

Coping with occupational stress

(1er llamado de Julio 2017)

a) Global reading:

1. Read the title, skim the abstract and:

a. select five key words or phrases

b. write, in no more than three sentences, what the study is about

b) Detailed reading: Read the article and in your own words answer the following questions:

2. Mention the two aims of the study and the four hypotheses anticipated by its author

3. a) What are the three central elements of Lazarus and Folkman's transactional theory? List them and explain them.

b) On what grounds has this theory been criticized?

4. a) How does Kato define "coping flexibility"?

b) How does this conception relate to the revised model of the transactional theory?

5. Compare the ways in which optimism and pessimism cope with stress and the different strategies they use.

6. a) What were Ng et al's findings about the relationship between narcissism and perceived stress?

b) How do these findings relate to optimism?

7. Mention and describe the four measurement instruments used in this research study

8. What are the implications of this study's findings in terms of intervention targets?

9. What are the limitations of the study and the author's recommendations for future research?