

Download Coping With Stress Effective People And Processes

In psychology, coping means to invest own conscious effort, to solve personal and interpersonal problems, in order to try to master, minimize or tolerate stress and conflict.. The psychological coping mechanisms are commonly termed coping strategies or coping skills. The term coping generally refers to adaptive (constructive) coping strategies. That is strategies which reduce stress. Perceived stress, Executive Functions and Coping in Musicians A Dissertation Submitted in Partial Fulfilment of the Requirements for the Award of the Degree of Master of Science (Clinical Psychology) BY Sharon C Mathew (Reg.No.1124235) Under the Guidance of Miss. Nisha Vidyasagar Assistant Professor Department of Psychology CHRIST UNIVERSITY BANGALORE INDIA March 2013 APPROVAL OF DISSERTATION ...ANS: 2. Regression is coping with a stressor through actions and behaviors associated with an earlier developmental period, such as an 8-year-old child sucking his thumb and wetting the bed. Coping is a vital human behavior, one that is necessary for successfully navigating through the challenging and often murky obstacle course that is life.