

# Download free Toxic turmoil psychological and societal consequences of ecological disasters springer series on stress and coping (PDF)

Handbook of Stress, Coping, and Health Stress, Coping, and Development Stress, Appraisal, and Coping Work Stress and Coping Among Professionals Handbook of Organizational Stress Coping Strategies Work Stress and Coping Stress, Coping, and Disease Stress, Coping and Depression Stress, Coping, and Development Stress, Coping, and Relationships in Adolescence Toward a Broader Understanding of Stress and Coping Health, Stress, and Coping Stress, Appraisal, and Coping Stress and Coping Occupational Stress and Coping Strategies Stress and Coping Stress and Coping Across Development Coping, Health and Organizations The Social Context of Coping Stress and Coping in Mental Health Nursing Children's Stress and Coping Stress and Anxiety Stress and Coping in Nursing Work Stress and Coping in the Era of Globalization Stress, Coping, and Health Coping with Stress Stress, Coping, and Resiliency in Children and Families Stress, Coping, and Health Stress, Coping and Social Support in the Age of Anxiety Stress and Coping in Autism Couples Coping with Stress Coping with Stress Emerging Thought and Research on Student, Teacher, and Administrator Stress and Coping Stress and Anxiety Surviving Mental Illness Stress and Coping in Nursing Organizational Stress Coping with Stress Family Stress, Coping, and Social Support Stress and Coping in Child Health

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## **Handbook of Stress, Coping, and Health**

2012

this is the first comprehensive handbook to examine the various models of stress coping and health and their relevance to nursing and related health fields no other volume provides a compendium of key issues in stress and coping for the nursing and allied health professions in this new edition the authors assembles a team of expert practitioners and scholars in the field to present the broad range of issues that relate to stress and health such as response oriented stress stimulus oriented stress stress coping

## **Stress, Coping, and Development**

2009-10-14

how do people cope with stressful experiences what makes a coping strategy effective for a particular individual this volume comprehensively examines the nature of psychosocial stress and the implications of different coping strategies for adaptation and health across the lifespan carolyn m aldwin synthesizes a vast body of knowledge within a conceptual framework that emphasizes the transactions between mind and body and between persons and environments she analyzes different kinds of stressors and their psychological and physiological effects both negative and positive ways in which coping is influenced by personality relationships situational factors and culture are explored the book also provides a methodological primer for stress and coping research critically reviewing available measures and data analysis techniques

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## Stress, Appraisal, and Coping

1984

here is a monumental work that continues in the tradition pioneered by co author richard lazarus in his classic book psychological stress and the coping process dr lazarus and his collaborator dr susan folkman present here a detailed theory of psychological stress building on the concepts of cognitive appraisal and coping which have become major themes of theory and investigation as an integrative theoretical analysis this volume pulls together two decades of research and thought on issues in behavioral medicine emotion stress management treatment and life span development a selective review of the most pertinent literature is included in each chapter the total reference listing for the book extends to 60 pages this work is necessarily multidisciplinary reflecting the many dimensions of stress related problems and their situation within a complex social context while the emphasis is on psychological aspects of stress the book is oriented towards professionals in various disciplines as well as advanced students and educated laypersons the intended audience ranges from psychiatrists clinical psychologists nurses and social workers to sociologists anthropologists medical researchers and physiologists

## Work Stress and Coping Among Professionals

2007

based on a large scale survey indepth interviews and comparative analyses this book offers deep analyses of work stress and coping among seven professional groups doctors lawyers engineers nurses teachers police officers and life insurance agents the book makes practical recommendations for personal organizational and societal intervention

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## Handbook of Organizational Stress Coping Strategies

1984

good no highlights no markup all pages are intact slight shelfwear may have the corners slightly dented may have slight color changes slightly damaged spine

### Work Stress and Coping

2017-05-01

work stress and coping the authors provide an historical account of workplace stress taking a broad approach by integrating the macro forces impacting the micro and highlighting what the research in the field tells us about the changing nature of work so that individuals and organisations can create more liveable working environments with an emphasis on the growing influence of globalization the book explores the forces of change within contemporary societies and assesses how they have fundamentally changed the nature of work and the direction of research into stress and coping capturing the history context critique and transformation of theory into practice the authors offer an insight into how managers and businesses have failed the effects this has had on how work is experienced the evolution and relevance of existing theories and suggest alternative methods and future directions suitable reading for students of hrm organisational behaviour and occupational psychology

