



Mini Review

COPING STRATEGIES AGAINST STRESS - A BRIEF REVIEW

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ABSTRACT

The review article examines the basic principles of coping strategies for dealing with stress. More important coping strategies are considered. Several new copying strategies have been described, missing in the scientific literature. These strategies are often used by stressed patients without realizing that these are unhealthy coping strategies that often deepen the problems rather than solve them. The psychologist's job is to identify and discontinue them if there is a clear desire on the part of the client. Some of these copying strategies are Changing live communication with virtual communication, Acceptance of foreign culture as a way of life, Self-deception (self-delusion), Topping or giving up food.

Key words: stress, coping strategies.

INTRODUCTION

In psychology, the term "copping" is defined as a set of thoughts and actions that allow us to solve certain psychological problems aimed at reducing stress. Richard Lazarus distinguishes them into two main categories of "problem-focused" (changing situation) and "emotionally-focused" (changing their attitude to the situation) coping strategies (1). In a stressful situation, the person chooses one of the two strategies of a problematic or emotional coping strategy. Following the choice, the client switches to a "reassessment" that involves learning and experiencing new life situations and using them in the future in similar situations. There are several identified copy strategies with two main types - active and passive copying. The first major copy strategy is active copying. It addresses problem-focussed coping strategies and addresses the problem. It has been shown that the strategy of focusing on the problem leads to lower levels of negative emotions in stressful situations, which is perceived as a way of exercising control of behaviour towards constructive decisions (2). Therefore, problem-focused strategies are increasingly used to address the negative deadsuppressive (3) and social problems (4). Strategies such as seeking

social support, aggressive coping through verbal or physical aggression, or expressing feelings also relate to the individual's capabilities and capabilities. In favor of the effectiveness of the "social support search" strategy, there is evidence from various studies (5). It has been shown that students who have received higher results on the scale of development use the active strategy to deal with stressful situations (6). Today, strategies for active stress management have been researched and continued to be explored in different spheres and different types of activities. When applying these strategies, let us be aware that stress can be expressed as a somatic or mental disorder of considerable severity in response to a strong somatic or psychic change (7). Serious attention is paid to the communication qualities and abilities of the individual, his emotional state and his success in the social sphere. Coping strategies are assessed primarily in terms of their effectiveness or inefficiency. An important criterion for effectiveness is to assess the reduction in the sense of vulnerability caused by stress.(8)

The second major type is passive copying strategy. It refers to emotionally-focused coping strategies and consists in avoiding an attempt to influence the stressor and to establish a certain control over the situation. This copy-strategy aims to achieve a change in the importance of the stressful situation for the

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person. In this case, a type of behaviour is chosen that allows stressors to survive and survive. For this kind of response, the escape in the sphere of dreams is typical. The stressed mind focuses on desires and dreams that are positive but are far from the stressful situation in which the individual has fallen. Another strategy to tackle is "a positive reassessment of the situation." (9) On the one hand, giving a positive reassessment in a difficult situation reduces emotional stress and adaptation, and, on the other hand, the change in attitude to the situation as a result of reassessment distracts attention from solving specific practical problems, there is a belief that a positive thinking strategy can be effective in situations where the subject cannot control the outcome of events. these strategies of coping lead to a higher level of achievement than the average for students as a level of education skills.⁹ The distance is to behave as if nothing has happened The use of emotionally focused strategies mostly associated with adaptation difficulties as well as related to the manifestation of many symptoms of anxiety and depression. (10) Focus on the positive is also part of the passive coping strategies and is a review of the situation as a positive experience. Unloading takes place in the area of emotionally-focused coping and refers to the reduction of stress from stress through the expression of emotions or the use of alcohol, cigarettes, tranquillizers and physical exercises. Passive strategies can also address self-isolation, self-admonition and mixed coping with emotions and the problem.

