

STRESS IN THE CITY

Urban living can have a profound effect on an individual's psychological well-being. An increasing area of interest for sociologists and psychologists is the impact of city living on baseline chronic and phasic acute levels of stress. Major factors accounting for increased stress and anxiety are increased crowding, travel fatigue and transportation frustration, heightened external stimulation and induced arousal, increased violence and aggression, waiting and queueing, depersonalization, compassion fatigue, increasing housing costs, and lengthening of the working day.

The lifestyles and social environments of most urban dwellers around the globe has changed profoundly as a result of development, modernization, and migration. These changes have often been accompanied by an increase in chronic diseases, alcoholism, and suicide. As a result, the health effects of psychological and physiological stress have become an increasing concern in nations around the world. Several studies have examined complex factors associated with increased stress hormone levels in urban living people. Specifically, lifestyle differences in physical activity, diet, and social interaction have been found to have significant independent and interactive contributions.

Many efforts to reduce stress continue to focus primarily on personal stress management. However, there has been a growing awareness that personal coping techniques have limited effectiveness and that sources of stress in the environment need to be altered. For example, recent stress intervention models designed to reduce or prevent the health hazards associated with occupational stress highlight strategies like employee assistance programs, educational programs, stress surveys, medical studies, stress committees, collective bargaining, organizing and public awareness, and lobbying and political action. Psychological models, like the stress-distress model - which posit the relationship between stress (as reflected in life events) and distress (as reflected in depressed symptoms) - are hypothesized to hold across societies. However, it should be noted that not all urban centres necessarily expose their population to the same levels of stress. The experience of stress must reflect the social reality of a particular community or society. For example, in the case of urban China, the politically-imposed stratification system arranges individuals and family lives around work units. These work units dictate all aspects of the life of the worker and his or her family, ranging from housing, major

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purchases, access to local and distance facilities, schooling and employment for children, to retirement pension and funeral expenses. While the Chinese government policy may produce an urban stress accounted for in part by the levels of government control imposed, the nature of control in capitalist society may produce a qualitatively different kind of urban stress associated with uncertainty of status, lack of community spirit and imposition of unwanted individual responsibility.

This collection constitutes a large-scale multidimensional, cross-cultural and comparative study of stress in the city. By bringing these diverse perspectives together in one collection, it is hoped that a better understanding of the causes, consequences and process of amelioration of stress in the city can begin.

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A Socio/Political View of Crisis in the Urban Environment of the 20th Century

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