### **Stress, Coping, and Disease**

2013-05-13

the third volume based on the annual university of miami symposia on stress and coping this book focuses on the role of biophysical factors in four of the greatest health

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problems confronting us today cardiovascular disease diabetes cancer and the aids epidemic in each of these disorders stress is seen as a contributing factor that interacts with other variables such as genetic influences or constitutional factors accordingly the behavioral treatments discussed are often designed to change lifestyles reduce stress or improve adherence to therapeutic regimens this volume provides a solid theoretical base which should stimulate further research into biobehavioral mechanisms and treatments for the disorders it examines

## **Stress, Coping and Depression**

1999-12

providing stimulating models of etiology treatment in depression this new edited volume offers a rich understanding of environmental intrapsychic risk factors that contribute to the onset maintenance of depression are important in its treatment

## **Stress, Coping, and Development**

2009-10-14

how do people cope with stressful experiences what makes a coping strategy effective for a particular individual this volume comprehensively examines the nature of psychosocial stress and the implications of different coping strategies for adaptation and health across the lifespan carolyn m aldwin synthesizes a vast body of knowledge within a conceptual framework that emphasizes the transactions between mind and body and between persons and environments she analyzes different kinds of stressors and their psychological and physiological effects both negative and positive ways in which coping is influenced by personality relationships situational factors and culture are explored the book also provides a methodological primer for stress and coping research critically reviewing available measures and data analysis techniques

## Stress, Coping, and Relationships in Adolescence

2013-05-13

unique and comprehensive this volume integrates the most updated theory and research relating to adolescent coping and its determinants this book is the result of the author's long interest in and study of stress coping and relationships in adolescence it begins with an overview of research conducted during the past three decades and contrasts research trends in adolescent coping in the united states and europe over time grounded on a developmental model for adolescent coping the conceptual issues and major questions are outlined supporting research ties together the types of stressors the ways of coping with normative and non normative stressors and the function that close relationships fulfill in this context more than 3 000 adolescents from different countries participated in seven studies that are built programmatically on one another and focus on properties that make events stressful on coping processes and coping styles on internal and social resources and on stress buffering and adaptation a variety of assessment procedures for measuring stress and coping are presented including semi structured interviews questionnaires and content analysis this multimethod multivariate approach is characterized by assessing the same construct via different methods replicating the measures in different studies including cross cultural samples using several informants and combining standardized instruments with very open data gathering the results offer a rich picture of the nature of stressors requiring adolescent coping and highlight the importance of relationship stressors age and gender differences in stress appraisal and coping style are also presented mid adolescence emerges as a turning point in the use of certain coping strategies and social resources strong gender differences in stress appraisal and coping style suggest that females are more at risk for developing psychopathology the book demonstrates how adolescents make use of assistance provided by social support systems and points to the changing influence of parents and peers it addresses controversial issues such as benefits and costs of close relationships or the beneficial or maladaptive effects of avoidant coping its clear style innovative ideas and instruments make it an excellent textbook for both introductory and advanced courses without question it may serve as a guide for future research in this field this book will be of value to researchers practitioners and students in various fields such as child clinical and developmental psychology and psychopathology

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## Toward a Broader Understanding of Stress and Coping

2010-06-01

research on stress and coping phenomena has been among the most widely studied topics in social and behavioral sciences during the past several decades notwithstanding the authors in this book have expanded the base of stress and coping research by providing a valuable reference source that includes guidelines and frameworks as well as empirical findings related to the application of mixed methods approaches to the study of stress and coping this book is intended not only for stress and coping researchers but also for social and behavioral science researchers at various levels from students instructors and advisors to applied researchers research methodologists and theorists the 15 chapters are divided into three distinct sections the five chapters in section i focus mainly on topics pertaining to the conceptual and theoretical aspects of mixed methods research in the study of stress and coping the five chapters in section ii address the major methodological issues of mixed methods research section iii presents five empirical studies of mixed methods research as applied to the field of stress and coping this book illustrates the perspectives of innovative interconnections in the application of mixed methods research to the study of stress and coping it also provides readers with new ways of designing and evaluating strategies and programs that aim to reduce stress and improve coping mechanisms

