PSYC434 Stress Management

Name

Institution Affiliation

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**Identify and describe one personality trait that is related to stress levels.**

Some studies show that people with Type-A personality have a high chance of developing heart diseases than those with Type-A personality. Individuals with this personality type may include working at a more urgent pace, showing a high tendency of impatience, possession of competitive nature, easily get upset, and connect self-worth with success. Type-A personality can likewise encompass traits like being stressed over many things. Individuals with Type-A personality can encounter a high-stress level compared to other persons (Miličić et al., 2016). They are also impatient and time conscious, as most of these individuals can get stressed in jobs, relationships, and other realms of life.

**Discuss how that personality trait is linked to stress**

Individuals with Type-A personality traits behave in a manner that makes them susceptible to stress-related health conditions like hypertension and CHD. Such individuals are more likely to have their “fight or flight” response initiated by things in the surrounding. Because of this, they have a high probability of having stress hormones in their bloodstream, which after a long time, results in a wide spectrum of stress-linked health conditions. Heilbrun & Friedberg (1988) reported that individuals with Type-A personality are poor when it comes to controlling their emotions, and this makes them highly susceptible to daily stress. The authors added that the Type-As who cannot control their behavior with adaptive restrictions are susceptible to a high level of stress and are at great risk of CHD.

**What is the relationship? Is one likely to be more stressed or less stressed if they have this trait?**

Following the set of behaviors and attitudes depicted by the individuals with Type-A personality, these individuals are more likely to be stressed out over virtually many things that do not bother other things in the community. There are some individuals with this type of personality, but they can control their behaviors, and in such a case, it is increasingly easy for them to avoid being stressed out. On the other hand, those who cannot control their emotions always avoid stress.

**What are your thoughts about this relationship?**

The researchers have ascertained that the Type-A personality is prone to stress simply because of their behaviors and traits. I think it is true because when one is bothered by small and big things, it becomes easy to develop stress. The individuals who are mostly care-free are never stressed out, and they stay happy all the time (Rosenman, 1990). For instance, people with this personality type could be stressed because of rain, whereas they have nothing to lose if it does. Therefore, those who can control their behaviors are better positioned to control the stress level than those who lack self-control.

**Does the relationship make sense to you, or is the relationship between the trait and the stress surprising? Why?**

This correlation does make sense to me because of the traits possessed by these individuals. Furthermore, many studies have been conducted to ascertain this relationship, and the majority of them had comparable results. The relationship was likewise surprising because I never thought about the Type-A personality and its susceptibility to stress. I have always thought that stress is mostly associated with the factors surrounding an individual and other factors like health status. To my surprise, I have just learned about this relationship.

References

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