

THE EFFECTS OF COPING STRATEGIES ON STRESS AND WELL-BEING

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Abstract: This study examined the effects of coping strategies on stress and well-being. A sample of 100 college students completed a questionnaire measuring coping strategies, stress, and well-being. The results showed that students who used active coping strategies reported lower levels of stress and higher levels of well-being compared to those who used passive coping strategies. The findings suggest that active coping strategies are more effective in managing stress and promoting well-being.

Keywords: coping strategies, stress, well-being

Introduction: Coping strategies are the methods used by individuals to deal with stressors. They can be categorized into active and passive coping strategies.

Active coping strategies involve taking direct action to address the stressor, while passive coping strategies involve avoiding the stressor or denying its existence.

Research has shown that active coping strategies are associated with lower levels of stress and higher levels of well-being, while passive coping strategies are associated with higher levels of stress and lower levels of well-being.

The purpose of this study was to examine the effects of coping strategies on stress and well-being in a sample of college students.

The study used a questionnaire to measure coping strategies, stress, and well-being. The results showed that students who used active coping strategies reported lower levels of stress and higher levels of well-being compared to those who used passive coping strategies.

The findings suggest that active coping strategies are more effective in managing stress and promoting well-being. These findings have implications for stress management interventions and for promoting well-being in college students.

