

(教育セミナー)

ストレスとは ——評価と対処——

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Review of Stress Study and Stress Management

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Abstract

The present time is called the age of stress. In 1898, Cannon demonstrated experimentally that gastric peristalsis was suppressed and adrenaline was secreted from the adrenal glands in a cat under the condition when a dog was set on it. Many studies and experiments on stress have since been conducted in the field of medicine and psychology. The study by Cannon and Selye *et al.* clarified many points, however there are still many unknown phenomena. The purposes of this article is to review the studies on stress study and stress management, and to analyze the recent trends in stress study and stress management. Analysis of the results found that the purposes of studies on stress and stress management could be divided into three categories as follows: (1) history of the study of stress, (2) evaluation of stress, and (3) stress management.

Key words: stress, Cannon, Selye, Freud, Levi.