## Health, Stress, and Coping

1979

i denne bog undersøger antonovsky de sociale og psykologiske ressourcer som folk har til at bekæmpe stress og sygdom fra tidligere undersøgelser i medicinsk sociologi psykiatri personlighedspsykologi og kulturel antropologi har han udviklet en teori som forklarer hvorfor nogle bestemte mennesker og grupper har succes med at mestre stress de fleste af disse mennesker har en sans for sammenhæng en generel holdning til at livet er meningsfuldt og til at håndtere for at finde kilden til denne

meningsfuldhed undersøger antonovsky disse menneskers opvækst sociale relationer og kulturelle baggrund og han viser at en bred variation af medicinske data passer og bekræfter hans teori om hvordan sociale strukturer og relationer fremmer mestring og sundhed

## Stress, Appraisal, and Coping

1984-03-15

the reissue of a classic work now with a foreword by daniel goleman here is a monumental work that continues in the tradition pioneered by co author richard lazarus in his classic book psychological stress and the coping process dr lazarus and his collaborator dr susan folkman present here a detailed theory of psychological stress building on the concepts of cognitive appraisal and coping which have become major themes of theory and investigation as an integrative theoretical analysis this volume pulls together two decades of research and thought on issues in behavioral medicine emotion stress management treatment and life span development a selective review of the most pertinent literature is included in each chapter the total reference listing for the book extends to 60 pages this work is necessarily multidisciplinary reflecting the many dimensions of stress related problems and their situation within a complex social context while the emphasis is on psychological aspects of stress the book is oriented towards professionals in various disciplines as well as advanced students and educated laypersons the intended audience ranges from psychiatrists clinical psychologists nurses and social workers to sociologists anthropologists medical researchers and physiologists

## Stress and Coping

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

## ***Occupational Stress and Coping Strategies***

2009

study on job stress of bank employees conducting in erode district tamil nadu india

## **Stress and Coping**

1991

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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

## **Stress and Coping Across Development**

2013-12-19

this is the second volume based on the annual university of miami symposia on stress and coping the present volume is focused on some representative stresses and coping mechanisms that occur during different stages of development including infancy childhood and adulthood accordingly the volume is divided into three sections for those three stages

## **Coping, Health and Organizations**

2003-09-02

the consequences of ineffective coping are evident in the health of individuals and organisations this book brings together a wealth of research and thinking about coping in occupational settings coping health and organizations begins by looking at measurement of coping with stress the theoretical and psychometric considerations discussed in the opening section of the book explore the principles for successful evaluation of coping and the effectiveness of organizational support the book continues going through various problems in work including acute disasters coping with subjective health problems and then goes on to look at what companies can do to reduce factors that result in stress the book concludes by looking at the debates of the past and present and discusses the future of coping at work key features stress at work and its affect on both the individual and the company is becoming an increasingly important factor in business today brings together a wealth of research and thinking about stress in occupational settings a very forward thinking book

## The Social Context of Coping

2013-12-11

i am very pleased to have been asked to do a brief foreword to this second crisp volume the social context of coping i know most of the participants and their work and respect them as first rate and influential research scholars whose research is at the cusp of current concerns in the field of stress and coping psychological stress is central to human adaptation it is difficult to visualize the study of adaptation health illness personal soundness and psychopathology without recognizing their dependence on how well people cope with the stresses of living since the editor john eckenrode has portrayed the themes of each of the chapters in his introduction i can limit myself to a few general comments about stress and coping stress research began as unexplored fields often do with very simple should i say simplistic ideas about how to define the concept early approaches were unidimensional and input output in outlook modeled implicitly on hooke's late 17th century engineering analysis in which external load was an environmental stressor stress was the area over which the load acted and strain was the deformation of the structure such as a bridge or building

### *Stress and Coping in Mental Health Nursing*

1995

for mental health nursing students researchers and practitioners in hospitals or the community provides a new view of stress in the profession and suggests ways of assessing it and transforming it into a constructive and manageable experience includes findings from the claybury community study the largest on the topic so far based on british conditions distributed in the us by singular annotation c by book news inc portland or

