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Biological Review of Psychosocial Stress on Mankind

Abstrak :

The word stress dates back to the 14th century, and until now it has become literally a household word. People view stress differently in terms that are most relevant to their own lives. Increasing evidence suggests that stress, and the ability to cope with it, is one of the important influences on a patient’s health status. In scientific discussion, the term stress has been used in at least three major ways: Stress as a “stressor”, as “distress”, and as a “biological response“. And the stimulus that evokes a stress response can be determined to psychosocial stressors and biogenic stressors.

The human stress response is perhaps best described within the context of the dynamic “process” it represents. This process may then be delineated from a “systems” perspective, that is, one of interrelated multidimensionality. With a good understanding of this system perspective, we can measure stress and its effects from at least three distinct models: the environmental model, the psychological model, and the biological model. The biopsychosocial model probably represents our most reasonable approach to assessing stress in an attempt to understand when and how it affects human disease processes

Keyword :

biology perspective, psychosocial stressors, stress response

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