

**RELATIONSHIP BETWEEN COPING STRATEGIES AND PSYCHOLOGICAL
WELL-BEING AMONG UNIVERSITY STUDENTS**

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Received: 01-02-2025	Revised: 28-01-2025	Accepted: 10-02-2025	Published: 01-03-2025
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ABSTRACT

The current research was conducted to explore the association between coping strategies and psychological well-being among university students. A sample of 300 undergraduate students were recruited from various departments of UAJK through convenience sampling. Data was gathered from the subjects using demographic sheet, The Brief Cope Scale (BCS) and Ryff's Psychological Well-being Scale (PWB) scales. A total of 300 questionnaires were distributed to participants from different departments of AJK University. Data analysis was conducted using SPSS (Statistical Package for Social Sciences). Statistical analysis such as frequency distribution, correlation and independent sample t-test were conducted. Findings of the research indicate a positive strong association between variables, coping strategies and psychological well-being. The statistical analysis also indicated that demographic variables have significant role in study variables.

Keywords.Coping Strategies, Psychological well-being, University students

INTRODUCTION

Coping is the intentional and aware attempt that people make to deal with personal and interpersonal problems, seeking to control, reduce, or survive stress and conflict. Coping strategies incorporates the specific psychological and behavioral steps people take to cope with, tolerate, reduce or react to stressful situations (Skinner et al., 2003). Coping strategies are typically categorized into problem focused coping; taking active steps to resolve stressful situations; and emotion focused coping; regulating the emotional effects of stress. As per the study conducted by Folkman and Lazarus (1980), individuals tend to employ both types of techniques in order to negotiate challenging situations. Highlighting how coping mechanisms influence the impact of stress on physical as well as mental health, Lazarus and Folkman (1984) categorized stress as a transaction between individuals and their environment. According to this perspective, coping refers to the cognitive and behavioral responses individuals employ to address internal or external demands perceived as threats to their health.

Although over 400 coping methods have been identified (Skinner et al., 2003), they were typically divided into two broad categories: approach (or active) strategies and avoidance strategies (or disengagement). Approach strategies integrate cognitive and behavioral strategies aimed at actively addressing the stressors by either resolving the problem directly (primary control) or managing the associated emotions (secondary control) (Tavolacci et al., 2013). Acceptance, positive reappraisal, seeking emotional and instrumental support, direct action, and preparation are all response options (Carnicer et al., 2019). In contrast, avoidance strategies consist of cognitive and behavioral instruments to avoid challenging situations; these are distraction denial, wishful thinking (Deasy et al., 2014). While avoidance strategies generally have negative impacts on students (Skinner et al., 2016; Tran & Lumley, 2019), evidence commonly verifies that approach strategies give rise to positive educational, physical, and psychological results (Clarke, 2006; Syed & Seiffge-Krenke, 2015).

Lazarus and Folkman (1984) outlined coping as incessant adaptation of cognitive and behavior efforts to cater to specific inner and outer requisites a person finds challenging or beyond their available resources. According to their definition, the following can be concluded: coping is the use of mental energy to reduce stress; regardless of whether they are intentional or unconscious, all coping mechanisms eventually seek to solve a problem and re-establish equilibrium; coping strategies may have positive or negative consequences, depending on their influence on mental health; a person's coping style is determined by personality and perceptual experiences; coping is very individualized, as individuals use various strategies to cope with situations.

Negative Coping Strategies

Maladaptive coping can be a sign of emotional instability or, in extreme cases, mental health symptoms (Chase et al., 2013). Negative coping mechanisms include substance abuse, aggression, withdrawal, and avoidance. Positive coping mechanisms can include religious activities, consultation with traditional healers, or participation in activities like singing. A qualitative survey conducted by Sharma and Ommeren (1998) researched coping behaviors of Bhutanese refugees in Nepal and reported alcohol use, hostility, and withdrawal as negative coping behaviors. Likewise, Zangeneh et al. (2004) studied Iranian refugee coping problems in Canada. Through their research, they discovered that people who were having trouble integrating into culture exhibited higher stress, which was also related to the consumption of substances such as tranquilizers and barbiturates. Refugees who were experiencing adjustment problems e.g., alienation from the host society, economic difficulties, language problems, and cultural differences were more prone to developing mental health problems (Zangeneh et al., 2004).

