

**THE RELATIONSHIP BETWEEN SELF-ESTEEM  
AND COPING RESPONSES OF ADULTS**

**BY**

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The relationship between self-esteem  
and coping responses of adults

By  
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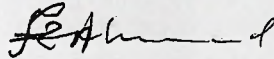
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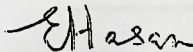


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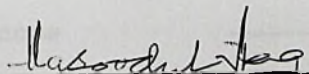
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## ABSTRACT

In the present research the Relationship between Self-Esteem and Coping Responses of Adults was studied.

In order to find out the level of Self-Esteem among adults Culture Free Self-Esteem Inventory - Adult (CFSEI-2) was administered .In order to find out the Coping Responses in adults the Coping Response Inventory (CRI-A) was administered.

The inventories were administered to two hundred participants. Out of which 100 were males and 100 were females. There were 50 males and 50 females who had high Self-Esteem and 50 females and 50 males who had low Self-Esteem.

Chi-Square was computed for the statistical analysis of the data. The results of the present study show that individuals with high Self-Esteem have a feeling of worthiness. They are confident and competent about their abilities. Their feelings of worthiness help them in the process of coping. In response to stress they try to think more logically, rationally and they attempt to solve the problems.



On the other hand individuals with low Self-Esteem have feelings of unworthiness and inadequacy. They try to avoid the stressors and act impulsively and emotionally in response to stress. Therefore they are not capable to deal directly and affectively with various stressors.