

(54) Title of the invention : STRESS AND COPPING ISSUES IN COLLEGE STUDENTS AFTER COVID -19

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(57) Abstract :  
 ABSTRACT STRESS AND COPPING ISSUES IN COLLEGE STUDENTS AFTER COVID -19 This invention provides novel insight into the relationships between coping with stress as reported during the first three months of the Coronavirus outbreak, self-efficacy, and optimism among college students. Participants were selected using convenience sampling techniques from ten colleges, and self-report questionnaires were utilized to assess coping, self-efficacy, and optimism. Stepwise multiple regression models were used to examine the unique association of each independent variable on coping with stress, while accounting for the effects of the other independent variables to reduce multicollinearity concerns. The regression models demonstrates that higher levels of self-efficacy and optimism were negatively associated with maladaptive emotion-focused coping, whereas pessimism was positively associated. Further, higher levels of self-efficacy and optimism were positively associated with adaptive problem-focused coping, whereas pessimism was negatively associate. These findings are consistent with previous studies conducted globally which entail the contribution of self-efficacy and optimism to the improvement of coping behaviors.

| Gender            | No of respondents | Percentage |
|-------------------|-------------------|------------|
| Male              | 43                | 43%        |
| Female            | 32                | 32%        |
| Prefer not to say | 25                | 25%        |
| Total             | 100               | 100%       |

Fig.1: depicts Gender wise classification.

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