

Psychology scientific articles summary

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Psychology scientific articles summary A study conducted on stress levels on individuals showed that self-care practices have been perceived to be related to stress levels among individuals. Some differences were noted based on the demographic factors. The demographic factors that trigger stress are the age of an individual, the relationship status and sufficiency of income cost of living. Students are prone to stress, especially students with more workloads, like law, psychology and medical students. In a study conducted on graduate students, it was noted that psychology graduate students that had an insufficient household income compared with their cost of living were prone to stress. In the demographic factor of relationships, the study showed that married psychology students were not victims of stress. The unmarried students showed signs of being stressed. In the age issue, older students reported less stress. This is because they had few daily hustles than the younger counterparts.

Demographic factors in individuals that trigger stress, which are, the cost of living, age and relationship status of students; have to be controlled to prevent the factors from becoming stressful on students. The self-care practices were specific for the practices to emerge as independently contributing to variance in perceived stressful situations. Consistent with the hypothesis of managing stress, enough sleep and hygienic practices were noted as the self-help practices that could be practiced to manage the stress levels in individuals. The other option of managing stress is by graduate students being involved in social support groups. The groups help individuals open up; as it has been said, a problem shared is a problem half-solved (Schinka, Wayne and Irving 201). Giving students a chance to open up in the social groups, and state their grievances, helps distract them from evil

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thoughts like suicide and illicit activities.

Emotion regulation strategies of cognitive reappraisal were identified to be significantly related to perceived stress. This is because the process of cognitive reappraisal involves reevaluating stressful situations in a way that alters the emotional impact, while suppression involves inhibiting the expression in emotion. Reappraisal by students to help control the amount of stress has been known to regulate emotions, this strategy has been noted to greater well being of individuals who practiced the strategy. A study conducted on the neural base of the regulation strategy, showed that expressive suppression might have adaptive results in the short term, as individuals may be able to reduce negative experience and behavior.

The hypothesis that mindfulness lowers the measure of stress in individuals was however, found to be pure bliss, because contradicting to this perception mindfulness has been identified as one of the factors that trigger's stress. In a discrepancy between the frequency of mindfulness practice and mindful acceptance, it was noted that there was a correlation between the two factors. It was noted that individuals who never engaged in formal mindfulness practice had lower levels of mindful acceptance, than those who were engaged in mindful practices unusually often. Carmody and Baer in the article had the findings that increases in trait mindfulness entirely mediated the relationship between time spent engaging in formal mindful practice and stress reduction. The types of stress in individuals and ways of managing the stresses in the life of students enables students to know the value of educating people and training them on how to tackle stress.

Works Cited

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Schinka, John A, Wayne F. Velicer, and Irving B. Weiner. Handbook of Psychology Volume 2. Hoboken: John Wiley & Sons, 2003. Internet resource.