

Stress perception and stress causes; coping support technics with the positive psychology approach

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Abstract

Stress isn't any longer a development that issues adults completely. For this reason, we've set to incorporate stress in our analysis. we've been submitting a survey on stress to a bunch of 671 teenagers with a mean age of sixteen years and 7 months. The survey was centered on 2 totally different aspects teenage: stress perception and stress causes. Family support brick form was additionally submitted. the most finding of this study is that thirty eighth of the sample defines them as stressed, with no gender connected variations. Subjects that contemplate themselves stressed indicate as cause lack of your time (31%) and excessive commitments (23%). most the topics say school (48%), family (21%) and sentimental relationships (8%) are the most sources of stress. From the analysis of the open answers, it's clear that family and faculty expectations ar the best thusources of stress – albeit considerably additional so for females than for males. Subjects were asked to assess the level of stressed originated by finishing school and the need of choosing and planning their future. This finding is important once measured up to the share of subjects that has expressed to have already created the call of what to do once they end learning. because it is seen within the graphic (we asked the topics to state if that they had already decided what to try to to after school) the best levels of uncertainty are found in year IV. The intersection of those data doesn't seem, however, enough to explain levels of stress, as the high share of students WHO have set ought to cause a major reduction of stress in year V. presumably, stress regarding the post highschool alternative is that the nonlinear combination of 2 factors: on one hand, uncertainty concerning the selection, on the opposite hand, the immediacy of the event. comparison stress levels among subjects that judge robust family support and subjects that judge scant family support there ar vital variations. the topics that judge robust family support seem to register lower average stress levels, concerning their post highschool decisions. Furthermore, this type of support appears to scale back stress as the event comes nearer, facilitating the decision-making.

Introduction

Psychology is that the scientific study of the mind and behavior, in step with the yank Psychological Association. science could be a multifarious discipline and includes several sub-fields of study such areas as human development, sports, health, clinical, social behavior and cognitive processes.

The term originated from Edward Titchener, associate degree yank man of science WHO had been trained by Wundt. Wundt was necessary as a result of he separated science from philosophy by analyzing the workings of the mind in an exceedingly additional structured means, with the stress being on objective measure and management.

Structuralism relied on trained introspection, a analysis methodology whereby subjects connected what was going on in their minds whereas activity a bound task.

However, self-examination proven to be associate degree unreliable methodology as a result of there was an excessive amount of individual variation within the experiences and reports of analysis subjects.

Despite the failure of introspection Wundt is a very important figure within the history of science as he opened the primary laboratory dedicated to science in 1879, and its gap is sometimes thought of as the start of contemporary psychology. An American psychologist named philosopher (1842-1910) developed associate degree approach which came to be referred to as functionalism, that disagreed with the main target of Structuralism.

James argued that the mind is consistently ever-changing and it's pointless to seem for the structure of acutely aware expertise. Rather, he projected the main target ought to get on however associate degree why an organism will one thing, i.e. the functions or purpose of the brain.

James recommended that psychologists ought to seek for the underlying reason behind behavior and also the mental processes concerned. This stress on the causes and consequences of behavior has influenced modern science.

Structuralism and functionalism have since been replaced by many dominant and powerful approaches to science, all underpinned by a shared set of assumptions of what individuals ar like, what is necessary to study and how to study it.

Psychoanalysis, based by psychoanalyst (1856-1939) was the dominant paradigm in science throughout the first twentieth century. neurologist believed that folks may well be cured by creating acutely aware their unconscious thoughts and motivations, therefore gaining insight.

The four main goals of science are to explain, explain, predict and alter the behavior and mental processes of others

Describing a behavior or knowledge is that the 1st goal of science. This can enable researchers to develop general laws of human behavior.

For example, through describing the response of dogs to numerous stimuli, Ivan Pavlov helped develop laws of learning referred to as conditioning theory.

Once researchers have delineated general laws behavior, ensuing step is to elucidate however or why this trend happens. Psychologists can propose theories which might explain a behavior.

Psychology aims to be ready to predict future behavior from the findings of inquiry. If a prediction isn't confirmed, then the reason it's supported would possibly have to be compelled to be revised.

For example, conditioning predicts that if someone associates a negative outcome with a stimuli they will develop a phobic neurosis or aversion of the stimuli.

Once science has delineated , explained and created predictions concerning behavior, ever-changing or dominant a behavior are often tried.

For example, interventions supported conditioning, like desensitisation technique, are wont to treat individuals with anxiety disorders together with phobias.