## Children's Stress and Coping

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

## Stress and Anxiety

2017-06-20

we present this collection of peer reviewed papers covering a contemporary exploration of old and new concepts in the area of stress anxiety and coping the papers include a consideration of the age old questions concerning maths and test anxiety and the factors which predict or mediate these to a theoretical discussion of what is stress and how do we measure it several papers focus on stress and coping in applied settings such as among patients with chronic disease panic disorder and also in those who play sport further papers are devoted to stress and coping in educational and academic settings and examine factors which contribute to students learning as well as those which influence teachers occupational stress the recent emphasis by positive psychologists on resilience as well as coping has also featured here with chapters looking at their contributions to psychological health however the question is posed as to whether resilience and coping are cut from the same cloth

## **Stress and Coping in Nursing**

2013-11-11

increasingly stress as a concept is being used as an explanation of a wide variety of negative phenomena which are experienced by all people but which include nurses in particular and their patients nursing has been identified as a high stress profession and one can hardly pick up a nursing journal or even read a newspaper article about nursing without finding the word stress used liberally examples of its use are found in relation to sickness absence rates high level of nursing staff turnover discontent in nursing the effects of unemployment the effects of overwork having too much responsibility having too little responsibility or control the effects of constantly giving emotionally to others the causes of illness the effects of going into hospital delayed healing anxiety depression and alcoholism given the heterogeneous nature of these phenomena some of which are the diametric opposite of others and that they are clearly being attributed to the one concept stress then that concept must necessarily be of importance within people's lives or is it perhaps just a fashionable global but ultimately empty explanation roy bailey and i believe that stress is an extremely important concept indeed we would argue that it is a meta concept rather than a concept which does indeed serve to explain many disparate phenomena

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## Work Stress and Coping in the Era of Globalization

2016-04-01

this book examines the phenomena of how individuals experience work stress and coping in both developed and developing countries in the world rabi bhagat known for his cross cultural scholarship in this area and his co authors help us recognize the causes and consequences of work stress they present a systematic comprehensive review of this topic with plenty of practical insights and case studies examining work stress and coping in the era of globalization researchers practitioners and students in the field of industrial organizational psychology organizational behavior and human resources management will find this book of interest

## Stress, Coping, and Health

1992

a discussion of why teenagers may face stress and what they can do about it suggesting techniques for dealing with situations such as school difficulties relationships and natural disasters

## Coping with Stress

1997

concern with stress and coping has a long history in biomedical psychological and sociological research the inadequacy of simplistic models linking stressful life events and adverse physical and psychological outcomes was pointed out in the early 1980s in a series of seminal papers and books the issues and theoretical models

discussed in this work shaped much of the subsequent research on this topic and are reflected in the papers in this volume the shift has been away from identifying associations between risks and outcomes to a focus on factors and processes that contribute to diversity in response to risks based on the family research consortium's fifth summer institute this volume focuses on stress and adaptability in families and family members the papers explore not only how a variety of stresses influence family functioning but also how family process moderates and mediates the contribution of individual and environmental risk and protective factors to personal adjustment they reveal the complexity of current theoretical models research strategies and analytic approaches to the study of risk resiliency and vulnerability along with the central role risk family process and adaptability play in both normal development and childhood psychopathology

## **Stress, Coping, and Resiliency in Children and Families**

2014-02-25

this book presents research on the management of stress the first section describes the authors approach the second part develops two tools for measuring stress the third section applies these techniques to areas of clinical and health psychology and in the final chapter a new system to analyze adequate coping behavior is presented

## **Stress, Coping, and Health**

1992

people in this age are under pressure in all facets of life to work harder pursue careers raise families and sustain personal relationships they are bombarded with information via the internet mobile phones voicemail tv newspapers and instant global coverage of news that leads to sensory overload and high levels of distress for many of us this book written in concise non technical language provides an overall explanation of the stressful life events that beset us at all times it describes straightforward coping strategies and includes helpful statements and self assessment forms topics include the meaning of stress technostress stress and health social

