# Role of Stress, Social Support and Personality in Coping

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## Abstract

Personality and social relationship play an important role in almost every stress and coping. Daily process methods are particularly useful in elucidating how these factors might influence both responses to an outcome of stress. ourwork has linked both dimensions of personality, particularly the big five, and aspects of social relationships, particularly social support, to the likelihood of engaging in certain coping strategies and the effectiveness or outcomes of these coping strategies. In addition, we have found the effect of personality on coping and stress outcomes to vary by the situational context in which stress occurs. We review findings from our recent daily process studies of stress, coping, and social support. Further, we discuss the costs and benefits of the daily process methodology for addressing these questions, highlighting the clinical utilities of findings gleaned with the use of this approach. Finally, we discuss further directions and applications of daily process methods to the study of stress and coping.

## Introduction:

Stress is a feeling that is created when individuals react to particular events. It is the body's way of rising to a challenge and preparing to meet a tough situation with focus, strength, stamina and heightened alertness. Social support means the people and other sources of physical and emotional comfort in our lives. Benefits of social support include warmth, intimacy, sharing accomplishment, self-esteem, self-identity, solace, comfort and the easing of loneliness. Personality is the entire mental organization of a human being at any stage of his development. It embraces every phase of human character: intellect, temperament, skill, morality and every attitude that has been built up in the course of one's life. Besides, social support, some personality traits too seem to be related to alleviation of stress, and this research had been conducted to access those personality traits and social support factors that coping with stress.

## Objective:

To study the effect of social support and personality to cope with stress.

## Description:

Stress is caused by situation that put high demands on the person but doesn't give him/her much control over how he or she is going to meet those demands. One study even found

people with the strain type of jobs to have enlarged hearts compare to those who had low-strain jobs.

Another source of stress in the environment that people all have to face at one time or another, are high-demand, low- control situations like having to get a certain over a short amount of time and its traffic jams keeping them from getting there, and then of course there are those life events that are stressful death of a loved one, of course being the most severe that put people at stress. Many different things can cause stress from physical (such as fear of something dangerous) to emotional (such as worry over your family or job). Identifying what may be causing one stress is often the first step in learning how to better deal with his/her stress. Posttraumatic stress disorder is a very strong stress reaction that can develop in people who have lived through an extremely traumatic event, such as a serious car accident , a natural disaster like an earthquake, or an assault like rape. Some people have anxiety problems that can cause them to overreact to stress , making even small difficulties seem like crises. If a person frequently feels tense, upset, worried, or stressed, it may be a sign of anxiety. Anxiety problems usually need attention ,and many people turn to professional counsellors for help in overcoming them. Stress from unemployment; higher risks for the young and minority members and chronic unemployment attacks self-worth. Employee-based intervention programs assist displaced workers; transitional stress is reduced, provide strategies to overcome job loss stresses. Stress can affect both one's body and one's mind. People under large amounts of stress can become tired, sick, and unable to concentrate or think clearly.  Sometimes, they even suffer mental breakdowns. Hence it is essential to moderate, reduce, or control the stress. There are simple steps you can take right now to help reduce your stress: better to keep stress under control, to take a stand against over-scheduling, to be realistic, to get a good night sleep, to learn to relax, to treat the body well, to watch what one is thinking. Stress is a discrepancy between employees' perceived state and desired state, provided that person considers the discrepancy important. " An individual's pattern of psychological processes arising from motives, feelings, thoughts and other major areas of psychological function. Personality is expressed through its influences on the body, in conscious mental life, and through the individual's social behaviour." Personality characteristics thought to moderate the stressor to perceived stress nd stress response relationships are self-esteem and what is called locus of control. People with a strong sense of high self-esteem and who feel in control in control of events internal locus of control are predicted to be less affected by stressors. They are also predicted to respond less to the stress that is perceived. Finally the stress relationship is moderated by aspects of the social situation at work and social support by the family. When the manager and co-workers offer their support in dealing with stress, it is easier to handle than being left alone to cope. Support given by a worker's family can also help to lessen the effects of stress. Job satisfaction is also a likely psychological response to stress. Burnout is a term that means the personal feels emotionally exhausted, depersonalizes others, and has a sense of lower personal accomplishment. Social support is the physical and emotional comfort given to one by his/her family, friends, co-workers and others. It's knowing that one is part of a community of people

who love and care for him/her, value him/her and think well of him/her. There are different types of social support : emotional support, practical help, sharing points of view, sharing information. Research shows that social support provides important benefits to our physical and emotional health. Stress may be related to a number of health concerns, from mental health problems like heart disease and migraines. However, social support can help protect people from the harmful effects of stress. When dealing with a stressful situation, people are less likely to report stress-related health problems when they feel like they have support from others. Besides social support, some personality traits too seem to be related to alleviation of stress, and this research had been conducted to assess those personality traits and social support factors helping in coping.

**Suggestions:**

On the basis of results, interpretations, summary, and conclusion it is suggested that individuals should be given training for developing type b personality, low anxiety, high adjustment, extroversion trait, and high psychological resilience. Moreover, adolescents and adults should be given specific training for crossing over the stress. Individuals are more stressed during adulthood, known as "Mid life crisis", hence adults need skills to cope with such crisis. Besides , yoga and thought alteration could be used for reducing stress.

**Conclusions:**

On the basis of survey; adults were found more stressed than aged persons. Females, type a personality, introverts, high anxious persons,low adjusted persons, low psychological resilience and low social support persons were found more stressed. On the basis of above mentioned results it be concluded that male gender, older age, type b personality, introversion personality, low anxiety, high adjustment, high psychological resilience, and high social support are helping in coping.

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