

Stress Management as a Systemic Process of Psychological Regulation

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The aim of this study was to develop an integrated theoretical model of stress management based on a multi-level analysis of psychological regulation under stress. The study employed a systemic approach using scientific literature analysis, structural-functional analysis, modelling, conceptual analysis, and synthesis. Four major conceptual models of stress management were identified: biomedical, cognitive-behavioural, systemic-ecological, and integrative. The proposed theoretical model comprises five interconnected components: neurophysiological, cognitive, emotional, behavioural, and socio-contextual, linked through recursive relationships. Stress-management effectiveness was shown to depend on the coordinated functioning and adaptive reorganisation of these components according to the nature of the stressor. The integrative concept defines stress management as a dynamic process involving preventive, reactive, and restorative phases. It also incorporates individual psychological characteristics, including neuroticism, extraversion, locus of control, self-efficacy, emotional intelligence, coping styles, and psychological resilience. Socio-cultural, organisational, technological, ecological, and temporal contexts were identified as important factors influencing stress regulation. The proposed concept extends fragmented traditional approaches by integrating multiple regulatory mechanisms and phases into a unified system aimed at strengthening psychological resilience and improving adaptation to contemporary stressors.

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