

STRESS AND COPING STYLES AS DETERMINANTS OF SUICIDAL
PROBABILITY AMONGST PROFESSIONALS

BY

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I hereby certify that the candidates' work has been completed to my satisfaction and that the thesis is in a format and of editorial standard recognized by the faculty/department as appropriate for examination.

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DEDICATED TO MY MOTHER
WHOM I LOSS DURING MY STRUGGLE
TO COMPLETE THIS THESIS

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“Behold: thy Lord said to angels; ‘I will create a vicegerent on earth. And He taught Adam the names of all things; then He placed them before the angels, and said: Tell Me the names of these if ye are truthful. Of knowledge we have none, save what thou hast taught us”
(Surah Al Baqarah 30-32)

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ABSTRACT

The research aimed at investigating the mediating effects of coping styles on the relationship of stress and suicidal probability amongst professionals of highly skilled jobs; doctors, academics and managers. It was hypothesized that the relationship of stress and suicidal probability would be mediated by the emotion focused coping style. The Study elaborated the prevalence of professional life stress and suicidal probability amongst doctors, academics and managers. Moreover, it highlights the gender differences in the perception of the perceived professional life stress.

Using cross-sectional survey design; Professional Life stress scale; Coping Response Inventory and Suicidal Probability Scale were administered on 600 professionals stratified into three groups: 200 doctors, 200 academics and 200 managers working in Karachi.

Statistical analysis of Linear regression shows significant linear relationship between the predictor and dependent variables, $F(3, 597) = 71.44, p < 0.05$; (PLSS) $\beta = .08, t = 1.95, p < 0.05$; (SPS) $\beta = 0.26, t = 6.24, p < 0.05$. It further indicates that gender differs significantly in terms of professional life stress $t(2, 598) = -1.91, p < 0.05$. Therefore it can be concluded that professionals experience higher levels of stress and at times they are unable to cope with stress effectively. Consequently, they become vulnerable to suicide attempts. Medical doctors were found to experience higher levels of stress and suicidal probability than academics and managers. Female professionals were also found more susceptible of experiencing higher levels of stress.