



Das transaktionale Stressmodell von Richard Lazarus (German Edition)

Tobias Knecht

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Studienarbeit aus dem Jahr 2011 im Fachbereich Psychologie - Klinische u. Gesundheitspsychologie, Psychopathologie, Note: 1, Technische Universität Dresden (Psychologie), Sprache: Deutsch, Abstract: Schönheit liegt im Auge des Betrachters. Der Ausspruch ist den meisten Menschen in dieser oder einer ähnlichen Form weitgehend bekannt und findet in einer aufgeklärten Gesellschaft wohl ohne große Widerworte Akzeptanz. Das subjektive Empfinden von Schönheit oder Hässlichkeit ist ebenso unumstritten wie der subjektive Ansatz in der gegenwärtigen psychologischen Wissenschaft im Problembereich der Stressforschung.

Stress wird von jeder Person unterschiedlich wahrgenommen, weshalb jeder Mensch anders auf Stress reagiert und diesen zu bewältigen versucht. Dieser hervorgebrachte Ansatz mag in seiner oberflächlichen Formulierung und nach dem heutigen Erkenntnisstand der Psychologie trivial erscheinen, wurde jedoch nicht seit jeher vertreten. Der Pionier auf dem Feld der psychologischen Stressforschung, der sich erstmalig auf das Individuum konzentrierte, war Richard Stanley Lazarus. Das von ihm entwickelte „transaktionale Stressmodell“ revolutionierte die Forschung der Stresssituationen und leitete die so genannte kognitive Wende ein.

Der nachfolgende Essay wird zunächst einen biografischen Abriss über den Psychologen Lazarus offerieren um anschließend auf das von ihm entwickelte Stressmodell Bezug nehmen zu können.

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