

Download Stress And Health Psychology Practice Test

Hans Selye [] first popularized the concept of “stress” in the 1950s. Selye theorized that all individuals respond to all types of threatening situations in the same manner, and he called this the General Adaptation Syndrome (GAS). He claimed that, in addition to SNS arousal, other bodily systems such as the adrenal cortex and pituitary gland may be involved in a response to threat. In psychology, stress is a feeling of strain and pressure. Stress is a type of psychological pain. Small amounts of stress may be desired, beneficial, and even healthy. Positive stress helps improve athletic performance. Stress, either physiological or biological, is an organism's response to a stressor such as an environmental condition. Stress is the body's method of reacting to a condition such as a threat, challenge or physical and psychological barrier. Stimuli that alter an organism's environment are responded to by multiple systems in the body. Let Psychology.com help you find the help you need. Use our resources to find a professional mental health therapist.