



PERSONAL STRESS SOURCE INVENTORY

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Stress is the process that occurs in response to the situations or events (called stressors) that disrupt or threaten to disrupt our physical, or psychological functioning (**Lazarus & Folkman, 1984; Taylor, 1995; Pestonjee, 1992; Baron, 2002**).

Cox (1978) has described three classes of definitions. Stress can be thought of as a response (that is, stress response to an extreme stimulus), as a stimulus (that is, as a stressor itself) and as an intervening variable emphasizing upon the interaction between individual and environment.

Three important models :

- *Physiological Model*
- *Load of Information Model*
- *Interactional Model*

General Adaptation Syndrome (GAS) developed by **Selye (1950)** is one example of physiological model. GAS consists of three stages : *Stage of Alarm reaction*, *Stage of Resistance* and *Stage of Exhaustion*.

Load of Information Model explains stress in terms of stimulus overload/ underload (**Suedfeld, 1979**).

The cognitive model of stress has been proposed by **Lazarus and Folkman (1984)** who are of view that when individuals confront a new changing environment, they engage in the process of *Primary Appraisal & Secondary Appraisal*.

The Procedure of Administration of SPSSI is as under:

- i. SPSSI can be successfully administered in a group of 20 to 25 or to one person at a time;
- ii. The inventory has no time limit but ordinarily 12 to 15 minutes are sufficient for completion of the inventory;
- iii. If the testee has any problem regarding the meaning of any item, the investigator should make the meaning clear.
- iv. The testees should read the printed instruction before starting answering the items. He should not start answering unless told to do so.

SCORING

The scoring of SPSSI is very simple. Every item marked as 'Seldom' by the testee is given a score of 1, marked as 'Sometimes' is given a score of 2 and marked as 'Frequently' a score of 3. Unmarked items are given a score of Zero. Subsequently, scores earned by the testees on every marked item are added together to yield a total score. Higher the score, the higher is the magnitude of personal stress. Likewise, lower the score, lower is the magnitude of personal stress. The maximum score on SPSSI is 105.

QUALITATIVE INTERPRETATION

Qualitative description of the scores on SPSSI

Range of Score	Qualitative description
80 or higher	High level of stress
31 – 79	Moderate level of stress
0 – 30	Low level of stress