Ssenyonga et al. (2013) carried out a cross-sectional survey of 89 Congolese adolescent refugees residing in Uganda's Nakivale refugee settlement. Their report indicated that traumatized individuals tended to utilize negative appraisal and avoidance coping styles, which had further consequences on their psychological functioning. It was concluded that psychological interventions, especially age-tailored and geared towards personal development and self-acceptance, are warranted to counter maladaptive post-trauma reactions.

Positive Coping Strategies

Positive coping mechanisms include active problem-solving, planning, and social network support-seeking. Positive re-framing refers to redefining a situation in a more positive manner—is associated with both emotion-focused and problem-focused coping (Chase et al., 2013). Literature has investigated the coping mechanisms of Bhutanese refugees, one in Nepalese refugee camps and the other among those resettled in the United States. In Nepal, Chase et al. (2013) applied the Brief COPE inventory to 193 Bhutanese refugees and reported active coping, planning, and positive reframing as the strategies most often utilized. Other coping strategies were religious practices, acceptance, and seeking emotional support. Active coping, planning, and positive re-framing were rated as highly effective for coping with stress. Religious coping often took the form of personal worship and meditation.

A cross-sectional study of 386 Bhutanese refugees in the United States (Vonnahme et al., 2015) also determined that shared coping strategies include withdrawal, social support, self-reflection, entertainment, and religious or cultural involvement. It indicate that religion and social support are critical components of adaptive coping strategies. Coping refers to conscious or unconscious strategies aimed at reducing distress (Chase et al., 2013). T

Types of Coping Strategies

Weiten (2008) classified coping strategies into following categories:

Adaptive Behavioral Coping Strategies

Coping strategies, also known as coping skills or coping strategies, are either adaptive or maladaptive. Adaptive coping strategies reduce stress, whereas maladaptive coping strategies increase stress. Maladaptive coping, or non-coping, is usually ineffective and may be counterproductive. Coping responses are generally reactive, i.e., they happen following exposure to a stressor. Some coping strategies, like proactive coping, are designed to reduce possible future stressors (Carnicer et al., 2019). The effectiveness of a coping strategy, according to Weiten (2008), is contingent upon the nature of the stress, personal characteristics, and environmental conditions.

Individuals utilizing problem-focused coping modes try to meet the cause of stress at the source. They might look around for information, acquire new skill, or implement direct action against the stress-generating factor. Problem-focused coping seeks to solve or abolish the stress origin. Folkman & Lazarus (2004) described three general problem-focused strategies: Taking control (striving actively to deal with the stressor); Information seeking (knowing about the difficulty and potential ways of solving it); Weighing pros and cons: (weighing various methods for dealing with the problem). Whereas problem-focused coping is on the whole effective, it can sometimes fail, particularly when there is an uncontrollable stressor, so no direct solution can be achieved.

Emotion-Focused Coping Strategies

Weiten (2008) defines emotion-focused coping strategies as methods that serve to cope with emotional distress. They involve expressing pent-up emotions, practicing distractions, managing hostile feelings, meditating and being mindful, and adopting systematic relaxation procedures. Emotion-focused coping is concerned with managing the stress-related emotions, not with changing the stressor itself. Five main emotion-focused coping styles have been named by Folkman and Lazarus (2004) as disclaiming, escape-avoidance, assuming responsibility or blame, exercising control over oneself, and positive reappraisal. This coping strategy helps to alleviate emotional distress by suppressing or avoiding the emotional effect of stressors. There are several ways to do this, including soliciting social support, redefining the stressors to a positive circumstance, assuming responsibility, avoiding painful situations, exerting self-regulation, or emotionally distancing oneself.

Avoidance-based Coping Strategies

Avoidance-based coping can temporarily remove one from painful emotions by diverting attention away from unpleasant feelings. Yet, when employed excessively, avoidance coping strategies are detrimental in the long term (Tran & Lumley, 2019). Conversely, positive emotion-focused coping strategies, including active coping and positive reappraisal, are associated with improved psychological well-being. One type of emotion-focused coping, called emotional approach coping, is to express and process emotions in order to manage stress effectively. Examples of this type include deep breathing, meditation, yoga, music and art therapy, aromatherapy, and grounding that involves the use of physical sensations or mental distraction to refocus attention in the here and now (Chase et al., 2013).

