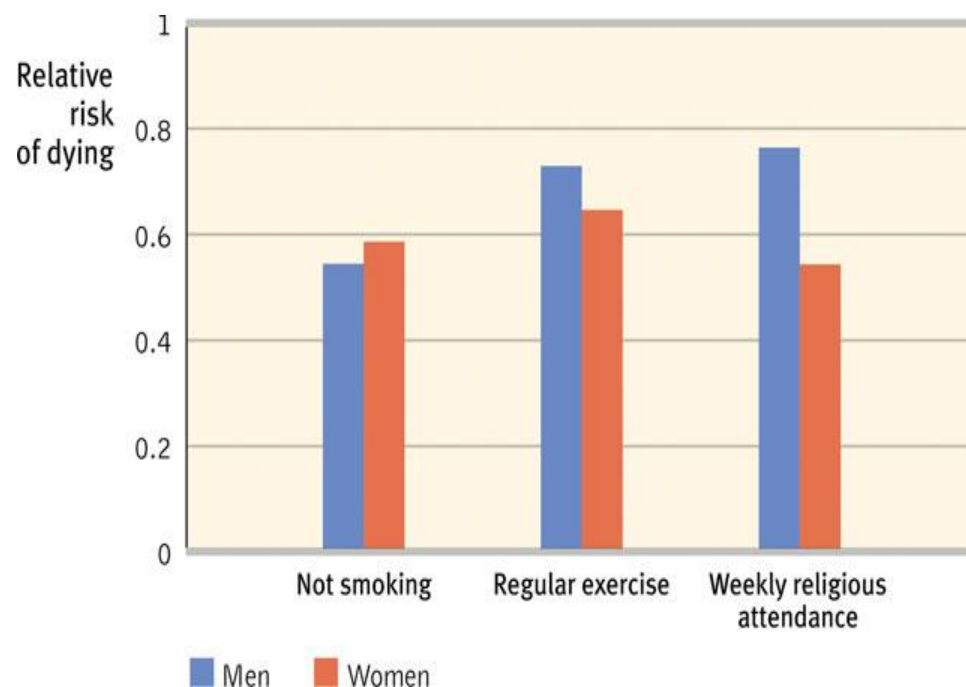
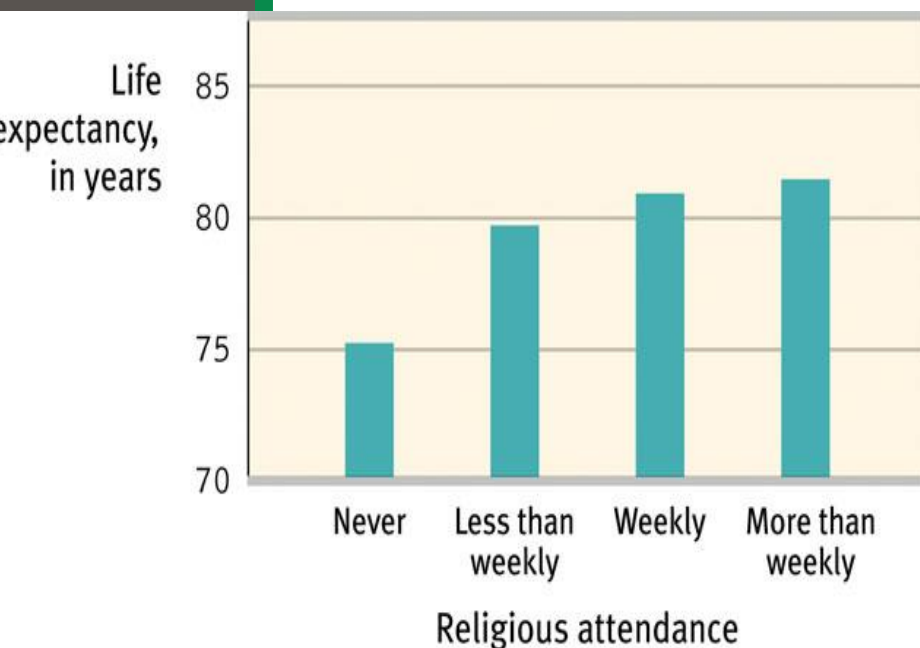






# Spirituality & Faith Communities

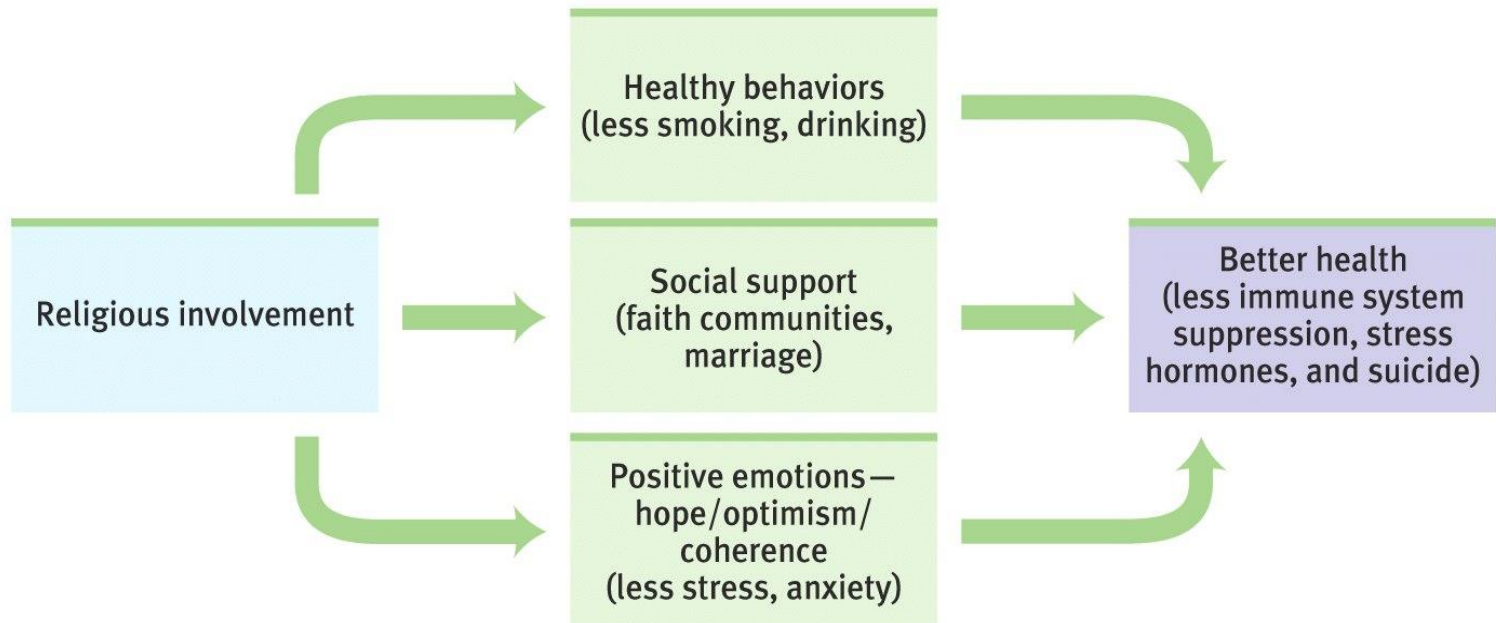
Regular religious attendance has been a reliable predictor of a longer life span with a reduced risk of dying.





# Intervening Factors

Investigators suggest there are three factors that connect religious involvement and better health.





# Managing Stress: Summary

How can stress be managed?

