



A COMPARATIVE STUDY BETWEEN COPING STYLES OF ADOLESCENTS AND ADULTS

Psychology

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ABSTRACT

Strategies of coping are aimed at minimizing stress levels and/or their repercussions. The present research studies the difference in the coping styles of adults and adolescents. For this, a total of 200 subjects, divided between each stratum; were subjected to the Rosenweig Picture Frustration test. The results indicated that adolescents rated higher on some subscales, viz., Extraggression and Obstacle dominance, whilst adults scored higher on Introgression; thus, proving the Hypothesis to be true.

KEYWORDS

Introduction

Coping strategies refer to the specific efforts, both behavioral and psychological; that people employ to master, tolerate or reduce stressful events. Two general coping strategies have been distinguished problem solving strategies are efforts to do something active to alleviate stressful circumstances, whereas emotion focused coping strategies involve efforts to regulate the emotional consequences of stressful or potentially stressful events.

The problem of coping with stress and load situations belong to the area of psychology where meaning of life is seen as having a great positive role. In several theories, life meaning is considered as important source of positive coping and stress management. Meaning of life has many different dimensions (Reker, 2000; O'Connor, et al. 1996) three of them are explained as follows :-

Intensity of meaningfulness is related to a sense of meaning in life; a level at which individual experiences his/her life as meaningful. **Breadth of meaning** refers to meaning of sources of meaning. **Depth of meaning** is related to a level of self-transcendence of values, serving as a source for experiencing meaning in life.

A variety of coping measures exists. Two important among them are The Ways of Coping Measure (Folkman, et al. 1980) or the COPE (Carver, et al. 1989). The Ways of Coping is an empirically devised inventory of specific ways in which people might cope with a stressful event. By contrast the development of COPE was theoretically guided and items were created to tap a predetermined set of coping strategies. Furthermore, Coping styles have been studied to be strictly associated to levels of stress in adolescents. Thaker, et al. (2013)

Both the COPE and the Ways of Coping Subscales have been reliably tied to psychological distress, such that active coping strategies appear to reliably produce better emotional adjustment to chronically stressful events. In terms of physical health as well active versus avoidant coping strategy was associated with better immune system in HIV-seropositive men (Goodkin, et al. 1992; Goodkin, et al. 1992).

Coping styles, in addition, have been associated with psychiatric disorders with respect to gender differences Naranjo, et al. (2016) and maturation. Wingo, et al. (2015)

Active coping with disease was associated with fewer recurrences and longer survival from melanoma. Avoidance coping was associated with lower number of T-Cells among law school students. (Segerstrom, et al. in press)

Positive emotion focused coping style is positively associated with psychological well-being and negatively associated with psychological distress (Besharat, et al. 2008)

SIGNIFICANCE OF THE STUDY

Maintaining a good and happy life in the advent of changing demands of the evolving world is crucial to enjoy good mental health. It is important that an individual possesses adequate coping styles and use it effortlessly and effectively when the situation demands. There is a growing evidence that coping style is highly associated with mental health. as found in the study by Zhi Wang Department of Psychology,

Southwest University, China (2013). Over the years coping styles of different age groups have gone a drastic change. Hence, this study is an effort to highlight the areas where improvement in the abilities may foster the well-being status on a wide scale.

PROBLEM:

Is there any significance difference in the coping styles of adolescents and adults.

HYPOTHESIS :

There is a significance difference in the coping styles of adolescents and adults.

METHODS:

The present study is a correlational research in which the variables under study are not directly manipulated by the researcher rather variations in the variable of interest are achieved through some sort of selection procedure. As in the present case the coping styles and age was studied by selecting 100 subjects from each of the two age groups, namely adolescents (13-18 years) and adults (19-24 years).

The sample was selected by incidental cum purposive technique. All the subjects of middle socio economic status from nuclear families.

RESULT AND DISCUSSIONS

S.No	Name of Coping Style	Groups	Mean	S.D	T
1	Impression	13-18 years	13.55	4.45	0.88
		19-24 years	14.06	3.70	
2	Introgression	13-18 years	2.55	1.78	2.29*
		19-24 years	3.14	1.86	
3	Extraggression	13-18 years	7.06	4.71	2.94*
		19-24 years	5.34	3.46	
4	Obstacle Dominance	13-18 years	9.29	4.24	2.60*
		19-24 years	7.97	2.79	
5	Ego Defense	13-18 years	0.67	0.82	0.35
		19-24 years	0.63	0.79	
6	Need Persistence	13-18 years	11.25	4.03	1.36
		19-24 years	11.96	3.33	

The above results indicated that adolescence scored higher on Extraggression, Obstacle Dominance whereas adults scored higher on Introgression.

Findings indicate that adolescents, in case of frustration, turn the aggression outwardly whereas adults turn the aggression on themselves. It appears that adults due to maturity do not create a situation in which others may be disturbed. On the other hand, adolescents prefer to express their emotions freely what so ever they are, they are not ready to accept aggression and blame environment for the problem.

Adolescents have an obstacle dominated personality; they find it difficult to take the blame of frustration upon them and prefer to blame the obstacle itself.

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