

A Study of Life Stress and Coping Styles among Adolescent Girls

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KEYWORDS Bereavement; personal set back; ego; threat; family stress; coping styles; confrontive coping.

ABSTRACT The study was undertaken purposively in Hisar city of Haryana state and Hyderabad city of Andhra Pradesh state. Two schools (one CBSE and one State Board Education) were selected at random each from Hyderabad and Hisar. In all 80 students of 12th standard 20 each from both the affiliated schools of selected cities were taken at random. In the process of investigation, A life stress scale, General role stress scale and coping questionnaire were used. Results highlight that most of the adolescent respondents experienced moderate stress followed by high level of stress in the categories of family stress, ego threat, bereavement, personal set back and health of others. Most of the adolescents adopted moderate to low level of negative coping styles and moderate to high levels of positive coping styles.