

# STRESS

**AND**

# COPING

*An Anthology*

**MONAT &  
LAZARUS**

**3d EDITION**



# STRESS AND COPING

An Anthology



THIRD EDITION

EDITED BY ALAN MONAT  
AND RICHARD S. LAZARUS



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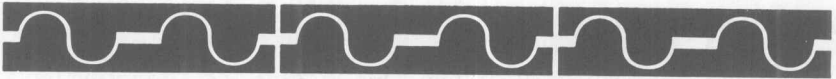
## Stress and Coping: An Anthology

To Murline and Ian, Ron and Jeff, my parents,  
Tillie and Harold, and to Lucy, Ernie, and Julie, and my  
many other supportive family members and friends.

AM

To Bunny, David and Mary, Nancy and Rick, Jessica,  
Adam, Maiya, and Ava, with love.

RSL



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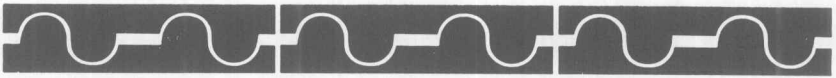
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## PREFACE TO THE THIRD EDITION

We feel quite fortunate to have the opportunity to put together yet another edition of *Stress and Coping: An Anthology*. As previously, finding appropriate material has been challenging and informative. Sifting through the literature and making final selections were agonizing endeavors as we inevitably had to make difficult choices as to what to include and what not to include. As always, our sincere apologies to those authors we have overlooked in assembling this edition and our genuine appreciation to those who have given us permission to use their works.

While the organization of this edition is similar to its predecessors, its content is mostly new. We have included articles on issues and applications that were largely neglected in our earlier editions. For example, selections now address stress and coping more directly with regard to: gender differences, developmental perspectives, health psychology, methodological issues, and applications to work and sport psychology. As before, we have attempted to select materials appropriate to the undergraduate student, though graduate students and professionals will also find many of the articles demanding, as well as engaging.

Our thanks once again to Columbia University Press for its continued support of this project. Particularly helpful on this edition have been Ann Miller (assistant executive editor), Amelie Hastie (editorial assistant), and Jonathan Director (manuscript editor). Also, several colleagues, including Diane Beeson, Eleanor Levine, Lee Schore, Joan Sieber, and Betty Wenz, furnished valuable suggestions along the way. The computer assistance generously provided by Professor Arnold Stoper and Richard Webster is most appreciated.



## PREFACE TO THE SECOND EDITION

In the eight years since our anthology first appeared, the stress and coping field has continued to expand at an incredible pace. Courses and seminars on stress and coping are now commonplace; almost routinely, newspaper articles, radio talk shows, and television specials are devoted to topics relevant to stress and coping; and it is fashionable for corporations, police agencies, and even athletic teams to hire stress management consultants to teach "employees" more effective means for coping with stress.

Because the field has been expanding and evolving so rapidly, a second edition of our anthology is quite appropriate. Like the first edition, the present one is intended by and large for undergraduate students in a variety of disciplines. This second edition is organized much like the first and is similarly characterized by a cognitive perspective. The content of this edition has been significantly revised and updated; e.g., over 75 percent of the articles are new additions. Readers familiar with our earlier anthology will note a greater emphasis in the present edition on illness and stress management.

We are grateful for the wide acceptance of the first edition of *Stress and Coping*. The largely positive and constructive comments of many readers and reviewers have been most helpful as well as reassuring. We hope the present edition proves as useful as the first and gains similar acceptance.

We would like to thank the many authors and publishers who have consented to have their works reprinted here. Our thanks also to Columbia University Press for its support of this project throughout the years and to Columbia's Susan Koscielniak, Theresa Yuhas, and Anne McCoy for their fine efforts.



## PREFACE TO THE FIRST EDITION

For many years the research literature pertaining to stress and coping has been proliferating. General interest in this body of knowledge and ideas has also increased dramatically, partially due, no doubt, to its relevance to our personal lives. Yet, paradoxically, there are few texts or readers offering a systematic presentation of the major issues or findings in this field. While many technical books containing conference papers on the topic have recently appeared, there is currently no general book of readings in the stress and coping area based upon a broad sampling of available writings, theoretical and empirical in nature, and geared primarily to the undergraduate student. Such a book would be highly appropriate not only to courses related directly to stress and coping, but also to those concerned with psychological adjustment and health. This book is designed to help remedy this omission.

Certain considerations were given prime importance in its design. First, readings dealing primarily with humans were given top priority. Although there has been much significant animal research, studies conducted with humans are generally more engaging to the student, and we believe they are ultimately the most relevant for understanding the struggles of humans to cope with the problems of living. Second, the current trend toward naturalistic studies is a healthy and strong one and also deserves emphasis. Third, because of the vast amount of available material, we decided to concentrate primarily upon articles written within the last ten years or so; however, a few earlier articles such as those by Cannon, Lindemann, Menninger, and Selye were included because of their strong and persisting impact. Fourth, while methodological issues, including those pertaining to physiological pro-

cesses, are represented, they are not emphasized; these topics tend to bore or perplex most students, particularly those who are not yet prepared to grasp their significance. We think the important issues of method need to be dealt with by instructors in other ways, perhaps through lectures or organized commentaries about the readings.

The book begins with an introductory chapter, written by the editors, which systematically presents some of the major issues relevant to the concepts of stress and coping—for example, problems of definition, relationships between stress and illness, etc. This chapter does not summarize the selections in the book but rather provides the reader with a basic and fundamental background for approaching the selections.

At the start of each section of the book we have provided summaries and, often, critical evaluations of the readings. Our comments present what we see as the author's main points and in many cases clarify and elaborate upon theoretical biases, relationships with other research and, to a lesser extent, methodological problems.

The core of the book is divided into five sections, the first two dealing primarily with the concept of stress and the latter three with the nature of coping. The division of stress and coping into separate sections is of course somewhat artificial, as the concepts are intertwined. We found it useful, however, for purposes of organization and clarity of emphasis.

As might be expected, we were faced with a number of critical problems and decisions regarding the organization of this book. First of all, while many would understandably prefer rather narrow working definitions of "stress" and "coping," such a task seems to us to be unnecessarily restrictive here. Though adopting a broad perspective may preserve a certain amount of ambiguity in these terms, we believe a broad approach is more instructive for two reasons: (1) particularly valuable contributions are being made by investigators in fields as diverse as psychology, medicine, anthropology, and sociology, and (2) our understanding of the complex and urgent issues relevant to stress and coping is just only beginning to emerge. Thus, we do not try to give a restrictive definition of the field but treat stress and coping as broad rubrics. In line with this, articles examining stress and coping from many perspectives were selected. Secondly, choice of articles posed a most difficult and distressing problem because of the tremendous variety of interesting and outstanding works. We would have liked to include additional readings but this was prohibited by space limitations.

We express our appreciation to the many authors and publishers

who gave us permission to reprint their works and our regrets to the many other investigators whose fine works we were unable to include. John Moore and David Diefendorf of Columbia Press have been most supportive and helpful throughout this project and we thank them sincerely for their efforts and encouragement. Also helpful have been the comments and suggestions of many colleagues and friends including Frances Cohen, Reuven Gal, Murline Monat, and Neil Weinstein. In addition, two anonymous reviewers provided valuable critiques of an earlier draft of the book but, in all fairness, we must assume full responsibility for the final product.

We hope our efforts provide the prospective reader with an accurate, representative, and exciting picture of current theory and research in the stress and coping field.



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