

Perceived Stress, coping strategies and Subjective wellbeing among adolescence.

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Abstract

Problem Statement /research question:

- 1) Is there any relationship exists between Perceived Stress, Coping Strategies and the well-being of adolescence?
- 2) Is there any gender difference that exists in Perceived stress, Coping strategies and Subjective well-being?
- 3) Is there any difference exists between rural and urban adolescents in Perceived stress, Coping strategies and Subjective well-being?

Objectives

- 1) To assess the Perceived Stress, Coping Strategies and Subjective Well-being of adolescence
- 2) To examine the relationship between Perceived Stress, Coping strategies and Subjective Well-being among adolescence
- 3) To explore the gender difference in Perceived Stress, Coping strategies and Subjective Well-being among adolescence
- 4) To examine the difference between rural and urban adolescence in terms of Perceived Stress, Coping strategies and Subjective Well-being

Methods

Research Design: Non-experimental correlational research design used for the present study

Sample: 601 adolescence of aged 14years to 18 years were selected using a random sampling method from a rural and urban background. The sample included both boys and girls.

Tools used

- 1) Perceived stress scale by Cohen (1983)

- 2) Coping Questionnaire by Lazarus and Folkman (1988)
- 3) Subjective Well Being scale by Nagpal and Sell (1983)

Procedure

Data collected from various institutions of Bangalore after taking into considerations of research ethics. Informed consent has been taken from the authorities of the institution as well as from the participants. Confidentiality assured and data has been coded with numbers to remove the identification of the participants also data used only for the purpose of research. Scoring and analysis were done with the help of SPSS

Major findings / Results

- 1) The present sample has an average Perceived Stress of 16.28 indicating a moderate stress level compared to the norm
- 2) Average score obtained for subjective well being
- 3) Predominant Coping strategies are found to be and Positive Reappraisal (12.25) and Escape Avoidance (10.43)
- 4) The significant negative correlation obtained between Perceived stress and subjective well-being of adolescence (-0.38) indicating that Perceived Stress level can influence the subjective well-being of adolescence
- 5) Perceived Stress is significantly correlated with the coping strategies of Distancing Self Controlling, Accepting Responsibilities, and Escape Avoidance, Painful Problem solving and positive reappraisal.
- 6) Subjective well-being is significantly correlated with the coping strategies of Escape Avoidance, Painful Problem solving and Positive reappraisal
- 7) There is a significant difference found in Subjective Well-being between boys and girls. Boys are significantly higher in subjective well-being than girls of the same age
- 8) There is no significant difference found in Perceived stress between boys and girls ($P > .05$)
- 9) There is a significant difference found in the stress level between rural and urban students. Urban students are having high-stress level compared to rural students

Publication Details

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