

Stress- any event that strains or exceeds a persons ability to cope

Linked to health- high levels of stress correlated with heart disease and stroke

Sources include frustration, conflict, pressure, life events, environmental conditions

Frustration- the result of not being able to satisfy a motive (i.e. child can't reach a toy they have dropped)

Conflict- occurs when 2 or more motives can't be satisfied because they interfere with one another

1. Approach-approach conflict- person must choose between 2 positive goals of approx. equal value (i.e. choose between job offers)

2. Avoidant-avoidant conflict- person must choose between 2+ negative outcomes of approx. equal value (i.e. choose between pain of toothache and discomfort/inconvenience of going to dentist)

3. Approach-avoidance conflict- achieving a positive goal will produce a negative outcome as well (i.e. moving away from boyfriend to go to good college in different state).

4. Multiple approach-avoidant conflict- requires individual to choose between 2 alternatives, each of which contains both positive and negative consequences

Pressure- stress that arises from threats of negative events (i.e. threat of not doing well in school, job, etc.)

Life events create stress because they require adjustment and coping

Negative life events- death of loved one, divorce, being a victim of crime, loss of job

Positive life events- marriage, birth of child, job promotion, new home

Both negative and positive life events can be stressful