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Preemptive Actions Before Stress In Health Conservation

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ABSTRACT

Stress syndrome is a pattern of reactions that occurs when a person confronts demands that do not correspond to their knowledge, skill or coping skills, causing illness when it becomes a constant in life necessary, needing this measures to avoid deteriorating their state of health. For this reason this research is carried out, since the purpose of it is to describe the preventive actions against the stress performed by the staff of the Education Sciences Area. The reference theories are: the Biological Theory (Walter Cannon), the Selye Theory: General Adaptation Syndrome and the Theory of Stress Coping (Richard Lazarus). This study is inserted into the interpretative epistemological approach, under the ethnographic method, with three key informants who will provide the information through interviewing and observation, which will be analyzed through the categorization process, structuring and triangulation to finally build a theorization.

Descriptors: Stress – Health Conservation.

A brief review by the author: Name: Leida Y. Ruiz P. Ordinary Teacher with Associate category, with twenty-three years (23) of service at the University "Rómulo Gallegos". Currently teaching the Curriculum Seminar: Graduate Work in 5th year of Integral Education and in the Doctoral Constructual Curriculum Unit in the Doctorate of Education Sciences in the Territorial Classroom of Calabozo.