Appraisal-Focused Coping Strategies

Appraisal-focused coping, or adaptive cognitive coping, entails a shift in perspective in an attempt to look at a situation in a more favorable manner. Denial or emotional distancing from an issue may be involved. Weiten (2008) describes how people who use appraisal-focused coping consciously reframe their perception of a situation in order to have a more positive outlook. For instance, an individual may purchase tickets to a football match despite being aware that their health status may render them unable to attend, hence ensuring a positive expectation. This coping technique also entails redefining personal values and goals, for instance, laughing in difficult situations.

Psychological Well-Being

Psychological well-being is usually defined as the balance between feeling good and functioning well in private life as well as in social life (Deci & Ryan, 2008). Huppert (2009) specifies psychological well-being as feeling good by experiencing a satisfying life with both positive emotions and effective functioning. Long-term well-being does not necessitate constant happiness (Argyle, 1987); rather, the ability to manage negative emotions—such as disappointment, failure, or grief is crucial. Psychological well-being may be compromised when negative emotions become overwhelming or persist long enough to disrupt daily functioning (Diener, 1984). In addition to happiness and satisfaction, well-being involves experiencing engagement, confidence, and affection. Healthy psychological functioning entails the achievement of one's potential, a feeling of mastery of life, the pursuit of goals that are worth striving for, and positive relationships (Kahneman, 1999).

Over the past few decades, psychological science has turned from a focus on mental disorders toward well-being and positive mental health. This shift has affected various domains such as epidemiology, economics, and public policy (Ryff & Singer, 1998; Seligman, 2002). Even the World Health Organization (WHO) has promoted this viewpoint and defined health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity" (WHO,

1948). The WHO then defined positive mental health as a condition where one acknowledges his strengths, manages to cope with the adversities of life, functions efficiently, and contributes to society (WHO, 2001).

An awareness that well-being is not just the lack of psychological distress but an independent concept which has to be researched separately. Distinguishing between strategies for enhancing psychological well-being, such as treating mental disorder, preventing psychological distress, and promoting good overall functioning (flourishing). Recognizing that the ingredients supporting well-being are not necessarily the same as those preventing mental distress. Proposing that development of well-being at a societal level could be more successful in alleviating mental health difficulties than exclusively treating and preventing disorders.

LITERATURE REVIEW

Sagone and Caroli (2014) carried out a correlational take a look at exploring the relationships between Stress resistance, Cognitive nicely-nature, and Survival skills amongst Higher education students. The look at worried 183 Italian college students elderly 20–26 years from 3 diploma applications at the college of Catania. Researchers utilized the Dispositional Resilience Scale, the psychological properly-Being Scale, and the COPE stock to evaluate these variables. Findings revealed that a strong effective mind-set become related to extra use of re-interpretation and trouble-fixing strategies at the same time as being inversely related to avoidance coping. Conversely, higher helplessness tiers have been related to expanded reliance on avoidance coping. additionally, a advantageous mind-set showed strong superb correlations with nearly all dimensions of psychological well-being, while helplessness turned into negatively correlated with well-being. finally, most dimensions of psychological nicely-being had been positively related to problem-fixing coping however negatively associated with avoidance coping.

Chen et al. (2018) explored the connections between coping techniques, resilience, psychological properly-being, and perceived health among navy personnel. Given the mental and physiological demanding situations faced by way of army employees due to stress and trauma exposure, the take a look at aimed to take a look at how special coping techniques impact resilience, mental properly-being (PWB), and perceived health. conducted as a move-sectional survey, the study applied the quick Coping Strategies Inventory, Personal Growth and Wellness Scale and tAdult Resilience Index to assess these Association. course analysis became hired for information evaluation. Findings indicated that resilience is superior whilst individuals adopt effective, method-orientated coping strategies, which without delay make a contribution to advanced mental well-being and, in turn, lead to higher perceived health.

Loukzadeh and Bafroori (2013) investigated the connection among coping patterns and mental well-being amongst medical institution nurses, a profession acknowledged for its high-strain needs. This correlational observe explored the coping strategies nurses hired, their degrees of mental properly-being, and the institutions between these factors. a total of 100 nurses from ShahidSadoughi college of medical Sciences have been decided on using multistage random sampling. data were gathered through self-mentioned measures, consisting of Problem and Emotional focused coping strategies Questionnaire and Psychological Well-Being (PWB) Framework mental properly- Presence Questionnaire. The findings revealed that nurses predominantly trusted emotion-focused coping techniques (EFCS), while trouble-centered coping techniques had been used much less often. moreover, EFCS showed a extensive terrible correlation with specific Components of cognitive properly- Entity, For example reason in existence As well as Private development. In assessment, % established a full-size advantageous association with purpose in existence.

