

**COPING STRATEGIES IN RESPONSE TO
STRESS AS A FUNCTION OF SOCIAL SUPPORT**

**A thesis
Presented to the Institute of Professional
Psychology,
Bahria University, Karachi**

**In Partial Fulfillment
Of the Requirements for the
Degree of Bachelor of Science
(BS)-Psychology**

By

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ACKNOWLEDGEMENT

We would like to thank Almighty Allah for giving us the strength and courage to conduct this research thesis.

We are also very grateful to our supervisor Dr. Tahira Yousaf for her constant support and encouragement throughout the project, for her patience, motivation, enthusiasm, and for giving us her invaluable ideas, immense knowledge and sharing her expertise. Her guidance helped us in all the time of research and writing of this thesis.

We express our gratitude to our Director of our department Institute of Professional Psychology, Bahria University for providing us the opportunity to carry out this study and for her kind appreciation.

We are also very obliged to our family and friends for always believing in us and inspiring us to reach higher in order to achieve our goals.

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ABSTRACT

The aim of the present study was to determine a significant relationship between coping strategies university students used during the times of stress and the level of their perceived social support. After detailed literature review, it was hypothesized that students having strong social support will have better coping strategies in response to stress as compared to those having weak social support. The sample size consisted of 60 university students, selected from various universities of Karachi. The entire sample comprised of two groups (i.e., 30 with high social support, 30 with low social support). The age of the participants ranged from 18 to 25 years with the mean of 21.333 years. Multidimensional Scale of Perceived Social Support (MSPSS) (Zimet, Dahlem, Zimet & Farley, 1988) and Coping Inventory for Stressful Situation (Endler & Parker, 1990) were administered in order to assess level of social support and types of coping strategies respectively.

Pearson Product Moment Coefficient of Correlation was used to find out the relationship between levels of social support and types of coping strategies among university students. The analysis of the data was done by using Microsoft Excel 2007. The results showed significant positive correlation between high levels of social support and task-oriented coping strategies ($r = 0.595$) and low levels of social support and task-oriented coping strategies ($r = 0.263$). There was a moderate negative correlation between high levels of social support and emotion-oriented ($r = -0.399$) and avoidance-oriented coping strategies ($r = -0.233$) as well as between low levels of social support and emotion-oriented ($r = -0.397$) and avoidance-oriented coping strategies ($r = -0.325$).