

Coping processes

[Psychology](#)



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Instruction: Task: Coping. Coping can be defined as the dynamic process that incorporates both logical and interactive activities that enable an individual to manage various situations that are generally considered to be beyond the individual's scope. There are various common coping patterns, some of which have limited value such as denial. In denial, an individual tries to cope by imagining that the situation is inexistent. Humour is also another coping pattern that makes an individual to take the situation lightly and just point out the fun and amusing elements (Palermo 89). Additionally, coping can be constructive in the sense that it has the nature of reducing the stress levels. As such, constructive coping is basically coping strategies that result in reduced stress levels and the general betterment of the individual.

Appraisal focused constructive coping mainly considers the various appraisal mechanisms that reduce stress levels. In appraisal coping, an individual focuses on themselves, and anything they can change to modify their perception of the problem at hand (Palermo 111). As such, adjusting their expectations is one appraisal-focused constructive coping. On the other hand, problem focused constructive coping is mainly fixated on the cause of the problem necessitating the coping activities. The individual isolates the cause of the problem and consequently tries to solve it. Considering emotion focused constructive coping, the main centre of focus is finding ways of releasing the feelings and hopefully feeling better. Strategies such as relaxation and physical recreation can aid in releasing some harboured emotions, thereby making it much easier to cope (Palermo 194). In recollection, coping is very essential in innumerable stressful situations. The various factions of coping also make it better at handling situations, and personality also plays a critical part in addition to the environment in which <https://assignbuster.com/coping-processes/>

an individual is in.

Works Cited.

Palermo, Davis. *Coping with Uncertainty: Behavioural and Developmental Perspectives*. New York, NY: Psychology Press, 2014. Print.