Gustems-Carnicer and Calderón (2013) explored the relationship among psychological properly- State of mind and Resilience techniques within teacher education students. The observe examined how exclusive coping strategies relate to mental properly-being in a pattern of ninety eight undergraduate college students aged 19 to 42 years. Coping techniques had been assessed the use of the astandardized coping assessment tool (Moos, 1993), even as emotional properly- presence become measured with A standardized measure of psychological symptoms (Derogatis& Spencer, 1982). The findings revealed a massive connection among dealing with styles As well as mental well-being. particularly, method-orientated coping mechanisms, consisting of hassle-fixing, have been

related to reduced signs of melancholy, phobic anxiety, and typical psychological misery amongst teacher education students. Conversely, cognitive avoidance coping became associated with accelerated mental distress, at the same time as behavioural avoidance strategies correlated with poorer mental nicely-being.

Khani et al. (2019) examined the relationship between coping techniques as well as mental nicely- existence In females diagnosed with breast most cancers. That manner individuals deal with stress in difficult situations can considerably effect their psychological nicely-being. This study aimed to explore how exclusive coping strategies relate to mental well-being amongst ladies diagnosed with breast most cancers. The research hired a descriptive-correlational design, with a look at population inclusive of girls with breast cancer who had been noted the cancer branch of ShahidRahimi hospital in Khorramabad. using a handy sampling technique, 300 patients were decided on. Ryff's mental nicely-Being Questionnaire and Lazarus's Coping techniques Questionnaire were utilized to evaluate the variables. records evaluation became conducted the usage of regression and correlation evaluation at both descriptive and inferential levels. The findings revealed sizable institutions between coping techniques and psychological nicely-being among girls with breast most cancers. however, no giant relationship turned into discovered between emotional coping strategies and mental properly-being.

Known et al. (2018) carried out a take a look at to examine stress degrees associated with cease-of-lifestyles care, coping strategies, and mental well-being amongst nurses working in neonatal extensive care units (NICUs). The have a look at also explored how strain stages and coping strategies influenced their nicely-being. a total of 128 NICU nurses from preferred hospitals in B town participated. information had been gathered through a self-record questionnaire and analysed Utilizing summary statistics, t-statistical analysis, Statistical comparison of means, the Linear correlation coefficient , and hierarchical Predictive analysis. The findings diagnosed 3 key factors affecting psychological nicely-being: wishful wondering, problem-cantered coping, and looking for social help. together, these variables explained 21% of the total fluctuations in mental well-being. problem-cantered coping and seeking social support have been positively correlated with properly-being, whereas wishful thinking had a bad association.

Hayat and Zafar (2015) explored the relationship among coping strategies and mental nicely-being among dad and mom of children with Down syndrome. The take a look at covered a sample of one hundred twenty dad and mom (60 fathers and 60 moms) of 60 recognized kids. The objective changed into to look at capability institutions among coping techniques and mental nicely-being. The findings found out big correlations among those variables. mother and father who predominantly used energetic avoidance coping stated lower psychological properly-being, while folks that adopted hassle-centered coping techniques skilled better well-being. additionally, gender variations had been determined, with mother and father of women reporting comparatively extra mental properly-being than parents of boys.

Syaudab (2015) examined The association between coping mechanisms and mental properly-state amongst very last-yr college students. The take a look at aimed to examine the coping techniques along with emotional health tiers associated with these Higher education students and to determine whether or not coping techniques could predict psychological nicely-being. a complete of 135 university college students participated in the take a look at. facts were collected the use of the Coping Scale, which protected the problem-targeted Coping Scale and the Emotion-centered Coping Scale, in conjunction with the mental properly-Being Scale. The findings indicated that coping strategies were extensive predictors of psychological properly-being. together, hassle-focused and emotion-focused coping strategies defined 12% of the variance in mental properly-being.

