Causes of Stress – What Do the Theories of Stress Say?

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Abstract

Theories play a significant role in generating new testable hypotheses. Therefore bridging the research gap is the purpose of research. Before developing a new theory, understanding the classical and contemporary theories already proposed by researchers is essential so that the missing link can be identified. The article discusses the various theories of stress and analyses how they explain the phenomenon, sources and causes of stress. Physiological theories of stress emphasize on the bodily responses to stress, whereas psychological theories discusses the behavioural changes. Cognitive theory explains the individual’s perception of the challenging situation and social theories consider stress as the outcome of group conflict due to uneven distribution of wealth and power.

Keywords: Theories of stress, Physiological theories, Psychological theories, Cognitive appraisal theory.

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