

PROFESSIONAL LIFE STRESS AND EMOTION FOCUSED COPING STYLE
AS DETERMINANTS OF SUICIDAL PROBABILITY AMONGST DOCTORS,
ACADEMICIANS AND MANAGERS OF METROPOLITAN CITY

By

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A thesis

presented to the Bahria University, Islamabad

In the partial fulfillment of the requirements

For the degree of

Doctor of philosophy

December 2009

BAHRIA UNIVERSITY, ISLAMABAD

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SUBMISSION OF HIGHER RESEARCH DEGREE THESIS

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ABSTRACT

Stress is an inevitable part of individual's life whether personal or professional. Stress at workplace can lead to poor physical and psychological well-being of employees across occupations. It does not only effect individuals but also organization. Hence, professionals (doctors, academicians and managers) in Pakistani context are no exception. Some professionals can cope and relieve themselves from stress with adaptive coping style, while other may not be able to alleviate their stress effectively. Thus, utilize mal-adaptive coping style which effect their physical and psychological well being and eventually increases the risk of suicide.

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.

The research method applied in the present study is quantitative in nature. The research used cross-sectional survey design in which standardized self report questionnaires (Professional Life stress scale; Coping Response Inventory and Suicidal Probability Scale) have been administered on 600 professionals; further divided into three groups: 200 doctors, 200 academics and 200 managers working in Karachi.