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support managing emotional states cognitive restructuring relaxation techniques frustration tolerance and the aware strategy

## **Stress, Coping and Social Support in the Age of Anxiety**

2005

publisher description

## **Stress and Coping in Autism**

2006

this is the first book that reviews both empirical and clinical applications of how couples jointly cope with stress dyadic coping around the globe the systemic transactional stress model stm developed by co editor guy bodenmann is used as a consistent framework so readers can better appreciate the contrasts and similarities across the fourteen cultures represented in the book written by scholars from the particular culture each chapter provides a conceptual review of the dyadic coping research conducted in their specific cultures and also provides empirical and clinical recommendations additional contributions include how to measure dyadic coping so others can apply the stm model in other contexts the latest treatment approaches for therapy and prevention are also highlighted making this book ideal for professionals interested in expanding their cultural competence when working with couples from various backgrounds highlights include how couples in different cultures deal with stress and how values and traditions affect dyadic stress and coping global applications especially to couples in the regions highlighted in the book the u s including one chapter on latino couples in the u s australia china greece hungary italy japan kenya nigeria pakistan portugal romania and switzerland factors encountered in examining dyadic coping using the stm model including measurement and assessment issues suggestions for making treatment prevention and intervention programs for couples more effective ideal for relationship researchers psychologists mental health counselors social workers and advanced students who work with couples dealing with stress this book is



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also appropriate for advanced courses on interpersonal processes close relationships stress and coping multicultural issues in marriage and family therapy or counseling or family systems taught in a variety of social science disciplines

## **Couples Coping with Stress**

2016-05-12

this is a companion volume to coping the psychology of what works which is also edited by snyder this second book includes chapters by some of the most well known clinical and health psychologists and covers some of the newest and most provocative topics currently under study in the area of coping the contributors address the key questions in this literature why do some of us learn from hardship and life s stressors and why do others fail and succumb to depression anxiety and even suicide what are the adaptive patterns and behaviors of those who do well in spite of the obstacles that are thrown their way the chapters will look at exercise as a way of coping with stress body imaging the use of humor forgiveness control of hostile thoughts ethnicity and coping sexism and coping aging and relationships constructing a coherent life story personal spirituality and personal growth

## **Coping with Stress**

2001-05-03

this collection of chapters presents research focused on emerging strategies paradigms and theories on the sources experiences and consequences of stress coping and prevention pertaining to students teachers and administrators studies analyze data collected through action research program evaluation surveys qualitative interviewing auto ethnography and mixed methods gathered from students and educators in the united states italy holland turkey and australia

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## Emerging Thought and Research on Student, Teacher, and Administrator Stress and Coping

2007-07-01

the current volume in the stress and anxiety series focuses on peer reviewed papers in four thematically different areas the first collection of papers relates to a range of issues in schools and school children stress and coping among preschoolers among children aged 7 11 years and those children with at risk behaviours and those experiencing test anxiety as well as stress and intention to quit among teachers next is the impact of stress on people s well being in particular stress and economic deprivation in particular as predictors of depression and on cardiovascular reactivity coping including resilience and adjustment is addressed in the third section where there is an emphasis on appraisal cognitions and comedy the final chapters are contemporaneous as they present two opposing views on the internet and cyberspace the internet as social support coping alternatively as an escape or avoidant strategy

## Stress and Anxiety

2015-06-23

in this era of revolutionary progress in the areas of science and medicine it comes as no surprise that knowledge of the biology of mental illness and psychopharmacologic treatments has increased greatly within the past few decades during this same time frame however the experiential side of mental illness has been almost completely neglected by researchers and educators fortunately the trend is being reversed leading authorities are becoming increasingly aware that the personal experiences of people with severe and persistent mental illness can reveal the most authentic and perhaps most helpful information on behaviors that have long puzzled professionals in the field this has contributed to a renewed and growing interest in learning more about the ways people experience mental illness and the process of recovery leading the way in redressing the imbalance this book examines the subjective experiences of patients with multiple diagnoses including schizophrenia bipolar illness major

