

Verhalten In Stresssituationen - Claudia Mueller

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In der vorliegenden Arbeit zu dem Thema Stress was tun wird ein Einblick hinsichtlich dessen gewÃ¶hnen, was eine Stresssituation hervorrufen, verringern und vermeiden kann. Es werden zunÃ¶chst die wichtigsten Begriffe bezÃ¼glich dieser Thematik geklÃ¤rt. Es werden zwei Stressmodelle vorgestellt. Zum einen das Stressmodell von Lazarus, welches sich auf Problem- und Emotionsorientierung im Bezug auf das BewÃ¤ltigen von Stress konzentriert und zum anderen das ressourcenorientierte Modell, welches sich auf eine Erhaltung von persÃ¶nlichen Ressourcen eines jeden Menschen stÃ¼tzt. Des Weiteren wird auf einige spezielle BewÃ¤ltigungsstrategien eingegangen, worin dargestellt wird, auf welche Weise ein Individuum in optimaler Weise mit seinem Stress umgehen kann. Letztlich erfolgt im Anhang die Auswertung zweier selbst gefÃ¼hrter Personenumfragen, wodurch deutlich wird, dass jeder Mensch eine andere Empfindung von Stress und den auslÃ¶senden Faktoren besitzt. Author: Mueller, Claudia Publisher: GRIN Verlag Illustration: N Language: GER Title: Verhalten in Stresssituationen Pages: 00023 (Encrypted PDF) On Sale: 2010-01-01 SKU-13/ISBN: 9783640772452 Category: Psychology : General

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