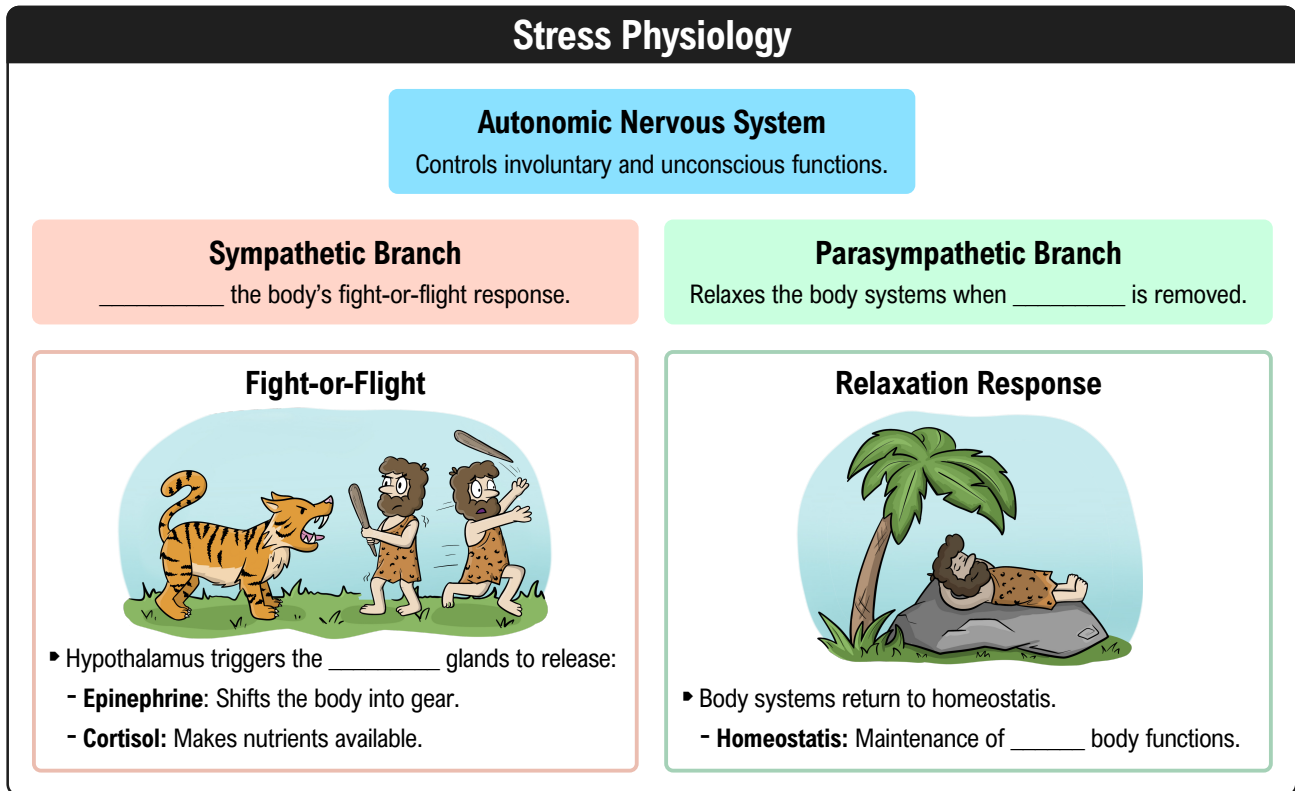


## CONCEPT: STRESS RESPONSE

- ◆ **Stress Response:** Internal changes that mobilize body's \_\_\_\_\_ to deal with the stressor.
  - Can be explained physiologically and psychologically.

## Physiology of Stress

- ◆ Encountering a stressor triggers a response from the \_\_\_\_\_ nervous system (ANS).



