

Code - ECPS4018

Title - E-portfolio

Study skills for psychology

This information will give you a brief outlook at stress, the effects of stress and how the body, brain, and nerves cope when under a lot of pressure. The participants take part in different studies in a lab environment, while they are using distinct types of methods to cause people to stress to collect and analyze the relevant information.

There are many methods to cause stress in people's life some lab work mimics this they do different activity in people's daily life's looking at the mechanical part of body system. Wetherell & Sidgreaves, said that "In general, people don't like having to do lots of things at the same time, especially if they are difficult and challenging.

We developed this multitasking framework (Wetherell & Sidgreaves, 2005)". Many of these tests are done to learn how people function under stress in different environments. "When you move out of the lab, there's an entire range of weird and wonderful things that people do for fun. One is jumping out of aero planes, and this allowed us to assess the effects of a potentially life-threatening stressor" (Hare et al., 2013).

The main aim of these studies was to find out if testing people in lab environments would let us further understand how stress works inside the body, while figuring out and understanding of the stressor reactions and how it starts like in the brain sending messages to the adrenal gland located by kidneys. Two pathways that release hormones which causes immediate response to thing that cause people stress whether it be something happening straight away or something that will be happening later this will cause your body to start secreting hormones called cortisol.

All these studies were done to understand people that find thing more stressful than others and this way we can try change the stressor reactions and draw their energy to deal with stressors in better way and understand how cope and adapt to single and multiple stressful environments and causes in our daily life.

Reference

Hare, O., Wetherell, M.A. & Smith, M.A. (2013). State anxiety and cortisol reactivity to skydiving in novice versus experienced skydivers.

Wetherell, M.A., Lovell, B. & Smith, M.A. (2015). The effects of an anticipated challenge on diurnal cortisol secretion. *Stress*, 18(1), 42-48. Wetherell, M.A. & Sidgreaves, M.C. (2005).

Infographic



Abouserie, R. (1994). Sources and levels of stress in relation to locus of control and self esteem in university students. *Educational Psychology*, 14, 323–332.

Describe and discuss the psychological, social and physical benefits of owning a pet.

Introduction

This information will give you a brief outlook on the information that would be used if drafting this essay about the psychological, social, and physical benefits of owning a pet. Looking at correct information for different descriptions and discussions of journals and articles to see what people say the benefits their pet gives them.

Recent findings:

“Cross-sectional studies indicate correlations between pet ownership and numerous aspects of positive health outcomes, including improvements on cardiovascular measures and decreases in loneliness. Quasi-experimental studies and better controlled experimental studies corroborate these associations and suggest that owning and/or interacting with a pet may be causally related to some positive health outcomes”. Matchock RL. Pet ownership and physical health. *Curr Opin Psychiatry*. 2015 Sep;28(5):386-92. doi: 10.1097/YCO.000000000000183. PMID: 26164613.

Main body would include

There are many articles on how owning a pet can be beneficial and improves aspects of your social parts of your life. These articles would be the main research I would include while doing this essay. They have personal and factual studies showing the benefits linked to social events to having a pet, especially dogs and the social meeting and dog park number people attend.

There are many other psychological inputs of animals that help people in their daily life's lot of people feel less stressed and reduce anxiety just from owning a pet.

These are the types of study I would include. Number of evidence-based articles or journals that show multiple factors for owning a pet which help with psychological aspect and health promotion towards being round pets. These things will be added in essay also personal journals of reason pet are good for social life and exercising helping keep more active in our daily life.

After looking at several articles, you can see there are many benefits of owning a pet, especially thought tough times in people's lives. The relevant information shows there are many important things from owning a pet and they are exceptionally good for psychological, social and physical benefits the research can be seen in a number screen shot of information that could be used for this essay.

What we should find in books, internet searches and articles will be.

- Pet improving health and wellbeing.
- Making pet owners more active and more sociable.
- Reducing mental health and reducing anxiety.
- Helping people feel less lonely and depressed from the love and affection animals give.



ARTICLE

Potential Benefits of Pet Ownership in Health Promotion

Jennings, Lea B.

Thousand Oaks, CA: Sage Publications; Journal of holistic nursing, 1997-12, Vol.15 (4), p.358-372



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1



ARTICLE

Friends With Benefits: On the Positive Consequences of Pet Ownership

McConnell, Allen R. ; Brown, Christina M. ; Shoda, Tonya M. ; Stayton, Laura E. ; Martin, Colleen E.

Washington, DC: American Psychological Association; Journal of personality and social psychology, 2011-12, Vol.101 (6), p.1239-1252

“ Social support is critical for psychological and physical well-being, reflecting the centrality of belongingness in our lives...”

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2



ARTICLE

The pet connection: Pets as a conduit for social capital?

Wood, Lisa ; Giles-Corti, Billie ; Bulsara, Max

Oxford: Elsevier Ltd; Social science & medicine (1982), 2005-09, Vol.61 (6), p.1159-1173

“ There is growing interest across a range of disciplines in the relationship between pets and health, with a range of therapeutic, physiological, psychological and psychosocial benefits now documented...”

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3



ARTICLE

Social Support and Wellbeing in Cat and Dog Owners, and the Moderating Influence of Pet-Owner Relationship Quality

Hardie, Salonika ; Mai, Dac Loc ; Howell, Tiffani J.

Routledge; Anthrozoös, 2023-09, Vol.36 (5), p.891-907

“ ...; however, scientific investigations present mixed results. Some research suggests pet owners are less lonely than non-owners, but other findings suggest pet owners have higher psychological distress...”

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The benefits of human-companion animal interaction: a review

Sandra B Barker ¹, Aaron R Wolen

Affiliations + expand

PMID: 19228898 DOI: 10.3138/jyme.35.4.487

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Abstract

This article provides a review of research published since 1980 on the benefits of human-companion animal interaction. Studies focusing on the benefits of pet ownership are presented first, followed by research on the benefits of interacting with companion animals that are not owned by the subject (animal-assisted activities). While most of the published studies are descriptive and have been conducted with convenience samples, a promising number of controlled studies support the health benefits of interacting with companion animals. Future research employing more rigorous designs and systematically building upon a clearly defined line of inquiry is needed to advance our knowledge of the benefits of human-companion animal interaction.

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Conclusion

The conclusion would be there are many benefits of owning a pet massive psychological support, having pets make people social life Farr better with the walks, play dates also making affections received from animals more happy and less lonely. Many animals improve people's lives these articles explain all positive effects animals have on their daily life. All these have massive benefits for mental health also increasing physical aspect of their life's just by owning certain pets which overall improves health and wellbeing.

Reference

Barker SB, Wolen AR. The benefits of human-companion animal interaction: a review. *J Vet Med Educ*. 2008 Winter;35(4):487-95. doi: 10.3138/jvme.35.4.487. PMID: 19228898.

Jennings, L. B. (1997). Potential Benefits of Pet Ownership in Health Promotion. *Journal of Holistic Nursing*, 15(4), 358–372. <https://doi.org/10.1177/089801019701500404>

Matchock RL. Pet ownership and physical health. *Curr Opin Psychiatry*. 2015 Sep;28(5):386-92. doi: 10.1097/YCO.0000000000000183. PMID: 26164613.