A study by Carrasco et al. (2013) examined The influence of psychological wellness aspects in emerging professional tennis athletes, focusing on their perceived autonomy and preferred coping strategies in particular. The Psychological Well-Being Scale, the Sport Coping Approach Questionnaire in Spanish, and the Sport Perceived Autonomy Scale in Spanish were all used in the study. The results showed that coping mechanisms Like proactive planning (problem-focused coping), thought reframing, emotional control, and searching out Interpersonal support impacted young athletes' perceived autonomy in professional sports. The findings also demonstrated that athletes' psychological well-being was positively correlated with their perceived level of autonomy.

Al-Ghabeesh (2022) conducted an analysis to assess the effect related to coping techniques, social assist, along with mindfulness on the mental properly-being of burn survivors. individuals finished questionnaires assessing socio-demographic and clinical records, anxiety and despair, social support, mindfulness, and coping strategies. The findings revealed that individuals skilled extreme mental distress. some of the coping techniques, get away-avoidance coping had the best imply rating, while attractiveness of duty had the lowest. Regression analysis indicated that confrontive coping, social assist, and mindfulness had been drastically related to reduced mental distress. As a end result, confrontive coping, trouble-focused coping strategies, social assist, and mindfulness-based totally interventions may be useful in improving guide for burn survivors.

To find out how social support and coping mechanisms impact Emotional health in Zahedan Persons affected by type 2 diabetes, Mojahed et al. (2019) carried out a study. The MSPSS, the Coping Mechanisms Questionnaire, and Ryff's Psychological Health Evaluation 18-item Psychological Well-Being Scales were finished by the participants. Theoutcomes indicated that psychological wellness, coping mechanisms, as well as social support were considerably positively correlated. Furthermore, 25.4% of the variation in patients' psychological well-being was explained by the combination of emotion-oriented coping, avoidance-oriented coping, and perceived familial support. These findings point to a significant connection between coping mechanisms, psychological health, and social support.

Frey et al. (2021) performed a study to investigate the coping methods utilized by women with ovarian cancer amid the COVID-19 pandemic. Participants, who either had a current or previous diagnosis of ovarian cancer, took part in an online survey that evaluated their coping strategies during this time. The findings revealed that frequently employed adaptive coping methods consisted of emotional support, self-care, hobbies, planning, positive re-framing, religion, and instrumental support. Nonetheless, numerous participants also depended on avoidance coping mechanisms, including self-distraction and substance use. In summary, the findings indicated that the majority of ovarian cancer survivors primarily utilized adaptive, problem-focused coping techniques during the pandemic, although avoidance strategies were also prevalent. These outcomes imply a positive relationship between problem-focused coping and psychological well-being.

Nakano (2009) carried out a study to investigate the influence of coping strategies on psychological and physical health. Participants filled out the Devised Ways of Coping Checklist to evaluate their coping strategies. Factor analysis revealed three key coping strategies: problem-focused coping, emotion-focused coping (which encompasses avoidance, self-blame, and wishful thinking), and seeking social support. Multiple regression analyses indicated that problem-focused coping had a considerable impact on diminishing depression and anxiety, thus enhancing overall well-being. Furthermore, negative self-talk, which includes avoidance, self-blame, and wishful thinking, appeared as a strong predictor of psychological symptoms. Nonetheless, emotion-focused coping strategies worked as both stress moderators and amplifiers of stress, depending on the situation.

Trucchia et al. (2013) explored the connection between coping strategies, psychological well-being, and academic achievement. The research sought to evaluate psychological well-being and coping mechanisms among students in the standard common cycle of studies. This observational research gathered information from 374 students using a survey that assessed factors affecting academic success. The findings indicated that students with very good or good academic achievement reported elevated levels of satisfaction and well-being. They mostly depended on direct coping strategies, which permitted them to tackle challenges through problem-solving. Conversely, students with average or poor academic performance revealed dissatisfaction with various facets of their personalities, found it difficult to meet environmental demands, and were more inclined to use avoidance behaviors as coping mechanisms.

Lee (2016) investigated the moderating effects of coping strategies on the connection between life stress and psychological well-being among university students. Data were gathered through a self-report questionnaire and analyzed using descriptive statistics, the Pearson correlation coefficient, and hierarchical multiple regression. The results showed that psychological well-being had a negative

relationship with life stress and avoidance coping, but a positive relationship with problem-solving coping. The study underscored the important moderating role of coping strategies in the connection between life stress and psychological well-being. Students who faced high stress and utilized more problem-solving coping while engaging less in avoidance coping exhibited higher psychological well-being. Furthermore, coping strategies interacted in influencing psychological well-being. A negative relationship was found between avoidance coping and psychological well-being, while problem-solving coping exhibited a positive relationship with psychological well-being.

