# Chapter 44 Coping Process

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# Abstract

Situations that are appraised as threatening or challenging and that tax available resources are experienced as stressful. Coping encompasses the cognitive and behavioral responses to these situations. Coping includes direct efforts to solve the problem, attempts to manage one's emotions, and attempts to manage social relationships in times of stress. The effectiveness of any given coping response depends on the context in which it occurs. Coping effectiveness depends on the nature of the stressful situation, the personality characteristics of the individual, the responses of involved others, and the social and cultural context in which the coping process occurs. Since there is no coping strategy that is ideally suited to all kinds of stress, flexibility in coping is critically important. The key to successful coping may involve implementing coping responses that match the demands of a given stressful situation.