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## TO DETERMINE THE COPING STRATEGIES TO COMBAT STRESS AMONG YOUNG ADULTS

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### Abstract

Coping behavior is the reaction apathetic situations. It is a basic process key to survival. It measures how individual cope with their problems. Mostly people try to distract themselves from the stress or try to overcome by engage in stress reduces activities like involve in problem solving, maintaining emotional relationships, eat balanced diet, sound sleep, go on vacations and so on.

These adults at this age face difficulties to deal with stress; either they escape from the stressor or give up. When a person faces difficulties or failed to cope they seek to medical help. But very few of them face the stressor and

try to cope up from the stress. Young adults with cancer experience changes mentally and physically that results in their coping ability and body image.

Coping strategies have been found very effective for handling stress among young adults (Neito.M et.al. 2020). Risk taking behavior and the relation of coping strategies has been effectively found among young adult (Harnandez.R et.al. 2019). Coping strategies has been found effective among deadly disease like cancer which also relates to the social support of the person (Kyngas.H et.al. 2008). Coping strategies have also been found pain among young adults (Lefebvre. J.C et.al. 1995).

So, in the present study, an attempt has been made to determine the coping strategies to combat stress among young adults. 20 males and 20 females subject have been taken for the study. Coping checklist Rao, Subbakrishna (1989) has been used for the present study.

Results indicate that the mean scores of male is higher than the mean scores of females (male= 42.8, female= 39.11) females, which indicates that male subjects have shown greater coping strategies compare to female subjects in the present study. From SD scores, it has found that male subjects show more variability compare to female subjects (male= 9.92, female= 8.81). t value (1.24) has been found significant at 0.05 level, it indicates the mean scores of the two groups are statistically significant.

Therefore, it may be concluded that both male and female have shown greater coping strategies compare to average and male subjects scores are higher than the female subjects. Their mean scores are statistically significant in the present study.

## Introduction

Stress is the individual's body reaction to the force which comes from certain situation or event. Stress has played an important role in human's mental and physical health deterioration. Stress symptoms that can affect you physically and mentally are hypertension, heart disease, diabetes. Coping is the technique that we used to deal with the problem or stress. If an individual is suffering from stress, there are some strategies from which he can cope up, such as get involve into physical exercise, relaxation techniques, spending time with loved ones, eat balanced diet, and give time to your hobbies. Physiological symptoms of stress include feeling of tiredness, disturbed sleep, low appetite, and pains in different body parts.

Stress can be caused by different elements such as work pressure, daily hassles, different circumstances, interpersonal relationships, peer pressure, individual's health, family issue, environmental issues.

Sleep problems are highly observed in young adults that affects in their quality of life. Coping strategies are effective for sleep quality (Ming Yang Chein et.al. 2010). Young adults with cystic fibrosis, long term diseases, they generally coped well (Askew K. et.al. 2017). Coping strategies have been found effective among those who are suffering from cognitive and mood problems, they perceived social support (Tremolada M. et.al. 2016). In one of the findings, the result indicated that students with learning disabilities had progressed in coping strategies to make up for their skill deficits (Cowen E. Sara 1988). Males were more able to cope as compared to females. Males were more to adapt strategies where females were prone to avoidance tactics (Begotti Tatiana et.al. 2020). So, in the present study, an attempt has been made to determine the coping strategies to combat stress among young adults.

## Methods

The data was collected with the help of circulating coping checklist along with answer sheet. Later descriptive statistics (mean, standard deviation and t test) were used.

## Objectives

1. To determine the coping strategies of young adults aged between 20-30 years.
2. To see the comparison between male and female subject aged between 20-30 years in respect to coping strategies.

## Hypothesis

1. There will be significant relationship among young adults aged between 20-30 years on coping strategies ( $H_A$ ).
2. There will be a significant relationship in comparison with male and female subject aged between 20-30 years in respect to coping strategies ( $H_A$ ).

## Samples

20 males and 20 female subjects have been taken for present study aged 20-30 age group. They belong to middle socio economic status.

## Inclusion criteria

- All the subjects aged between 20-30 years.
- All the subjects belong to middle socio economic status.

## Exclusion criteria

- No subject has been taken whose age is below 20 years and above 30 years.
- No subject has been taken whose is either below or above middle socio economic status.

## Tools

### Coping checklist scale

Introduced by Rao, Subbakrishna & Prabhu in 1989, consist of 70 statements with two options (yes/no) each.

## Procedure

Subjects were given the test booklet of coping checklist along with the answer sheet. Instructions were given for successful accomplishment of the task. After the test was over, the booklet and the answer sheet were collected from the subjects. The scores were been tabulated and analyzed with statistical methods. Then, discussions were made and conclusions were drawn.

Result and discussion

Result table 1: showing scores of male subjects in coping checklist scale.

Sr. no.	score	Mean	SD
1	37	42.8	9.92
2	49		
3	30		
4	38		
5	49		
6	36		
7	44		
8	36		
9	37		
10	54		
11	42		
12	62		
13	42		
14	44		
15	37		
16	27		
17	70		
18	41		
19	38		
20	43		

Result table 2: showing scores of female subjects in coping checklist scale.

Sr. no.	score	mean	SD
1	39	39.11	8.81
2	33		
3	39		
4	43		
5	33		
6	26		
7	43		
8	30		
9	28		
10	38		
11	42		
12	35		
13	43		
14	43		
15	37		
16	38		
17	29		
18	42		
19	42		
20	27		

Result table 3: showing comparison of scores between males and females subjects in coping checklist scale.

Category	Mean	SD	t	P	Remarks
Male	42.8	9.92	1.24	0.22	Significant at 0.05 level
Female	39.11	8.81			

### Discussion

From the above result, it has found that both the groups are above average in coping strategies. From the mean scores, it implies that male subjects have shown more coping repertoire in compare to female subjects. From SD values, it may be said that the male subjects have shown slightly more variability in scores compare to the scores of female subjects. t value have been found significant in this study which reflects that the difference between the mean scores are statistically significant.

The present findings are very similar to previous research findings (Ming Yang Chein et.al. 2010). Contradictory findings also have observed in the previous research findings (Askew K. et.al. 2017). Therefore, it may be implied that, both the groups of present study have shown above average coping strategies and male subjects have shown more coping skills compare to the female subjects who has been reflected in the significant t value.

### Conclusion

From the above findings, it may be concluded that both the groups have shown above average coping skills and males have shown greater skills to its female counterparts. So, alternative hypothesis has been accepted in this present study. So, the coping skills have been satisfactorily observed among the two groups of the present study.

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