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# PENGHAYATAN SUBYEKTIF TERHADAP STRES BERDASARKAN TEORI LAZARUS

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## ABSTRACT

*This literature research is trying to explain about cognitive appraisal based on Lazarus's theory (1991) the cause of being stress is a transaction between the person and his or her environment which involved the assessment process called cognitive appraisal. This cognitive appraisal is a mental process which consists of primary appraisal and secondary appraisal. When someone is not able to do the secondary appraisal. He or she will be stress, and this condition will influence his physic, cognitive, and behavior.*

**Key words:** *cognitive appraisal, primary apparaisal, and secondary appraisal.*