

## **Professional Life Stress and Coping Strategies Used by House-Job Doctors\***

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**ABSTRACT** The current research investigates the relationship between coping strategies and professional life stress reported by house-job doctors. A purposive sample of 200 male and female house-job doctors was drawn from different hospitals in Lahore, Pakistan (Ganga Ram Hospital, Jinnah Hospital, Mayo Hospital, Fatima Memorial Hospital and General Hospital). Coping Orientation to Problem Experienced (COPE) and Professional Life Stress Scale (PLSS) were used to determine the coping strategies and professional life stress, respectively. The findings from the Pearson Product Moment Correlation indicated a significant relationship between; problem-focused coping and stress ( $r = -.33, p < .01$ ), emotion-focused coping and stress ( $r = .28, p < .01$ ), and avoidance coping and stress ( $r = .21, p < .01$ ). The findings from this research have implications for promoting the understanding of the concept of coping strategies and their relationship with professional life stress so that a faculty development program can be introduced for house-job doctors in Pakistan