



UNIVERSITEIT VAN PRETORIA
UNIVERSITY OF PRETORIA
YUNIBESITHI YA PRETORIA

Denkleiers • Leading Minds • Dikgopolo tša Dihlalefi

21 September 2011 • 21 Lewedi 2011

Gasvrou: Dr Stephanie Burton (Viserektor: Navorsing en Nagraadse Onderrig, Universiteit van Pretoria)
Prof Susan Folkman

Onderwerp: Stres en spanning, die hantering daarvan en welstand: om goed te voel terwyl jy sleg voel

Mense ervaar uitgerekte psigologiese spanning om baie redes, soos wanneer 'n mens self of iemand na aan jou siek is, die dood van 'n eggenoot of lewensmaat, familie- of gesinsprobleme, moeilike werksomstandighede, of ekonomiese onsekerheid en woelinge in die samelewing. Oor die algemeen sal 'n mens waarskynlik stres en spanning ervaar waar ookal 'n belangrike doelwit of verbintenis skade ly of bedreig word en waar die opsies om die uitkoms te beheer, beperk of afwesig is.

Die subjektiewe ervaring van psigologiese stres is onaangenaam, tipies deur angs of depressiewe en negatiewe emosies soos woede, skuld, verontwaardiging, frustrasie, vrees, kommer of hartseer gekenmerk. Tot 'n paar jaar gelede het hanteringsteorie en –navorsing op die regulering van hierdie emosies gefokus. Longitudinale navorsing wat tydens die hoogtepunt van die VIGS-epidemie in San Francisco gedoen is, het aangetoon dat die versorgende lewensmaats van mense met VIGS ook oomblikke van positiewe emosie gerapporteer het, selfs tydens die veeleisendste fases van versorging en latere heengaan; positiewe sowel as negatiewe emosies het voorgekom. Sodanige bevindinge is deur vorige studies bevind maar dit het min aandag getrek; dit is ook in opvolgstudies gerepliseer.

Ons skryf nou ook belangrike aanpassingsfunksies aan hierdie positiewe emosies gedurende die stresproses toe, onder andere, die herstel van emosies en motivering van daaropvolgende hantering. 'n Sleutelvraag is, hoe skep mense hierdie emosies wanneer dinge skeefloop? Ons leer dat die hanteringsproses wat op hierdie positiewe emosies uitloop, verskil van daardie prosesse wat negatiewe emosie en nood reguleer. Hierdie hanteringsmeganismes is toeganklik en kan maklik aangeleer word. Die doel is om die geleenthede vir positiewe oomblikke tydens periodes waar daar ook stres ervaar word, te maksimaliseer, of om te leer hoe om goed te voel terwyl 'n mens sleg voel. Dit kan die sleutel tot die handhawing van welstand gedurende langdurige stres wees.

Datum: 21 September 2011

Tyd: 11:30

Plek: Senaatsaal

Parkering is voor die Senaatsaal beskikbaar. Gebruik Hek 12 om die Kampus vanuit Universiteitsweg binne te kom. Raadpleeg asseblief die aangehegte kaart.



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Prof Susan Folkman

21 September 2011 • 21 Lewedi 2011

Host: Dr Stephanie Burton (Vice-Principal: Research and Postgraduate Education, University of Pretoria)
Prof Susan Folkman

Topic: Stress, coping, and well-being: feeling good while feeling bad

People experience prolonged psychological stress for many reasons, some of the most easily recognised being one's own illness or the illness of a loved one, the death of a spouse or partner, family problems, troubling work conditions, or economic uncertainty and societal upheaval. In general, stress is likely to be experienced wherever a goal or commitment of importance is harmed or threatened and options for controlling the outcome are limited or non-existent.

The subjective experience of psychological stress is unpleasant, typically characterised by anxiety or depression and negative emotions such as anger, guilt, resentment, frustration, fear, worry, or sadness. Until a few years ago, coping theory and research focused on the regulation of these emotions. However, longitudinal research conducted during the height of the AIDS epidemic in San Francisco showed that the caregiving partners of men with AIDS also reported moments of positive emotion, even during the most taxing phases of caregiving and later bereavement; positive and negative emotions both occurred. Such findings had been reported in previous studies, but they had not received much attention; they have also been replicated in subsequent studies.

