

Stress Control and Concerns: Cognitive and Behavioral Assessments



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Opinion

Stress is a salt of life, no one escapes the stress of bondage in a life of increasingly challenging vagaries. However, one's resistance to stress is different. Uncontrolled stress can trigger other anxiety and mental illnesses for those with exposure factors such as genetic background and personality disorders. Therefore, it is important to control stress early on before it brings short and long-term complications.

On this awareness then this book was written, in addition to the lack of a clinical psychological reference book in the Malay language. The easy way to treat patients with anxiety problems is to provide a sedative that can cause many complications, among which is the tendency to rely on or addictive drugs in the long term stress can be defined as a transaction or response between individuals with stressor which will produce stress response. The cause of stress is any stimulus which assumes that the individual may endanger or threaten it. However, not all those stressed can be stressful. The general definition of stress is an individual action against an event or event that requires it to make adjustments in itself or in the environment. From different angles, stress can be defined as a condition when there is an increase in adrenergic activity that causes physical, psychological and behavioral symptoms. Famous names relating to stress physiology include Claude Bernard, Walter Cannon and Hans Selye. Bernard begins to introduce the concept of the environment in the body (milieu interieur). Before the concept of stress was introduced, Bernard

had already explained how organisms can maintain internal balance despite external interference. For example, how the body acts to maintain a heartbeat balance, body temperature and respiratory rate when weather changes occur.

The work of Bernard was connected by Walter Cannon, 50 years later. He developed the concept of interieur milieu and renamed it as a process of environmental stability (homeostasis). Cannon presents the theory that life-forms will maintain homeostasis to keep the body's system diverge from its original function. When the body system deviates largely from the original function, the whole organism will be in danger. In order to prevent this from happening, the internal physiology process will act automatically to restore it to its original state, thus the body can offset the influence of external pressure.

Hans Selye from Canada continues to work on Cannon. In his attempt to the animal in the laboratory, he found that the animal not only acted on the stimulus by doing complex physiological processes, but also produced the same response regardless of its cause. Selye named this phenomenon as a non-specific response to stimuli. A non-specific response to this stimulus is the basis for stress theory by Selye. He then defines stress as a non-specific body response to any stimulus. Selye then produced a model to explain the non-specific responses and adjustments that the body had to take. This theory is named as General Adaptation Syndrome (GAS) which has three phases: alertness, resistance and fatigue. These three phases are sequential to each other.



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