**Two main concepts** that **cause stress** in everyday life are **life changes** and **daily hassles**;

**Daily hassles**: They can be very annoying and also irritating in everyday life. Things like being late, losing your keys or rain can be daily hassles.

However some believe that hassles can only arise from pre-existing chronic stressors (life changes).

* An example can be when a man’s wife dies; he will then have to deal with the cooking and cleaning on his own.

**Lazarus’s Daily Hassles Scale;**

The scale consists of 117 items containing all aspects of daily life. It can be changes for certain groups i.e. for student’s problems such as exam would arise. He also thought that the positive events in life ‘uplifts’ can counteract hassles. An uplift scale was made with 135 items. An example for that is getting good grade.

A study to support daily hassles was done by Delongis 1982 who investigated whether daily hassles would be better predictor of life changes.

The four things that Delgonis considered for the participants were:

* Uplifts
* Hassles
* Life changes
* Participants

She gave 100 participants who were over 45, questionnaires on the above.

The **findings** for this study were;

* She found a high positive correlation between hassles and health status; the greater the hassles experienced the more likely there would be health consequences.
* No relationship between uplifts and health
* No relationship between life changes and health

In conclusion hassles may be better predictor of health than life changes.

**Evaluation:**

* Old and young people deal with hassles differently hence the results are difficult to generalise to all ages.
* Sample bias, only 100 people, hence it can’t be generalised.