We now attribute important adaptive functions to these positive emotions during the stress process, including restoration of resources and motivation of further coping. A key question is, how do people generate these emotions when things are going badly? We are learning that the coping processes that eventuate in these positive emotions differ from those that regulate negative emotion and distress. These coping processes are accessible and not difficult to learn. The goal is to maximise the opportunities for positive moments during periods when also experiencing stress, or to learn how to feel good while feeling bad. This may be key to maintaining well-being during prolonged stress.

Date: 21 September 2011

Time: 11:30

Venue: Senate Hall

**Parking is available in front of the Senate Hall. Enter the Campus through Gate 12, from University Road.
Please consult the attached map**



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Monggae: Dr Stephanie Burton (Motlatša-Hlogo: Dinyakišišo le Thuto ya Poskratšuweiti, Yunibesithi ya Pretoria)
Prof Susan Folkman

Tabakgolo: Kgatelelo, Katanelo ya Pholo le Boiketlo tša Monagano: Go ikwa o Phetše Botse le ge Dilo di sa Sepele ka Tshwanelo

Batho ba itemogela kgatelelo ya monagano ya lebaka le le telele mo mabakeng a mantši, a mangwe a mabaka ao a re kgonago go a lemoga bonolo ke ge motho ka boyena a lwala goba go lwala o mongwe yo o mo ratago, goba go itemogela lehu la mogatša goba molekani, mathata ka lapeng, mathata mošomong, goba mathata a ekonomi le mathata gare ga setšhaba. Ka kakaretšo, kgatelelo ya monagano e bonwa gantši ge phegelelo goba boikgafo bja bohlokwa bo sa sepele ka mo go letetšwego ebile go se na dikgetho tše ntši taolong ya dipelo goba di no hlokega.

Boitemogelo bjo bo sa iponatšego bja kgatelelo ya monagano ga bo thabiše, ka tlwaelo bo sepela le tlalelo goba kgatello le maikutlo a go se thabiše go swana le pefelo, go ipona molato, kgopišego, go nolega moko, poifo, go tshwenyega, goba go nyama. Go fihla mengwageng ye mmalwa ya go feta, teori ya katanelo ya pholo le dinyakišišo di be di itebanya le taolo ya dikhuduego tše. Fela, dinyakišišo tša mekgwa ya kgolo tše di dirilwego mehleng ya ge leuba la AIDS le le godimo ka maatla kua San Francisco di laeditše gore balekani ba ba hlokomelago banna ba go ba le AIDS le bona ba begile mabaka ao ba felago ba itemogela maikutlo a go thabiša, le ge e le ka nako ya mabaka a thata a tlhokomelo ao ka morago a fetogago mahloko; maikutlo a go thabiša le a go se thabiše a direga ka bobedi. Dikutullo tše bjalo di kile tša begwa ka gare ga dinyakišišo tša go feta, eupša ga sa ka tša fiwa šedi ye kgolo; ebile di šetše di kile tša bušeletšwa gape mo dinyakišišong tše di latetšego ka morago.

Bjale re amanya mešomo ya phetogo le maikutlo a go se thabiše lebakeng la kgatelelo ya monagano, go akaretša tsošološo ya methopo le hlohleletšo ya go katanela pholo. Potšišo ye kgolo ke gore batho ba kgona bjang go tšweletša a maikutlo a mola dilo di sa sepele ka tshwanelo? Re ithuta gore dikgato tša go katanela pholo tše di tšwelelago ka gare ga maikutlo a a go se thabiše di fapana le tše di laolago maikutlo a go thabiša le kgakanego. Dikgato tše tša go katanela pholo di a fihlelelega ebile ga go boima go ithuta tšona. Maikemišetšo ke go tšweletša dibaka tše ntši dibotse mabakeng ao ka ona go itemogelwago kgatelelo ya monagano, goba go ithutwago mekgwa ya go ikwa botse le ge dilo di sa sepele ka tshwanelo. Se e ka ba kgato ye kgolo ya go dula ka boiketlo lebaka ka moka la kgatelelo ya monagano.

Tšatšikgwedi: 21 Lewedi 2011

Nako: 11:30

Lefelo: Senate Hall

Bophakakoloi bo gona mo pele ga Senate Hall. O kgopelwa go šomiša Gate 12, mo University Road go tsena ka khampaseng. Lebelela mmepe o o loketšwego.



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UP residences / Accommodation |
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|  | Fitted Road
Fing Road |
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Walkways |
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Student Parking |
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Parking for Disbudd |
|  | Voortlooptoegang
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Pedestrian Entry |
|  | UP Inligtingsfoonbank
UP Information Desk |
|  | Publieke Toilette
Public Toilets |
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