



S.No. 71

ACADEMIC STRESS LEVEL AND COPING STRATEGIES AMONGST FRESHMAN AND SENIORS OF UNIVERSITY STUDENTS

A thesis
Presented to
The Institute Of Professional Psychology,
Bahria University, Karachi Campus

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

By
AIMAN KHAN
ALINA FATIMA SIDDIQUI
&
ANOSHA MUMTAZ ALI
SYEDA ALEENA SAEED

MAY, 2015

Table of Contents

APPROVAL SHEET.....	6
DECLARATION OF AUTHENTICATION	7
ABSTRACT	8
INTRODUCTION	9
STRESS:	10
TYPES OF STRESS:.....	10
SOURCES OF STRESS:	11
EFFECTS OF STRESS:	12
ACADEMIC STRESS:.....	12
COPING:.....	13
COPING WITH STRESS:.....	14
HYPOTHESIS:	23
METHOD	24
Sample:	24
Operational definition:.....	24
Academic Stress:.....	24
Brief Cope Scale:	24
Measures:	25
Informed Consent Form:.....	25
Demographic Information Form:.....	25
Academic Stress Scale:	25
Brief Cope:.....	26
Procedure:	27
Scoring and Evaluation:	28
RESULTS	29
DISCUSSION.....	34
CONCLUSION:.....	39

INSTITUTE OF PROFESSIONAL PSYCHOLOGY
BAHRIA UNIVERSITY, KARACHI CAMPUS

APPROVAL SHEET

SUBMISSION FOR RESEARCH DEGREE THESIS

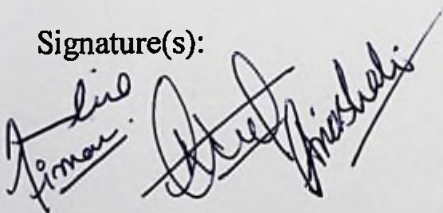
Candidates' names: Alina, Aiman, Amosha, Aseema

Discipline: Psychology

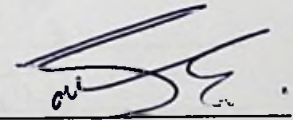
Faculty/Department: Institute of Professional Psychology

I hereby certify that the above mentioned group member's work including the thesis has been completed to my satisfaction and that the thesis in a format of an editorial standard recognized by the faculty/department as appropriate for examination.

Signature(s):



Principal Supervisor



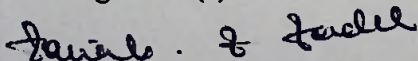
Date:

25/5/2016

The undersigned signifies that

1. The candidate(s) presented at the pre-completion seminar, an overview and synthesis of major findings of the thesis, and that the research is of a standard and extent appropriate for submission as a thesis.
2. I have checked the candidate's thesis and its scope and format. Editorial standards are recognized by the faculty/department as appropriate.

Signature(s):



Dean/Head of Faculty/Department:

Dr. Zainab Zadeh

Date:

25/5/2016

ABSTRACT

The objective of the study is to find out difference between the academic stress levels and coping strategies amongst the freshman and senior students of university level. Academic stress amongst the students has been long researched upon, and researchers have found out numerous different stressors. The study further go in depth that which group i.e. the freshman or the seniors experience more of the stress and how they cope it up respectively. The sample of the research was comprised of 200 under graduate students, i.e. 100 freshman and 100 seniors from universities of Karachi. The data was collected through academic stress questionnaire (Dr. Gregory Frazer, Pittsburgh) and brief cope scale, Carver (1997) and was further on statistically tested by frequency descriptive through SPSS. The result showed that there was a highly significant correlation between academic stress and maladaptive coping strategies ($r = .315, p \leq .01$). The t-test statistics showed academic stress level ($t = 3.90, p \leq .001$) and use of maladaptive coping strategies ($t = 2.43, p \leq .05$) was higher in senior students as compared to junior student.