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Why cannot people cope with stress?

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Abstract

One of the actual issues today is how different people with varying degrees of success cope with stressful situations. Some of them are able to adapt to changes in life, while others come down with neuroses. In order to answer the question we have had a research of peculiarities of stress handling by people suffering from neurotic disorders. To achieve the objectives of the study we used the following methods: test of anticipation consistency by V. D. Mendelevich, "Life Style Index" questionnaire by R. Plutchik, questionnaire of coping means by R. Lazarus, methodology for study of coping behavior by E. Heim. As a result we have learnt that people suffering from neuroses often use unconscious protective mechanisms of psyche to overcome stressful situations ($p \leq 0.05$; $p \leq 0.01$; $p \leq 0.001$), some often feel confusion ($p \leq 0.05$) and less visualize the future optimistically ($p \leq 0.001$). Also people suffering from neuroses worse predict future difficulties ($p \leq 0.05$) and less use conscious ways of coping with stress, such as defending their interests ($p \leq 0.01$), taking responsibility for what is happening ($p \leq 0.05$), looking at the situation from the outside ($p \leq 0.001$), controlling emotions ($p \leq 0.001$), planning the solution of problems ($p \leq 0.01$), finding the positive side in a situation ($p \leq 0.01$).

Keywords

Anticipation, Handling stress, Neuroses, Psychological defense, Stress