

# STRESS AND SOCIAL SUPPORT - LECTURE

outline

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Stress → BOLEST

**STRESS= physical, biochemical or emotional state which causes physical or psychological anxiety and can be a determinant of disease, or death.**

General adaptation syndrome - autonomic and neuroendocrine systems (H. Selye 1956)

STRESS can be defined as a heightened mind-body reaction to stimuli inducing fear or anxiety in the individual.

Stress typically starts with a situation that people find threatening or burdensome (Pearlin 1989)

# SOCIAL FACTORS AND STRESS

## 1. STRESS OF LIFE EVENTS(Schwab i Pritchard 1950.)

TYPOLGY ACCORDING TO:

A) TYPE OF AN EVENT (EVENT OR CHRONIC STRAINS)

B) DURATION

C) DIGREE OF STRESS

## TYPES OF SOCIAL STRESSORS:

- divorce, marriage, parenthood or loosing one's job
- unpleasant job, conflicts between husbands and wives

- short stress events
- moderate stress events
- hard stress events

## 2. ADAPTATION TO STRESS (MECHANIC 1962, 1978.) COPING WITH STRESS

DEPENDS OF:

1. Stress situation
2. Individual capacity to deal with the stress situation
3. individual's preparation by society to meet problems
4. Influenc of society's aproved modes of behavior





LIFE EVENTS SCALE- accumulation of several events in a person's life builds up to a stressful impact

## LIFE EVENTS AND WEIGHTED VALUES:

death of spouse	100
divorce	73
marital separation	65
jail term	63
death of close family member	63
personal injury or illness	53
marriage	50
fired at work	47
retirement	45

## LIFE EVENTS AND WEIGHTED VALUES(contin.):

changes in health family	44
pregnancy	40
sex difficulties	39
change in financial state	38
death of close friend	37
change of work	36
mortgage or loan for major purchase	31
son or daughter leaving home	29
trouble with in-laws	29

## LIFE EVENTS AND WEIGHTED VALUES(contn.):

beginning or ending school	26
revision of habits	24
trouble with boss	23
change of residence	20
change in schools	20
change in recreation	19
change in sleeping habits	16
change in eating habits	15
vacation	13
Christmas	12

## SOCIAL SUPPORT:

“DIFFERENT TYPES OF EMOTIONAL,  
SYMBOLIC OR INSTRUMENTAL HELP ONE  
CAN GET OR CAN COUN ON IN THE  
CRITICAL SITUATIONS

## ACCORDING TO SIDNEY COBB THAT IS:

- 1) an information that means that someone is loved
- 2) an information that means that one is respected
- 3) an information that means that one belongs to a community

## THREE ASPECTS OF SOCIAL SUPORT:

A) Emotional support

B) Respect suport

C) Network support

## RELATIONSHIPS BETWEEN SOCIAL SUPPORT STRESS AND HEALTH:

Stress can influence or worsen the  
disease,

Social support can buffer or prevent  
the disease

# SOCIJALNA PODRŠKA

