Candidate 5 evidence

5. Stress

a) Hardiness was defined by Kobasa (1983) to be seen in three Cs which were; control which meant that people in control of their lives and jobs were under less stress, challenge which meant that people who looked at negative situations as challenges to be overcome rather than obstacles were under less stress, and committment which meant that people who were committed to certain tasks or jobs were under less stress. However Kobasa might have been incomplete in their study as they only studied managers and executives who have significant control over their job as well as being more committed to a particular job due to financial investments. This means that Kobasa excluded workers who have the least control over their job.

b) The General Adaptation Syndrome was discovered by Seysle (1936) which found that no matter what physiological stresser was causing stress the stressed participants all had the same physiological reaction. This meant that stress itself caused damage to the body rather than being a by-product of harm and mental discomfort as stress caused the shrinkage of lympathic tissue, enlargement of adrenal glands and bleeding stomach ulsters this was called the physiological triad. A

strength of this study is that a wide range of physiological stressors were examined which increases the generalisiblity of the study however a weakness of the study is that Bell (2014) found that Seysle's research had been sponsored by the tobacco companies which means that his study could be biased to show that stress was more dangerous than smoking which has been associated with stress relief.

The General Adaptation Syndrome has three parts the first is general alarm this is when the body is initially shocked by a stressor and develops the physiological triad mentioned previously. This means that the body is unable to get rid of the stressor and succumbs to its negative effects. A strength of this is that this is easy to see as all of the rats developed the same symptoms immedietely after the different stressors were applied. However a weakness of this is that the stressors that Seysle used are extreme and are not generalisable to the mundane regulat stressors of occupational, social and environmental stressors that we endure.

The second stage of general adaptation syndrome is the resistence stage which is when the body is able to acclimatise to the stressor possibly through a sustained release of adrenoline or cortisol. This means that the body has its own ways of fighting against even extreme torture as Seysle's experiment amounted to torture on the rats. These results could mean that the body had evolved a self defence mechanism to protect itself in case of stress which means that the body is capable of surving under extreme stress for a period of time. However a weakenss of this stusy is that it was done on rats and may not be generalisable to humans due to the difference in our biologies.

The final stage of general adaptation syndrome is the exhaustion stage which is when the body can no longer sustain the resistence stage and exhausts itself back into the physiological triad. This means that the body does not have the capacity to protect itself from extreme stress for very long which means that extreme stress requires external assitance. These results mean that adrenoline and cortisol are not sustainable resources to use in order to reduce stress as they will exhaust the body of energy. A weakness of this study is that it is extremely unethical as Seysle's experiment amounts to torture which means that it cannot be replicated in the modern day which reduces its realiability.

A coping strategy to general adaptation syndrome is consumption of fatty, sugary foods as this sustains high levels of cortisol in systems. This means that the resistence stage can be prolonged by raising body glucose or energy levels to give help to adrenoline and cortisol. However this is not an effective strategy because it would lead to extreme weight gain which would require more energy for less.