

Unit 1**Components of the Stress Process**

Definition of Stress, Stress as a State of the Organism, Stress as an External Event, Stress as a Transaction between the Person and the Environment, The Role of Emotions and Cognition in Reactions to Stress. Importance of Coping- Mythopoetic Roots, Changes in Social Roles, Relevance of Coping to Psychosocial Models of Adaptation, Relevance to Biomedical Models of Adaptation, Differentiating between Adaptation, Coping, and Emotional Responses

Unit 2**Theoretical Approaches to Coping**

Person-Based Definitions of Coping, Situational Determinants of Coping, Cognitive Approaches, Recent Approaches to Coping and Adaptation. Theories of Coping- Trait-Oriented Theories versus State-Oriented Theories, Microanalytic Approach versus Macroanalytic Approach

Unit 3**Coping and Mental and Physical Health**

Situational Modifiers of Coping Effects, Patterns of Coping, Causal Directionality and Coping Interventions, Individual Differences in Coping Effectiveness-Personality Factors, Learned Helplessness, Psychological Capital. Coping with Physical Health- Adaptation to Illness, Coping and Illness Outcomes. Coping with Traumatic Stress- Defining Trauma, Posttraumatic Stress Disorder, Coping with Trauma

Unit 4**Sociocultural and Developmental Aspects of Coping**

Psychosocial Theory of Personality Development, Social Aspects of Coping, Culture and Stress, Culture and Coping, Institutions as Coping Mechanisms, Coping in Infancy and Childhood, Developmental Changes in Stress and Coping in Adulthood

Unit 5**Stress-Related Growth and Transformational Coping**

Arguments for the Developmental Implications of Stress, Stress as an Impetus for Psychosocial Development, Stress as an Impetus for Physiological Development, Models of Positive and Negative Stress Outcomes. Self-Regulation, Self-Development, and Wisdom- Transactionism and Coping, Free Will versus Deterministic Models of Adaptation, Mindful Coping and Wisdom

TEXT BOOKS/REFERENCES:

1. Aldwin, C. M. (2007). Stress, coping, and development: An integrative perspective (2nd ed.). New York, NY, US: Guilford Press.
2. Wong, Paul T. P. & Wong, Lilian C. J. (Eds.) (2006). Handbook of Multicultural Perspectives on Stress and Coping. Springer US.
3. Joop De Jong (2002). Trauma, War, and Violence Public Mental Health in Socio-Cultural Context. Kluwer Academic Publishers
4. Boaz Kahana, Zev Hare & Eva Kahana (2005). Holocaust Survivors and Immigrants Late Life Adaptations. Springer