World Summit on

Stress, Mindfulness and Philosophy

&

5th International Conference on

Stress, Mental Health and Dementia

August 27-28, 2018 | Boston, USA

New dimensions of stress and its numerical modeling

Ktiri Fouad
Psychology Teacher, Yoga Coach, Morocco

In the present study, we introduce a new stress approach, which completes the transactional theory of Folkman and Lazarus (1984). It is a numerical model in which we take into account another variable named PSS (Previous State of Stress) that we estimate necessary to explain why the psychological state of stress occurs or not. In our model, stress is presented in the form of a mathematical function (equation) of three variables (PSS, SV, R). By evaluating each of these components, this equation enables us to evaluate the generated stress intensity of a person. By improving this formula, the present model enables us to take into account another type of stimulus (positive stimulus) and to evaluate it. Many instances of daily stress, that take into account these new dimensions, have been cited. The stress formula efficiency has been tested by applying it to these examples and to some concepts like violence and stress accumulation. RQSI (Required Quantity of Stress Index) is an index that we have introduced in our numerical model. The calculated RQSI enables us to evaluate the average amount of stress (positive or negative) that a person receives from each stimulus he has been exposed to during a period of time. A new definition of stress phenomena, on the basis of our new numerical data model, is proposed.

f_ktiri@yahoo.com