

Chapter 7: Coping, Resilience, and Social Support

Learning Objectives

An asterisk () denotes material covered exclusively in the textbook*

1. Define coping
 - a. **Coping**: the thoughts and behaviors used to manage the internal and external demands of situations that are appraised as stressful
2. Know and understand the relationship between personality and coping
 - a. **Personality and coping**: The personality characteristic that each person brings to a stressful event influence how they will cope with that event.
 - b. What is negative affectivity?
 - i. **Negative affectivity**: A pervasive negative mood marked by anxiety, depression, and hostility. People with Neuroticism express distress, discomfort, and dissatisfaction in many situations.
3. Which positive emotional states are associated with coping?
 - a. **Optimism & Psychological Control**
 - b. What is psychological control?
 - i. **Psychological Control**: Belief that the individual can influence his or her behavior, environment and health outcomes.
4. Know and be able to recognize examples of each of the following coping styles:
 - a. **Approach coping**: Confrontation and vigilant; The tendency to cope with stressful events by tracking them directly and attempting to develop solutions; may ultimately be an effective method of coping, although it may produce accompanying distress.
 - b. **Avoidant coping**: minimizing; The tendency to cope with threatening events by withdrawing, minimizing, or avoiding them; believed to be an effective short term, though not an effective long term response to stress.
 - c. **Problem-focused coping**: Attempts to do something constructive about the stressful situations that are harming, threatening, or challenging on an individual.
 - d. **Emotion-focused coping**: Efforts to regulate emotions associated with stressful encounters; can be associated with distress.
 - e. **Emotional-approach coping***: The process of clarifying, focusing on, and working through the emotions experienced in conjunction with a stressor; generally has positive effects on psychological functioning and health.
5. Know and understand the variety of coping interventions
 - a. **Mindfulness Training**: Systematic training in meditation to enable people to self-regulate their reactions to stress and the negative emotions that may result
 - b. **Expressive Writing**: May reduce physiological activity associated with stressor.
6. What is the planning fallacy? What is its relation to time management?
 - a. **Planing Fallacy**: first proposed by Daniel Kahneman and Amos Tversky in 1979, is a phenomenon in which predictions about how much time will be needed to complete a future task display an optimism bias (underestimate the time needed).
 - b. time management is difficult is due to the planning fallacy
7. What is social support?

- a. Social Support: knowing that one is loved and cared for, esteemed and valued, and part of a network of communication and mutual obligations
 - b. Know the following: tangible assistance, informational support, emotional support, and invisible support
 - i. **Tangible Assistance**: Involves the provision of material support such as services, financial assistance, or goods.
 - ii. **Informational Support**: Family & Friend support, people who have gone through similar situations can help one another.
 - iii. **Emotional support**: reassuring a person he or she is a valuable individual who is cared for.
 - iv. **Indivisible support**: perceiving that a partner will be responsible to one's needs, can reduce the potential costs of receiving social support and enhance the health benefits of emotional support.
8. Know both the psychological and physical health benefits of social support
- a. Reduces psychological distress
 - b. Lowers the likelihood of illness
 - c. Speeds recovery from illness or treatment
 - d. Reduces the risk of mortality due to serious illness
 - e. Has beneficial effects on the cardiovascular, endocrine, and immune systems
9. Know and understand how social support moderates the effects of stress
- a. **Direct effects hypothesis**: Social support is generally beneficial during non-stressful as well as stressful times.
 - b. **Buffering hypothesis**: the physical and mental health benefits of social support are chiefly evident during periods of high stress; when there is little stress, social support may offer few such benefits.
 - c. **Matching hypothesis**: Different kinds of stress create different needs.