

# Krohne Stress And Coping Theories

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### **Krohne Stress And Coping Theories**

1. Theories of Stress
  - 1.1. Systemic Stress: Selye's Theory
  - 1.2. Psychological Stress: The Lazarus Theory
  - 1.3. Resource Theories of Stress: A Bridge between Systemic and Cognitive Viewpoints
2. Coping Theories
  - 2.1. Classification of Approaches
  - 2.2. Macroanalytic, Trait-Oriented Coping Theories
    - 2.2.1. Repression-sensitization.
    - 2.2.2.

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### **Krohne Stress and Coping Theories - Freie Universität**

Stress and Coping Theories. @inproceedings

{Krohnea2004StressAC, title= {Stress and Coping Theories}, author= {H. W. Krohnea}, year= {2004} } H. W. Krohnea.

Published 2004. This article first presents two theories representing distinct approaches to the field of stress research: Selye's theory of 'systemic stress' based in physiology and psychobiology, and the 'psychological stress' model developed by Lazarus.

### **[PDF] Stress and Coping Theories | Semantic Scholar**

Cancer diagnosis is a stressful event and coping is the primary mechanism used to adjust and counteract the stress. This study aims to assess the coping styles and prevalence of depression among solid organ cancer patients during treatment phase, attending two tertiary care hospitals of Karachi.

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### **Krohne, H.W. (2001) Stress and Coping Theories. The ...**

According to coping theory, stress arises from the inability to cope with a situation due to constraints or lack of resources (Folkman 1984; Krohne 2001).

### **Stress and Coping Theories - ResearchGate**

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1. Repression-sensitization. This theory explains that coping happens along a bipolar dimension with repression at one end and sensitization at the other. People who cope by repression tend to deny or ignore the presence of a stressor to minimize its effect.

### **What is Coping Theory? - PositivePsychology.com**

Macroanalytic, Trait-oriented Coping Theories A.

Repression-sensitization. This theory states that there is a bipolar dimension in which a person copes with the stress in only one of two opposite poles – repression or sensitization. People

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who tend to be repressers cope with the stress by means of denying or minimizing its existence.

### **Theories of Coping - Trait and State-Oriented Models**

Prystav, G. (1985). Der Einfluss der Vorhersagbarkeit von Stress-Ereignissen auf die Angstbewältigung [The influence of the predictability of stress events on coping behavior]. In H. W. Krohne (Ed.), *Angstbewältigung in Leistungssituationen* (pp. 14-44). Weinheim: Edition Psychologie. Google Scholar

### **Coping with Stress | SpringerLink**

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The two concepts that are fundamental to the psychological stress perspective are appraisal and coping (Krohne, 2002). The stress appraisal model, developed by Lazarus & Folkman (1984) is the most influential psychological stress model.

### **Stress and Coping Theory Across the Adult Lifespan ...**

H.W. Krohne This article first presents two theories representing distinct approaches to the field of stress research: Selye's theory of 'systemic stress' based in physiology and psychobiology, and...

### **Heinz W. Krohne's research works | Johannes Gutenberg**

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Figure 16.4 Theories of stress as response, stimulus, and transaction. In his book Psychological Stress and the Coping Process (1966), Lazarus presented an elegant integration of previous research on stress, health, and coping that placed a



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person's appraisal of a stressor at the centre of the stress experience. How an individual appraises a stressor determines how he or she copes with or responds to the stressor.

### **16.2 Stress and Coping - Introduction to Psychology - 1st**

...

Theories of Coping Sarah Mae Sincero35.1K reads Basically, coping refers to an individual's attempt to tolerate or minimize the effect of the stress, whether it is the stressor or the experience of stress itself.

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From Folkman and Lazarus' Ways of Coping Questionnaire and

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Charles Carver and colleagues' Coping Orientation of Problem Experience (COPE), some common strategies or categories for coping responses are accepting the situation or one's role in it, active/confrontive coping to remove the stressor or oneself from the stressor, anticipatory coping aimed toward an expected but uncontrollable event, avoiding/escaping the stressor or associated feelings of distress, denying the problem or feelings ...

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