

Candidate 4 evidence

		<u>Stress</u>	
5a		When stress occurs in the body it it triggers the sympathetic medullary system or sms. Through Through the sms the stressor is picked up by the amygdala which signals to the pituitary gland inside the hypothalamus to	

ENTER NUMBER OF QUESTION	DO NOT WRITE IN THIS MARGIN
	<p>begin the stress process. Here the autonomic nervous system is triggered and adrenaline is is released from the adrenal gland which puts the body in fight or flight. If stress is acute the body will go back to the parasympathetic nervous system and then resort back to homeostasis. If chronic the body will will go through the GAS stages and may resort to immunosuppression.</p>
6	<p>One effect of workload and control of workplace stress is that if mean a high workload can easily overwhelm individuals leading to them experiencing stress because they don't believe they can either manage or complete the workload given to them. One way to control and alleviate workplace stress would be to the give emotional support at home to or in work by taking some of others workload if you have nothing to do and your colleague has a mountain of work or by removing at home stress to allow individuals to the experience a work-life balance free of at home stresses such as picking kids up from school or cooking dinner.</p>

ENTER NUMBER OF QUESTION		DO NOT WRITE IN THIS MARGIN
③	<p>In Keicolt and Glaser's 1984 study into medical students physical responses to stress they found that the stress has a physical impact on your immune system.</p>	
	<p>In the study 56 1st year medical students were asked to give a blood sample and fill out a questionnaire during both mild stress times and high stress times. The first blood sample was taken under mild stress at not during exam times - and the results showed an overall normal white blood cell count. The second sample was taken during the exam period (high stress) and the students had ^{on average} significantly lower white blood cell counts than from the previous sample. However in terms of the questionnaire given those individuals who scored significantly high on the questionnaire before the exam period had a significantly lower white blood cell count than those who scored lower before the exam season. Therefore ^{each} individual deals with stress differently because.</p>	
	<p>This can be linked to Rosenman and Meichman's 1974 study into personality types which found that individuals can be categorised as either a Type A or Type B personality.</p>	

