

Problem Focused Coping and Stress in Cancer Patients: A Mediating Role of Emotion-Focused Coping

Yousaf Jamal^{*1}, Faiqa Yaseen², Sayyeda Taskeen Zahra³ and Mohammad Khalid⁴

^{1,*}*Effat University, Jeddah, KSA*

Punjab Higher Education Department, Pakistan

²*Lahore Garrison University*

³*University of Management and Technology, Lahore, Pakistan*

⁴*Effat University, Jeddah, KSA*

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ABSTRACT Cancer is a life-threatening disease that greatly influences the psycho-social health and well-being of affected individuals. The present study looks into the role of emotion-focused coping as a mediator variable in the relationship between problem-focused coping and perceived stress in cancer patients. A purposive sample of 200 (male = 41%, female = 59%) cancer patients was taken from different cancer hospitals in Lahore, Pakistan. Perceived Stress Scale and Brief Cope Inventory were used to investigate the perceived stress and coping strategies of the participants. The findings of correlation analysis indicated the interrelatedness of emotion-focused coping, problem-focused coping, and perceived stress. Findings of mediation analysis revealed that emotion-focused coping significantly plays a mediating role between problem-focused coping and perceived stress in cancer patients. These findings have practical implications for counseling cancer patients to overcome their stress and adopt effective coping strategies to deal with their stress.