

1. Record Nr.	UNINA9910810527303321
Titolo	Stress and anxiety : coping and resilience // edited by Kathleen A. Moore, Petra Buchwald
Pubbl/distr/stampa	Berlin, Germany : , : Logos Verlag Berlin, , [2017] Â©2017
ISBN	3-8325-9279-2
Descrizione fisica	1 online resource (238 pages) : illustrations
Disciplina	155.9042
Soggetti	Resilience (Personality trait)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	PublicationDate: 20170620
Sommario/riassunto	<p>Long description: We present this collection of peer-reviewed papers covering a contemporary exploration of old and new concepts in the area of stress, anxiety, and coping. The papers include a consideration of the age-old questions concerning maths and test anxiety and the factors which predict or mediate these to a theoretical discussion of what is stress and how do we measure it. Several papers focus on stress and coping in applied settings, such as among patients with chronic disease, panic disorder, and also in those who play sport. Further papers are devoted to stress and coping in educational and academic settings and examine factors which contribute to students' learning as well as those which influence teachers' occupational stress. The recent emphasis by positive psychologists on resilience as well as coping has also featured here with chapters looking at their contributions to psychological health. However, the question is posed as to whether resilience and coping are cut from the same cloth.</p>