



A COMPARISON BETWEEN COPING STRATEGIES OF BULLIED AND NON-BULLIED ADOLESCENTS

A thesis
Presented to
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(BS) Psychology

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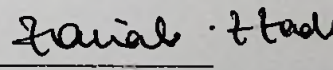
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ABSTRACT

The research aimed to compare the difference in coping strategies used by bullied and non-bullied adolescents. Two hundred and ninety participants were selected from a total of seven private schools of Karachi. Victimization was measured by Multidimensional Peer-Victimization Scale (Mynard & Joseph, 2000) and coping strategies were assessed using Brief COPE scale (Carver, 1997). Purposive sampling was used to select bullied participants and convenient sampling was used to select non-bullied participants. On account of the large difference of adolescents found in bullied group (N=52) and non-bullied group (N=238), the sample was reduced to one hundred and ten adolescents. By using the mean-value of adolescents' overall score on Multidimensional Peer-Victimization Scale the two groups were formed, where fifty-nine belonged to the bullied group and fifty-one belonged to the non-bullied group. Independent sample t-test was then applied to test the hypothesis and significant differences were found in coping strategies used by bullied and non-bullied adolescents, in which bullied adolescents were found to use both adaptive coping ($p=.028$, $M=38.24$) and maladaptive coping ($p=.000$, $M=31.80$) when dealing with victimization. Specific coping strategies used by bullied adolescents, of the given study, were also analyzed and it was found that self-distraction ($p=.008$, $M=5.73$), denial ($p=.036$, $M=4.27$), emotional support ($p=.001$, $M=5.08$), behavioural disengagement ($p=.001$, $M=4.51$), venting ($p=.001$, $M=4.75$), humour ($p=.003$, $M=4.25$), acceptance ($p=.020$, $M=5.64$) and self-blame ($p=.000$, $M=4.73$) were the strategies used most to deal with bullying. Limitations, recommendation and implications of the study were discussed and more research on the topic was emphasized.