PSYCHOSOCIAL STRESSORS

A psychosocial stressor refers to a situation or event that poses a combination of psychological and social challenges, causing stress.

OVERVIEW

Psychosocial stressors are unique in that they involve the interaction between external circumstances and internal psychological processes, leading to stress responses. These stressors can arise from various sources such as work-related pressures, relationship difficulties, financial hardships, or major life changes. They can affect physical health, cognitive functioning, and overall quality of life.

EXAMPLE

- Work-related stress: High job demands, excessive workload, and limited control over tasks, leading to chronic stress and potential negative impacts on mental health.
- Interpersonal conflict: Persistent conflicts in relationships, resulting in emotional distress, strained social interactions & increased vulnerability to stress-related disorders.

Roman Wölfel

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