

Example of stress is  
a complicated  
syndrome with  
complicated  
outcomes essay

[Science](#), [Genetics](#)



What is stress? Hans Selye first used the word “ stress” in 1936 to describe a non-specific syndrome. No one liked the term at the time; even Selye himself later said he wished he’d used the term “ strain” instead, as used in physics to explain the reaction of materials to external force. In physiology, stress is the body’s reaction to outside pressures; but not all stress is bad, and not all reactions to stress are good.

In psychology, stress is linked to depression. But the type of stress that leads to depression depends on the type of person experiencing the outside pressure; because, whereas all people feel stress, not all people react the same way to stress. So a better approach to understanding stress is to ask, not what causes stress, but rather, why a certain person reacts to a specific stress in a particular manner. There is no clear answer.

Scientists have discovered a number of genetic and neurochemical factors that are linked to depression. For example, certain people are predisposed to depression. Some say that is genetic, others attribute it to personality.

Personality traits can determine how a person reacts to a certain stress---- how they solve problems or make decisions, their way of coping, their perceptions of control, and their relationships with others. But the most important factor that has been linked to depression is not personality but the interaction within the family. Your family has an impact on your self-image and helps shape your personality.

Society is, in a way, an extension of your family, so it too can shape your perception of factors that may lead to stress. What can lead to pathological stress in one society can be a source of pride or joy in another.

There are various approaches to coping with stress, like managing your time,

taking good care of your health, practicing relaxation, or nurturing a sense of humor.