

# Psy 210 case # 2 essay



**ASSIGN  
BUSTER**

Final project: Case study 2 Axia College University of Phoenix Psy 210 Case Study #2 Michael is a 40-year-old airline pilot who has recently begun to experience chest pains. The chest pains began when Michael signed his final divorce papers, ending his 15-year marriage. He fought for joint custody of his two children, ages 12 and 10, but although he wants to be with them more frequently, he only sees them every two weeks. This schedule is, in great part, a result of his employer's announcement that budget constraints would result in layoffs.

Michael worries that without his job he will be unable to support his children and lose the new townhouse that he purchased. Michael's chest pains are becoming more frequent and he fears that he may be dying. 1. What are the causes of stress in Michael's life? How is stress affecting Michael's health? The causes of stress in Michael life are because he is getting a divorce, the custody of his 12 year old and 10 year old.

And there is a possibility that Michael might lose his job as an airline pilot, and his new townhouse. Michael is going through some major changes in his life right now. These are very negative changes Michael is going through. The problem Michael is dealing with has caused him a lot of stress in his life.

Stress has negatively affected Michael's health. It is hard for Michael to deal with his life changes it messes up his life on dealing with stuff day to day. Symptoms Michael started experiencing with his health are having chest pains as well as Michael is experiencing panic attacks; Michael fears that he is going to pass away. The Pain in his body is a warning signal that he is having health problems, therefore, Michael should consult his doctor to find

out what is causing his chest pains . So the doctor will give him test like a stress test where he will put him on treadmill then shoot die in him and get pictures of his heart.

Once the doctor determines what is wrong he can work with Michael on his stress, as well as all of Michaels life changes that is causing Michael's chest pains; the doctor will show Michael different ways to reduce his stress levels and show Michael how to cope with stress in a positive way. 2. How are these stressors impacting Michael's self-concept and self-esteem? Michael case, his self-concept is based on how he feels and personal needs. Michael thinks that he going through a divorce could be his fault which might make him think it was his fault and it could affect Michael's self-esteem. Michael fears if he loses his job it could make it hard for him to support him and his kids in.

Michael feels that the he needs to have control over what is going on in his life, and the need to interact with different people. If these needs are met, Michael will have a positive attitude, and will feel he is useful for his family. Therefore, the result is a positive self-concept and self-esteem. On the other hand, if the needs are not met; Michael will feel like he is a nobody and will be depressed. As a result, the outcome is a negative self-concept and lack of self-esteem. Positive self-concept will give Michael different resources that will help him deal with his problems and stress and he will be able to be positive in taking care of his family.

3. How might Michael's situation illustrate adjustment? How might this situation becomes an opportunity for personal growth? Michael first should

go to the Doctor to get help for the chest pains and talk to the Dr. about the emotional concerns he is having about the divorce, his two kids, and the future of the employment with the airlines. In addition, see what medications are good for Michael's stress problems. Second Michael should confide in his best friends and or family members about the stress he is having in his life. Third Michael should go to a counselor or a preacher or Priest for further help with his stress.

Fourth, he should look into instrumental aids and find different resources in his community to cope with the stress that he is dealing with in his life. Michael should get feedback from friends that he trusts in developing a give-and-take relationship from whose opinions Michael could trust. Michael should try to meet someone new to go to the movies or to dinner, that would help Michael's stress level decrease a lot. This could be an opportunity for personal growth for Michael is to laugh a lot more in life, listen carefully when someone is speaking to you, Michael should take care of himself. And Michael should keep his family and friends close to him.

4. What defensive coping methods is Michael using? What active coping methods might be healthier for Michael to use? Explain why you would recommend these methods. From the symptoms, Michael is having from having high stress levels the chest pains, I feel Michael he is not using any kind of defensive coping methods for his problem, Michael should think about doing some coping methods for the stress he is going through physical exercise. I feel Michael should get his mind off his family life or his work life, he should think about going to the gym and take some stress off by shooting a basketball, or take a swim, or go to the lake, and do some fishing or

canoeing. Another form of a coping method is Meditation Michael should begin mediating once or twice a day and the stress level will start to go away. In addition, another way is for Michael to relax his body parts and that will help his stress level go down.

5. Select one theory of personality and use this theory to tell Michael how this theory explains his situation. The theory I picked is Anxiety disorder. Anxiety disorder is a serious condition that is caused by extreme and chronic anxiety which interrupts thought, mood, behavior, exaggerated worry, unfounded tension as well as physiological activity.

Therefore, Michael anxiety will become worse if not treated by the doctor immediately. As of this year according to the National Institute of Mental Health (NIMH), about affect about 40 million American adults age 18 years and older (about 18%) in a given year. Michael is experiencing chest pains after so many life changes. Therefore, it is urgently recommended that he seeks medical attention from his doctor. Michael can also regain control of his health by focusing on a plan that can help him minimize his stress. Also, talk to his family and friends in order to get some positive feedbacks that will help him regain his locus of control.

. In what stage of development is Michael what factors about this stage might be impacting his or her perspective of this situation? Michael is in the Resistance phase because he continues experience stressful conditions he is tired, Michael feels run down. As the pressure mounts he struggles to go through different things going on in his life like his divorce, not seeing his kids a lot and the possible loss of his job with the airline. starts getting bouts of

irritation, there is over-reaction to minor issues, sleep pattern starts getting altered and he starts getting weaker both mentally & physically. Very clear physical, psychological and behavioral changes are observed by others. If observed by his doctor he would be able to have a better attitude in life.

7. What relationship factors or considerations might be influencing Michael's problems? . The relationship factors or considerations that might be influencing Michael's problems are the divorce from his wife, and not being able to spend time with his kids, and the thought of losing his job with the airline, and losing his townhome is causing the stress that is causing the chest pains he is having.