## EXAMPLE

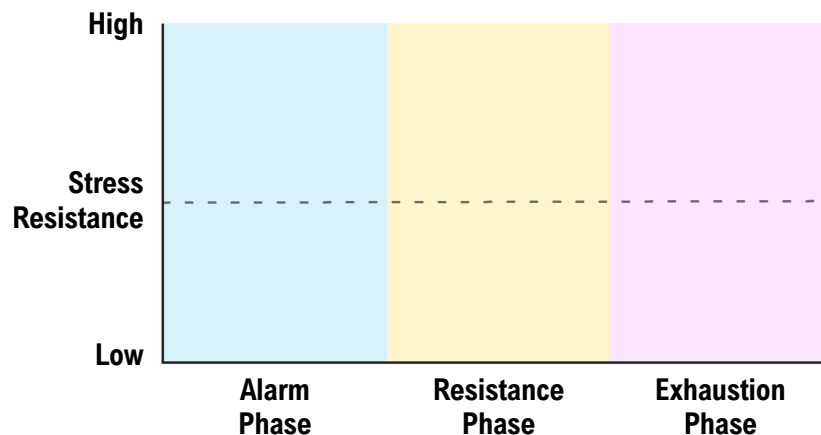
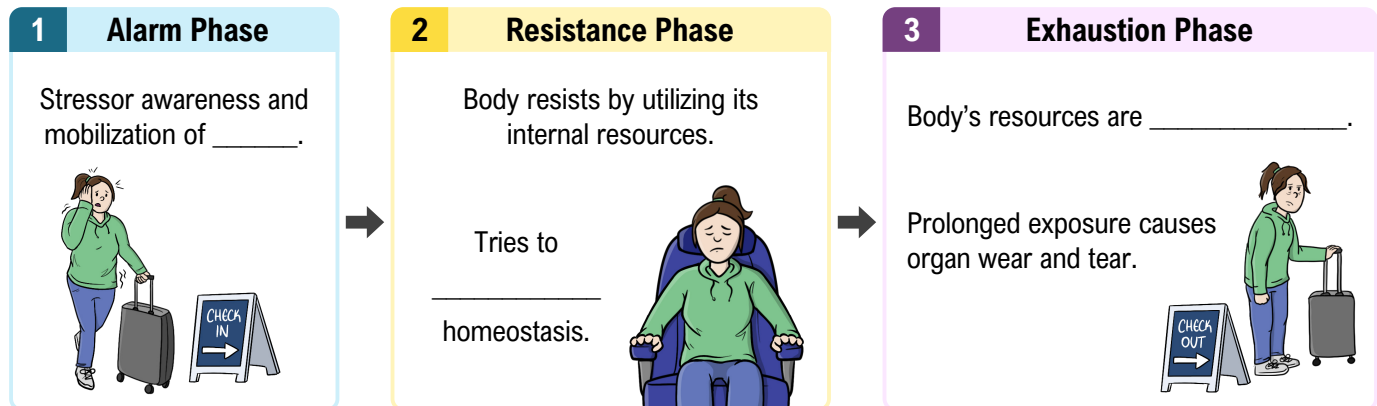
Which of the following is correct about the body's initial response to a stressor?

- a) The parasympathetic nervous system activates, and the body treats the stress as neustress.
- b) The cerebral cortex processes the information about the stress and prepares a response.
- c) The parasympathetic nervous system brings the body back to homeostasis after the stressor is removed.
- d) Hypothalamus triggers the release of stress hormones that prepare the body for fight-or-flight response.

## CONCEPT: STRESS RESPONSE

### The General Adaptation Syndrome

- ◆ According to this theory, all organisms have \_\_\_\_\_ responses to stressors.
- ◆ **Stress Resistance:** The body's ability to \_\_\_\_\_ to and function under stress.
- ◆ The GAS has \_\_\_\_ distinct phases.
  - **Alarm** → **Resistance** → **Exhaustion**



