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Poster presentation

Coping strategies by the Greek university students facing stress

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Background

The present research project aims to examine the coping strategies used by the under graduated students studying in four departments, at Tei of Patras.

Materials and methods

In this research took part 294 participants recruited from Greek studying at the departments of Speech Language Pathology, Social Work, Nursing, and business administration. The sample was taken in random order. The questionnaire, which was administrated, (was filled in an anonym way) was the Toulouse Scale about coping, which was created from Tap, Esparbes, and Sordes in 1993.

Results

Statistical analysis of the data revealed that the 93.88% of questioned students uses in middle extent action strategies, the 89.45% uses information strategies, and the 89.11% uses emotional strategies. It also positive that the 63.94% uses in high extent and the 35.37% in the middle extent positive coping strategies. Negative coping strategies are used in the middle extent from the 91.50% of students.

Discussion

While the occupational stress is particularly increased in Universities, from the analysis we managed to see that students are using a variety of strategies, such as focus (74.83%), the social support (6.65%), withdrawal in low extent (51.36%), diversion (80.27%), controle (78.57%), and denial (68.71%). Its seams positive, that crushing majority of the participants are able to have stress under control. However, there are statistically differences in accordance with sex, age and the department of studying.

References

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