endogenous depression and other disorders with psychotic features and long term disabling consequences numerous personal accounts are drawn from research reports newsletters journals spoken reports and observed behavior to shed light on the inner worlds of people afflicted with severe and persistent mental illness the volume covers a wide range of topics starting with disturbances in the sense of self in emotions relationships and behaviors and in the ways reality is experienced by the mentally ill in the process some common patterns of lifetime experience are revealed even among patients with great differences in levels of functional capability and in their emotional and rational assessment of their experience the final section of the book is directed toward understanding the process of acceptance growth toward recovery and the development of an acceptable identity and new purpose in life material is presented within the conceptual framework of coping and adaptation and self theory in addition considerable attention is given to the patient s perception of which types of personal and professional relationships have been helpful or not helpful as a result the book yields important lessons from the patients themselves on how service providers caregivers and the community at large can be most helpful to those afflicted with major mental illness professionals who wish to increase their capacity for empathy develop more effective rehabilitation strategies and advance research linking brain anomalies and patient experience will find this book illuminating because it illustrates in moving and powerful ways how people truly experience psychiatric disability in a society that demeans their condition and in a helping environment that only dimly understands their agony the book will be extremely useful for psychiatrists psychologists social workers psychiatric nurses educators and graduate students in psychopathology and clinical skills training

## **Surviving Mental Illness**

1993-05-22

this book is a new comprehensive and thought provoking resource that examines stress in organizational contexts it reviews the sources and outcomes of job related stress the methods used to assess levels and consequences of occupational stress along with the strategies that might be used by individuals and organizations to confront stress and its associated problems it focuses on the future of work where it is going and the role industrial and organizational psychologists can play in better understanding the dynamics of occupational stress an excellent resource for ph d students academics and professionals

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## Stress and Coping in Nursing

2014-01-15

the dynamics of 21st century life have created a social environment full of stressful situations a journal of the american psychological association noted that stress in the workplace has reached a critical point and studies suggest that the most common aspects of our lives such as relationships and daily activities often cause the greatest degrees of stress this book provides a comprehensive look at what professionals know about coping with stress drawing upon research to assert which methods of coping seem to be effective and which do not the book begins with a discussion of the nature of stress looking at the effects of stress in daily life considering some of the ways researchers study stress and examining how the human body reacts to stressful events the book then turns to the ways psychologists conceptualize measure and study coping mechanisms and to specific techniques beginning with those that appear to be ineffective in reducing stress such as obsessing and ruminating about the problem and proceeding to those that appear effective such as seeking social support exercise and improving interpersonal skills for individuals considering professional help the final chapters present some basic information about medications psychotherapy and alternative medicine approaches

## Organizational Stress

2001-02-06

until recently much of the literature on stress and coping in children was based primarily on conceptual and theoretical models developed for adults researchers now recognize the importance of assessing children s responses within a developmental context this volume the first in a new series sponsored by the society of pediatric psychology presents an in depth examination of current research on pediatric stress and coping and its implications for clinical practice with contributions from experts at the forefront of pediatric and child health psychology the volume is divided into three sections the first two focus on various aspects of research while the third discusses

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clinical applications each section opens with an in depth introduction by the editors part i addressing conceptual developmental and methodological issues also covers the role of temperament in understanding coping with pediatric conditions psychophysiological aspects of stress and the relevance of taking into account contextual factors in children s coping responses part ii focuses on the coping responses of both children and their families faced with either specific medical stressors invasive medical procedures anesthesia induction dental procedures or chronic illnesses such as diabetes or cancer several chapters demonstrate the use of conceptual multivariate approaches for working with chronic pediatric conditions chapters in part iii report on empirically based procedures for clinical intervention approaches discussed include biologically oriented procedures cognitive and behavioral coping strategies for stressful situations related to chronic illness and a variety of cognitive modeling and environmental coping strategies for children undergoing acutely aversive medical procedures in addition this section includes a chapter that illuminates how a sophisticated understanding of context can significantly improve the chances of an intervention s successful outcome bringing the reader up to date on the latest developments this volume is an invaluable resource for all researchers in the field of pediatric psychology and an ideal reference for clinicians and physicians who confront the issues of stress and coping in working with children

## **Coping with Stress**

2015-03-07

## **Family Stress, Coping, and Social Support**

1982

## Stress and Coping in Child Health

1991-12-20

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