

Exam 5 Final exam CJE 3110 Doerner

Stress

No one definition which everyone would approve; Selye says it is "the nonspecific response of the body to any demand made upon it." Grenick says it "occurs when a person perceives that he is unable to cope with the demands made upon him and when the consequences of this inability to cope are threatening"

Burnout

Occurs when there is a constant disjunction between job demands and worker resources. As the gap widens, one becomes less effective

Eustress

Positive stress (positive effects from it), such as with realistic training exercises

Distress

Negative stress; the strain that develops as a person becomes more and more engulfed in his personal occupational role; produces several harmful effects

General Adaptation Syndrome (GAS)

Patterned response of an organism reacting to stress; includes 3 stages of alarm reaction, resistance, and exhaustion

Alarm reaction stage of GAS

Triggered by the perception of some stressful condition or event. Acceleration of hormones/chemicals, stimulates sympathetic system (heart and lungs), heart beats faster, breathing is shallower and quicker, glands activate to produce fuel for muscles, adrenaline kicks in

Resistance stage of GAS

The body steps up hormone production to correspond to the level of threat or attack until the organism is at its peak alertness. The final spurt of energy and execution of a massive task fit here.

Exhaustion stage of GAS

Body runs out of fuel, physical reserves must recuperate or replenish themselves. Sleep and relaxation provide nutrition during this stage.

GAS and eustress

People undergoing eustress go through all three stages of the cycle regularly, welcoming the relaxation upon reaching exhaustion

GAS and distress

Under distress, there is often not a long enough resting period which causes exhaustion to kick in sooner than it should regularly. Constant distress reduces efficiency of the alarm stage.

Intra-individual source of police stress

Stress varies from one person to the next- depends on individual's perception and other internal factors

Type A personality

Tremendous drive, high anxiety, desire to excel in all endeavors, more prone to ulcers and heart attacks

Type B personality

Less driven, more moderate in their work habits and living styles

Inter-individual source of police stress

Stress from other people; medical conditions in particular

Organization source of police stress