

Stress and Coping Theories

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Abstract

This article first presents two theories representing distinct approaches to the field of stress research: Selye's theory of 'systemic' stress based on physiology and psychobiology, and the 'psychobiological stress' model developed by Lazarus. In the second part, the concept of coping is described. Coping theories may be classified according to several independent parameters: acute vs. chronic stress, acute vs. chronic and adjustment vs. stress management approaches. The methods of theoretical conceptualization is based on the transactional, trait-oriented approach. Examples of this approach that are presented in this article are 'appraisal-transaction', 'meaning-making', and the 'model of coping modes'. The article closes with a brief outline of future perspectives for stress and coping research.

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This file first describes the term stress, then presents two distinct theoretical approaches to the behavioral and health sciences. In the second part, the concept of coping is described. Coping theories may be classified according to several independent parameters: acute vs. chronic stress, acute vs. chronic and adjustment vs. stress management approaches. The methods of theoretical conceptualization is based on the transactional, trait-oriented approach. Examples of this approach that are presented in this article are 'appraisal-transaction', 'meaning-making', and the 'model of coping modes'. The article closes with a brief outline of future perspectives for stress and coping research.

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