### EXAMPLE

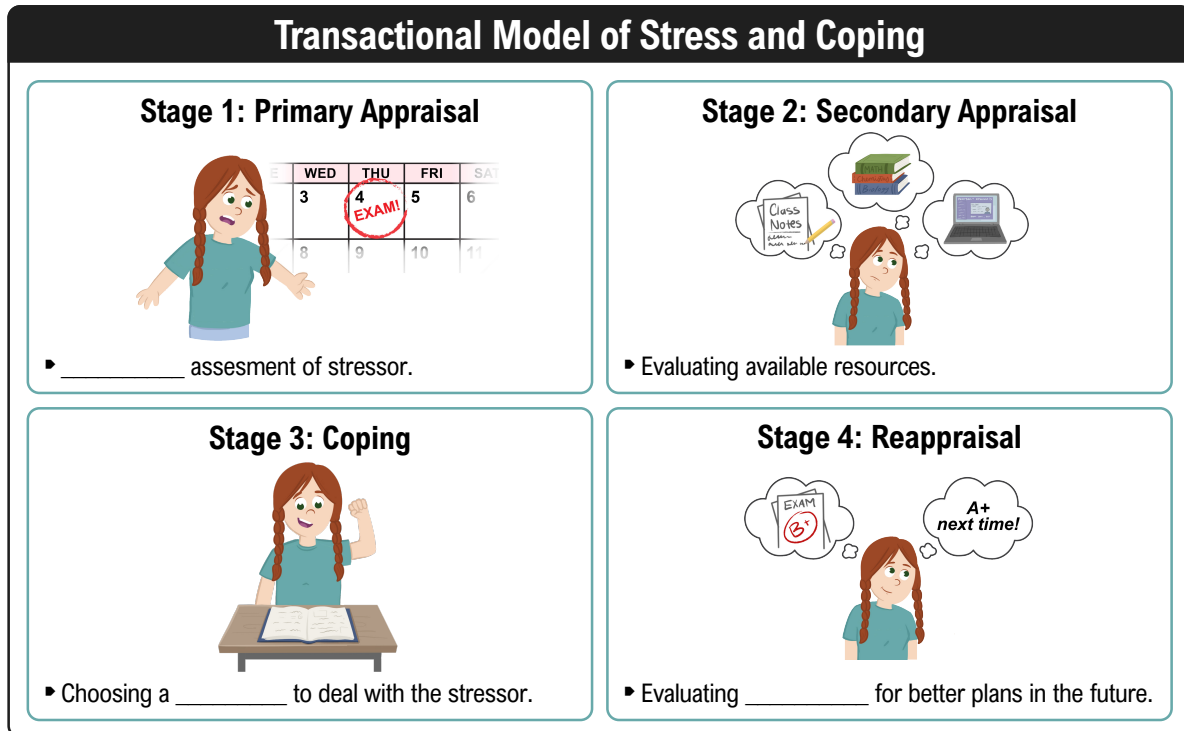
You were stepping off a curb to cross the road when you see a car racing towards you. Your body responds quickly, and you step back on to the curb to save yourself. Quickly after this, you feel a little lightheaded. Which phase of the general adaptation syndrome can explain the feeling of lightheadedness?

- a) Alarm                      b) Resistance                      c) Exhaustion

## CONCEPT: STRESS RESPONSE

### The Transactional Model of Stress and Coping

- ◆ An individual's stress response is based on their \_\_\_\_\_ of the stressor.
  - **Appraisal:** Subjective interpretation of a stressor by an individual based on their \_\_\_\_\_.
- ◆ The transactional model consists of \_\_\_\_ stages.



## **CONCEPT: STRESS RESPONSE**

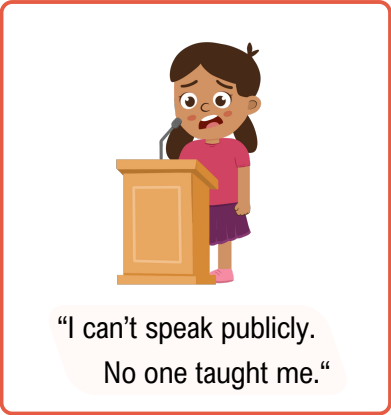
### **Factors Affecting Stress Response**

- ◆ An individual's appraisal of the stressor is influenced by:
  - The individual's coping ability.
  - Available \_\_\_\_\_.

### Appraisal and Stress Response



"I can convey my ideas.  
I learnt from the best."



"I can't speak publicly.  
No one taught me."

### **EXAMPLE**

Which of the following describes a secondary appraisal?

- a) Determining if the spot on your shirt is dirt or a spider.
- b) Determining if the thump upstairs is a burglar or a raccoon.
- c) Determining which study strategy would help you pass your final.
- d) Determining if the animal running towards you is a friendly dog or an angry dog.

