**Stress Level Management**

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**Stress Level Management**

**Do women and men have different coping styles for stress?**

Stress can affect the physical and mental health of an individual. People use different coping strategies to deal with stress. Some people recognize the existence of stress while others deny the fact that they can be stressed. Most men fail to acknowledge that stress can affect their health. On the other hand, women like to acknowledge that they are stressed and that it can have an impact on their health. The prevalence of stress-related diseases in men than women indicates that there is a difference in the stress coping styles for men and women.

Men and women react differently to stressful situations. In most cases, men fail to recognize the need to deal with stress. For women, they tend to acknowledge that stress is harmful to the body and seek a solution. Most men prefer handling their issues silently. They do not see the importance of visiting a psychologist to help with the situation. In addition, men view psychologists as less helpful as they cannot easily employ strategies to make changes to their lifestyles and behavior (Kelly et al., 2008). The women, however, feel the urge to talk to a psychologist whenever faced with a stressful situation.

The high rate of prevalence of stress-related diseases in men compared to women show the difference in the stress-fighting mechanisms. Men are reportedly suffering from diseases caused by stress in large numbers than females. Many cases of chronic physical illnesses are reported by men (Kelly et al., 2008). The reason men are the most affected is that they put less energy into dealing with stress. Women tend to deal with stress before it rises to a high level. Their possibility of contracting stress-related illnesses reduces because they can control them before they begin developing. Women have an upper hand when it comes to stress management.

**Stress differences between gender groups**

Different gender groups suffer different levels of stress. Lesbians and bisexual women do not suffer similar levels of stress as gays and bisexual men. Some of the gender groups are more disadvantaged than others. The disadvantage comes from the different levels of acceptance in the community. Some of the gender groups are hardly accepted in society. The people are viewed in a bad way. Society today has not fully accepted the fact that people can have emotional feelings for others of similar gender (Cooper et al., 2018). Engaging in such behavior attracts harsh judgment and possibly discrimination from the people. In reality, the world is changing and people are developing behaviors that can be considered unnatural. From my experience, gays and bisexual men experience high levels of stress than lesbians and bisexual women.

The stress levels of gays and bisexual men are most likely to be high than that of lesbians and bisexual women. Gays and bisexual men find it hard to display their affection in public because they are not well received by society members. On the other hand, lesbians can walk the streets of America holding hands and people will think it’s a normal thing or nothing is going on. For men, a public display of affection will not be received well. As a result, gays and bisexual men become more stressed because they cannot be accepted for who they are. In most instances, they cover up for their gay behavior by pretending to be in love with a woman. The gay will stay in a relationship with a girl who he doesn’t love or have feelings for. But why live a fake life? The gays fear coming out straight and declaring their status for fear of rejection.

**References**

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