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Stress perception and stress causes; coping support technics with the positive psychology approach

Stress is no longer a phenomenon that concerns adults exclusively. For this reason, we have decided to include teenage stress in our research. We have been submitting a survey on stress to a group of 671 teenagers with an average age of 16 years and seven months. The survey was focused on two different aspects: stress perception and stress causes. Family support coping questionnaire was also submitted. The main finding of this study is that 38% of the sample defines them as stressed, with no gender related differences. Subjects that consider themselves stressed indicate as cause lack of time (31%) and excessive commitments (23%). Almost all the subjects say school (48%), family (21%) and sentimental relationships (8%) are the main sources of stress. From the analysis of the open answers, it is clear that family and school expectations are the greatest sources of stress – even if significantly more so for females than for males. Subjects were asked to assess the level of stressed originated by finishing school and the need of choosing and planning their future. This finding is meaningful when measured up to the percentage of subjects that has stated to have already made the decision of what to do when they finish studying. As it is seen in the graphic (we asked the subjects to state if they had already decided what to do after school) the greatest levels of uncertainty are found in year IV. The intersection of these data does not seem, however, enough to explain levels of stress, as the high percentage of students who have decided should cause a significant reduction of stress in year V. Most likely, stress concerning the post high school choice is the non-linear combination of two factors: on one hand, uncertainty regarding the choice, on the other hand, the immediacy of the event. Comparing stress levels among subjects that count on strong family support and subjects that count on scant family support there are significant differences. The subjects that count on strong family support seem to register lower average stress levels, regarding their post high school choices. Furthermore, this kind of support seems to reduce stress as the event comes nearer, facilitating the decision-making.

Recent Publications

1. G Giorgi, Fiz Perez J and M Morone (2016) Series: psychology of emotions, motivations and actions. Vol: neuroticism: characteristics, impact on job performance and health outcomes. Chapter 5: The influence of neuroticism, personality traits and motivation on organizational emotional intelligence and work-related stress tolerance. ISBN: 978-1-63485-323-1.
2. Fiz Perez J, G Gabriele, G Arcangeli and M Belloto (2016) Leaders consider subordinates' stress similar to their own stress: OR1267. International Journal of Psychology. 51(1):751-752.
3. G Giorgi, Fiz Perez J and M Morone (2016) The influence of neuroticism, personality traits and motivation on organizational emotional intelligence and work-related stress tolerance. Psychology of Emotions, Motivations and Actions (5):75-88.

Biography

Javier Fiz Perez has completed his PhD. He is currently working as a Psychotherapist and Professor of Psychology at European University of Rome, where he cooperates also as delegate for the international research development. He completed his Graduation in Philosophy, Psychology and Social Bioethics; specialization in Executive Business Administration (EMBA) after PhD. He is a member of Advisory Board of the Academic Senate of the Accademia Tiberina. He is Coordinator of Scientific Committee of International School of Economics and Ethics (Italy) and collaborates with International Academy for Economic and Social Development (AISES) of which he has been Vice President for Spain and Latin America. He is also the Scientific Research Director of European Institute of Positive Psychology at Madrid (IEPP) being also a member of Scientific Committee of International Institute Jacques Maritain. He is also a member of several committees of scientific journals and Director of International Network for Social and Integrated Development (INSID). He has more than 150 national and international publications.

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