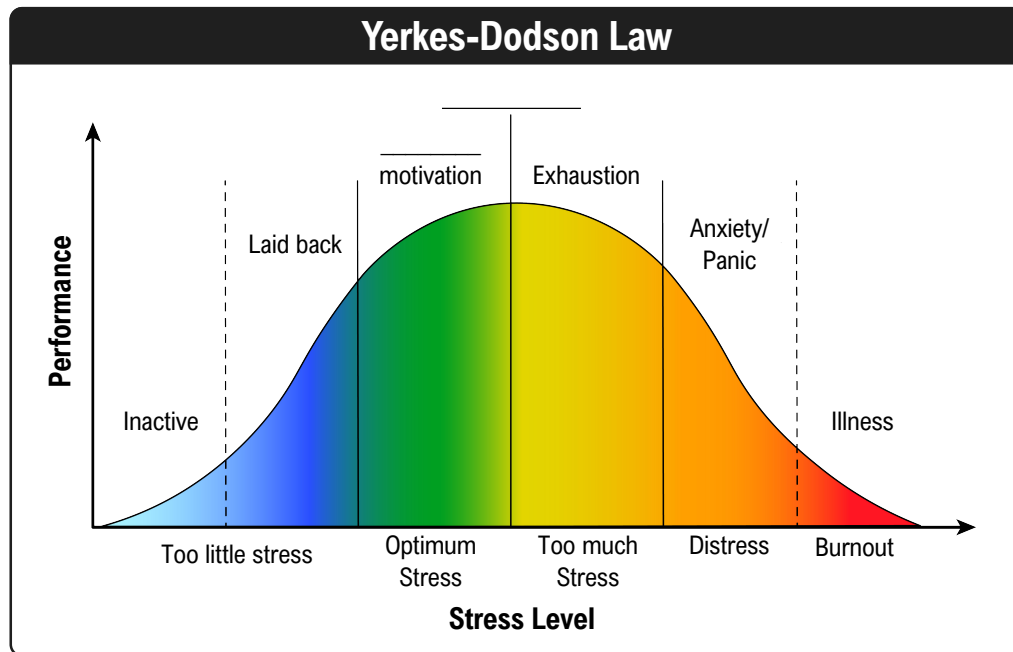
## CONCEPT: STRESS RESPONSE

### The Yerkes-Dodson Law of Arousal

- ◆ Explains the relationship between arousal (or \_\_\_\_\_) and performance.
  - Performance \_\_\_\_\_ with arousal only up to a certain point.

#### **Arousal**

Physiological and psychological state of being alert and ready to respond.



### **EXAMPLE**

Anna is given a new project, the successful completion of which could get her promoted. The deadline is close, but she believes that it is not beyond reasonable, and she is confident in her abilities. According to the Yerkes-Dodson law, what could be Anna's stress level?

- a) Too much stress
- b) Distress
- c) Too little stress
- d) Optimum stress

## **CONCEPT: STRESS RESPONSE**

### **PRACTICE**

Anna is given a new project, the successful completion of which could get her promoted. The deadline is close, but she believes that it is not beyond reasonable, and she is confident in her abilities. What could be Anna's appraisal of this situation?

- 
- a) Eustress                      b) Neustress                      c) Distress                      d) Strenuous

### **PRACTICE**

Seth recently lost his closest friend in an accident. He grieved for a while and now he is spending most of his time in his room either eating or sleeping. Which of the following stress response models could best explain Seth's behavior?

- 
- a) Yerkes-Dodson law  
b) Fight-or-flight model  
c) Transactional model of stress and coping  
d) General adaptation syndrome

### **PRACTICE**

Riley's car broke down on a highway. She realized that she was about 50 miles from her home. She opened the contacts app on her phone and started looking for friends that could come and help her. She decided to call Jamie because his home was nearest to the point where she was. Jamie came with a tow truck and helped her in taking the car to an auto shop. According to the transactional model of stress and coping, which stage was Riley at when she called Jamie?

- 
- a) Primary appraisal  
b) Reappraisal  
c) Coping  
d) Secondary appraisal