DISCUSSION

Experimental research provides different information on how school children escape stressful or behavioral and cognitive behavioral situations. In children, they are associated with high levels of depression, (11) (12) anxiety, and difficulties in adapting to school. (13) Children with an avoidance strategy have been shown to show fewer behavioral problems at school and in the opinion of teachers, have greater social

competence. It is possible for children to avoid a lingering strategy to be associated with social success when a stressful situation is out of control. In this case, avoidance helps to prevent the growth of the negative situation. In addition, the researchers suggest that avoiding co-treatment can be useful in situations of low stress, but in the case of prolonged stress avoidance they are seen as an inadequate response. (14)

Problem-solving strategies, in general, are more effective than a strategy that aims to change the individual's attitude towards the problem. Studies show that using multiple coping strategies is a more effective choice than choosing just one specific way to deal with the situation. (15) As has already been mentioned, the effectiveness of coping strategies to deal with stressfull situations depends on the reaction itself and on the context in which the reaction takes place. Coping strategies that are ineffective in some situations may be effective in others. Psychological literature presents classifications that address coping strategies as specific behavioral responses and activity control. The account is taken of planned behavioral strategies that serve to maintain or restore control in situations where the person is in jeopardy. For example, in the proposed "Strategic Control of Managerial Behavior" classification, it is assumed that coping strategies for children vary in four strategic dimensions of behavioral control: 1 / activism, 2 / indirect actions, 3 / prosocial and 4 / antisocial behavior. A similar classification was proposed by Hobfollom (16) In his COR theory, The Theory of Conservation of Natural Resources, he suggests to consider behavior from six perspectives: prosocial / antisocial orientation, direct / indirect behavior, and pas-sive / active behavior.

Table 1. Copy Strategies

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|---------------------------------|
| 1. Emotion focused: |
| <i>Focusing on the positive</i> |
| <i>Self blame</i> |
| <i>Wishful thinking</i> |
| <i>Self isolation</i> |
| <i>Distancing</i> |
| <i>Tension reduction</i> |
| <i>Passive coping</i> |
| 2. Problem focused: |
| <i>Active coping</i> |
| <i>Seeking social support</i> |

Types of coping - strategies

There are extremely many types of lingering strategies, but here we will just name a few that would be useful to overcome everyday stress. They can be divided into several types of coping strategies:

1. Healthy and Unhealthy Spanking Strategies (17).

Focusing on health, all strategies and behaviors are an effort to reduce stress and can initially be effective. Healthy strategies are those that help to cope with stress and will not have negative consequences. The co-ordinating planning framework groups them into self-sedating (e.g. deep breathing, monologue, positive self-confidence or prayer), relaxing or distracting activities, social support and seeking support from health care professionals (if personal strategies are not effective enough). Unhealthy strategies are those that could help in the short run, but are more likely to have negative consequences than positive ones. These include negative conversations and activities (e.g. emotional eating - overeating, conflict with others, alcohol and drugs, self-harm, social exclusion, and suicidal thoughts). The individual himself makes a plan on how to overcome stress and then use the plan as a quick way to apply healthy strategies to deal with when anxiety is depressed. The plan increases the likelihood of using healthy strategies to cope before the person uses the usual unhealthy strategies.

2. Vulnerable Copy Strategies (18)

The first category of voluntary coping strategy to tackle involves voluntary engagement by appropriate individuals, for example by mobilizing a social circle of acquaintances. The second category of tackling includes voluntary strategies such as gathering information, predicting hazards, and remediating response to hazards. The third category of involuntary physiological response is unwelcome to overcome stress and is feverish fever or nervous system excitation. This leads to the introduction of unconscious homeostatic mechanisms that reduce the effects of sudden stress.

3. Protective mechanisms (19)

The study of coping security mechanisms for coping has a long history. The subject was originally described by psychodynamic psychotherapists (including Dr. Freud) who call them protective mechanisms. The literature of the defense mechanism largely

focuses on mental illnesses and the ways in which different primitive mechanisms serve to a large extent to sustain a serious disease rather than reduce it. Later, more cognitively oriented researchers initiate a separate coping study that focuses more on mental health and ways to learn mature methods to cope in order to improve health. Although some authors suggest that the term "safeguards" should be reserved for describing immature coping strategies and the term "coping techniques" for more mature and helpful coping efforts.

