



**COPING STRATEGIES, OPTIMISM AND ACADEMIC MOTIVATION AMONG  
UNIVERSITY STUDENTS**

A thesis

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**LIST OF ABBREVIATION**

AMS	Academic Motivation Scale
LOT-R	Life Orientation Test Revised
CS	Coping Scale
IM	Intrinsic Motivation
EM	Extrinsic Motivation

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## ABSTRACT

*The present study was aimed to explore the relationship between coping strategies, optimism and academic motivation among university students. The study also examined the gender differences across coping strategies and academic motivation. Additionally, the current study also aimed to identify the effect of coping strategies and optimism on academic motivation among students. In order to obtain the data Academic Motivation Scale (Vallerand, Pelletier, Blais, Briere, Senecal & Vallieres, 1992), Life Orientation Test Revised (Scheier, Carver, & Bridges, 1994) and Coping Scale (Hamby, Banyard, & Grych, 2013) were administered from a sample of 200 university students including Female (n= 125) and males (n=75) with age range 18-35 years (M=20.93, SD=1.73). The results of the study showed that there is significant positive relation between coping strategies, optimism and academic motivation but there is no positive effect of optimism on academic motivation. However, results also indicated that females have high level of academic motivation as compared to males. This study can help students to use effective coping strategies and having optimistic view of life, so that they can excel in their academic performance. Limitations and future implications are also discussed.*

**Keywords:** *Academic Motivation, Coping Strategies, University Students, and Optimism*