

www.epsyhvce.com

Lazarus & Folkman Transactional Model of Stress & Coping

Coping options

Problem-based coping

Used when an individual feels that they have control over the situation and they can manage the source of the problem

Attempts to change negative emotions/ stress

Possible strategies

- Defining the problem
- Generating & seeking alternative solutions
- Learning new skills to manage the stressor
- Seeking acceptance, endeavouring to gain more insight into the stressor
- Reappraising by reducing our involvement

Emotion-based coping

Used when the individual feels that they can't manage the situation or control the source of the problem

Attempts to reduce the negative emotional state

Possible strategies for dealing with the emotions connected to the stressor

- Avoiding
- Distancing
- Acceptance
- Minimising
- Denial
- Disclaiming
- Seeking emotional support from partner
- Meditation/ relaxation/ physical exercise
- Alcohol
- Venting

Strengths of the model

Considers cognitive approaches (as opposed to the fight-flight response which focuses on physiological processes)

It is a dynamic model (not static) by examining an individuals interaction with the environment in terms of appraisal, reappraisal and ability to adjust

Caters for individual differences

Identifies alternative methods for managing psychological responses to stressors

Weaknesses of the model

It is subjective & variable (lacks empirical evidence)

Difficult to isolate primary & secondary appraisals because of their interdependence

Primary appraisal

Evaluates the significance of the encounter, which will be either

Our interpretation of stress is based on the transaction between us & our external environment

Thus we become stressed when there is an imbalance between the demands placed on us & our coping resources.

Significant

Evaluate

- Harm
- Threats
- Challenges

Benign-positive

Insignificant

Secondary appraisal

Evaluate internal & external coping options & the resources we have to create a more positive environment

It can lead to a potential reappraisal of the stressor