

Philosophy of science

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Philosophy of Science Definition of stress within the Two Perspectives From a logical perspective, stress entails the amount of pressure that people experience that result to overtraining due to the mental condition it puts people into. The kind of stress can only be proved through scientific methods. The theory supports the fact that impractical ideas can only be accepted only if they can be measurable. According to the definition, stress can be said to exist if it can be quantified. It does not have any qualitative aspects. Those who enroll to the theory of thought put emphasize on using empirical research to define stress. However, the definition of stress from the proponents tends to face a lot of criticism (Passmore, 1967).

The second definition of stress from the organism perspective is a set of challenges that human being face. The challenges cause discomfort, anxiety, speculation, and uneasiness among other emotions. When the challenges face people, they must devise ways to overcome them. The evaluation is done in order to determine whether one is capable of solving the issue at hand. When the means of solving the problem are exhausted, and no changes have been made, it results to stress. According to this perspective, stress is the set of forces that originate from the external environment that make life very unbearable for human beings. The forces make it difficult for human beings to cope with the conditions that exist. It causes mental torture and result to hormonal changes that may interfere with the biological functions of the body. The body then becomes exposed to diseases. This kind of stress originates from factors which are beyond the control of individual (Despues, 1999).

Best definition

The process organism perspective definition is the best because it

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acknowledges that the stress is largely outside the control and influence of a human being and has the potential to have an adverse impact on someone. Sometimes, stress requires anyone to be skilled in knowing how to overcome the stressful situations and position himself strategically in order to survive. Internal factors and external factors are the main causes of stress.

Justification

Logical positivism definition of stress is only concerned with proving that stress must be determined using measurable parameters. It does not provide the tools that can be used to measure the existence of stress. The proponents of the definition had only the intention of watering down the concepts of believers of metaphysics philosophers. Philosophy branch deals with abstract concepts where theoretical work is being emphasized. The two schools of thoughts were antagonistic because of what they believe. Process organism perspective is the best because stress is something that is observable in human beings. One does not have to prove scientifically that stress exist because its effects can be seen from how people behave. It is also very difficult to measure biological changes in a person because stress is something that is intangible and the only way we can detect its presence is by looking at the effects it causes. Reactions in the body are not only caused by body movement but also intangible factors that may be unnatural or natural. Therefore, stress, which is a process cannot be said to be dynamic. Stress comes when because a person is trying to achieve a particular goal which may have some hurdles (Jaques, 2002).

References

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