Seven ways to deal with stress can be distinguished in the scientific literature (20):

1. Positive attitude to the problem. The way the problem is thought and perceived, as well as the perspective approach, can lead to a standard or non-standard solution to the problem. A positive attitude to the problem within the framework of normal, generally accepted moral, religious, legal and ethical norms and laws can help to compensate for difficult stressful situations and resolve the problem.
2. Assume the fact that there are events that can not be placed under our control. This strategy allows you to redirect energy where it can be more effective for the end result.
3. Learning to Relax / Leave. The purposeful relaxation of the body, mind and psyche (such as deep breathing, muscle relaxation and mental meditation) is essential for the learning of the mind and the body and the psyche to relax and rest. Relaxation has its practical benefit, therefore it is advisable to apply it.
4. Permanent activity. It has been shown that an active attitude towards life and problems helps to overcome stress.
5. Well-balanced meals. Healthy eating is necessary to reduce stress. An important element is a healthy life and longevity as well as reducing the likelihood of physical illness.
6. Holiday and sleep. The human brain, and body need a minimum amount of time to restore the psyche, the nervous system and the physiological functions of the body from stressful events. In this sense, sleep is the most natural antistress recovery process that can not be replaced by anything else.
7. The consciousness of the stressors. Recognizing the factors that lead to stress can help find more effective ways to cope with stress. If stressors are known, stress can be partly controlled by appropriate responses to stressful events and situations.

STRATEGIES AND PATHWAYS

Possible new unhealthy 'pseudo-coping strategies'

As a result of observations on patients in the Multiprofile Hospital for Active Treatment (MHAT-Trakia, Stara Zagora, Bulgaria), the author describes several new unhealthy or 'pseudo-coping strategies' that are not described in the scientific literature.

1. Changing live communication with virtual communication. As part of today's unhealthy litigation strategies, the use of computer games, mobile phones, chat and video calls as virtual replacements for instant live communication can be considered. Due to the strong stress, modern technologies offer a substitute for painless and anonymous communication. This often leads to a loss of connection with reality, and in some cases a complete absorption of consciousness of the burden of the virtual world. Personality changes change by replacing the need for a real meeting with friends and family. This often leads to loss of desire for work, desire for intimacy. Frequent sleep disorders and various psychological problems occur.

2. Topping or giving up food. This practice is very common as a response to stress reactions. In most cases, food is the only means the person can control when everything else is out of control. The abundant nutrition in many people works soothingly. However, the prolonged use of this strategy often leads to obesity and health problems. With sustained food withdrawal, terminal phases of various physiological disorders, most often anorexia and gastric diseases, are also observed. In both unhealthy choices, there is a violation of the person's ability to make rational decisions, the emotions prevail.

3. Acceptance of foreign culture as a way of life. This is often the case when establishing a new place of residence. This approach should be seen as a kind of adaptation to the environment in order to merge and lose the national or other identity and individuality. It is also observed in Bulgaria - as Bulgarian traditions are replaced by foreign ones under the influence of the media, films and other foreign religion or advertising. For example: Bulgarian weddings almost lost everywhere in the old traditions. The orchestras have been replaced with DJ parties. Bulgarian folklore shifts from chalga or English songs. Speaks are delivered from the kums instead of the parents,

as well as the giving of money instead of the anamnes and cheiz. This inevitably leads to the loss of the Bulgarian national identity and traditions. Thus national self-consciousness is replaced by adaptive voluntary acceptance of a foreign tradition or way of life.

4. Self-deception (self-delusion). For ease of stressing, the actions of change are often delayed over time. It is waiting for things to be done (by themselves).

CONCLUSIONS

These strategies are often used by stressed patients without realizing that these are unhealthy coping strategies that often deepen the problems rather than solve them. The psychologist's job is to identify and discontinue them if there is a clear desire on the part of the client.

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