

## Psychology: Stress - Notes for 19/09/03

### **General Adaptation Syndrome**

- Alarm reaction – the activation of the HPA axis which results in stress response.
- Resistance stage – the physiological efforts to deal with stress. The body is adapting to the demands of the environment.
- The physiological systems become ineffective and the initial ANS symptoms of arousal reappear. There is a collapse of the body's immune system.

GAS is still Reductionist as it takes things back to its simplest form.

### **Evaluation of Gas**

GAS suggests a single, passive response to stressors, whereas there is evidence that stress responses are different according to the individual, situation and stressor, and also the individual's responses are active rather than passive. Selye has also been criticised for using non-human animals to support his research on human responses to stress. He over-emphasises physiological factors at the expense of psychological factors; non-human animals are less affected by emotional and cognitive factors.

### **The Transactional Model of Stress**