A correlational study was carried out by Zaman (2014) to investigate the predictive function of problem-focused coping in university students' psychological health. Participants filled out the Coping Styles Scale (Urdu version) and the Psychological Well-Being Scale (Urdu version), and data were gathered through a systematic random sample procedure. The findings showed a positive relationship between psychological well-being and problem-focused coping, indicating that among college students, problem-focused coping is a predictor of psychological well-being.

Carlos Freire and colleagues (2016) undertook a study focusing on the psychological well-being profiles and coping strategies of university students, highlighting the significance of coping mechanisms in stress management. The research explored the impact of various coping strategies on psychological well-being within an academic context. Students were classified into distinct psychological well-being (PWB) profiles, and the utilization of three specific coping strategies—positive reappraisal, support-seeking, and planning—was examined. A latent profile analysis was conducted across four dimensions of psychological well-being: self-acceptance, environmental mastery, purpose in life, and personal growth. The results revealed an optimal solution comprising four profiles, demonstrating a gradual increase in psychological well-being from low to high levels. The findings indicated that students exhibiting higher psychological well-being were more inclined to employ positive reappraisal, support-seeking, and planning as their coping strategies. Furthermore, factors such as gender, age, and academic degree did not significantly influence the choice of coping strategies. These results imply that psychological well-being serves as a crucial personal resource that fosters adaptive coping strategies in the face of academic stress.

Bassi et al. (2019) undertook a research study focusing on caregiving responsibilities, coping mechanisms, and psychological health. Caregivers are essential in supporting individuals with multiple sclerosis (MS), a condition that often results in cognitive impairments. The objective of this study was to investigate the impact of coping strategies on the interplay between caregiving responsibilities and overall well-being. The research evaluated caregiving tasks associated with fundamental activities of daily living (ADL), emotional support, and social-practical assistance, utilizing the Caregiving Tasks in MS Scale. Coping strategies, which included avoidance, criticism, supportive engagement, and positive reframing, were assessed through the Coping with MS Caregiving Inventory, while psychological well-being was measured using the Psychological Well-Being Scale. The results revealed that providing basic ADL support was negatively correlated with well-being, primarily due to a diminished application of problem-focused coping strategies. Nevertheless, caregiving tasks were not intrinsically detrimental to well-being; they could yield positive outcomes when adaptive coping strategies were utilized. Supportive engagement and positive reframing were identified as crucial coping strategies that could be emphasized in interventions aimed at reducing caregiver burden and improving well-being.

Mahomed et al. (2019) undertook a research study focusing on the coping mechanisms and psychological well-being of guidance and counselling teachers within educational institutions. Due to the inherent challenges of their roles, these educators frequently encounter pressures that may adversely affect their mental health. To deliver effective counselling services, it is crucial for these teachers to maintain their psychological well-being, which necessitates the implementation of suitable coping strategies. The findings of the study indicate that such strategies significantly contribute to the enhancement of the psychological well-being of guidance and counselling teachers, thereby elevating the quality of the counselling services they offer. The research highlights the necessity of reinforcing these coping strategies to assist teachers in effectively navigating their professional challenges. Furthermore, the study recommends that future investigations should employ both quantitative and

qualitative methodologies to achieve a more thorough understanding of the interplay between coping strategies and psychological well-being within this demographic.

Natalie (2018) investigated the direct effects of coping styles on life satisfaction, as well as their indirect influences mediated by depression, anxiety, and stress. The analysis of the data included reliability assessments, t-tests, and multiple regression analyses. The results revealed a positive relationship between problem-focused coping and life satisfaction, while emotion-focused coping exhibited a negative correlation with life satisfaction. Furthermore, problem-focused coping was found to be negatively correlated with depression, anxiety, and stress, in contrast to emotion-focused coping, which was positively associated with depression. The research did not identify any significant gender differences in problem-focused coping, depression, anxiety, stress, or life satisfaction. Nonetheless, notable gender differences were found in relation to emotion-focused coping and avoidance coping.

METHODOLOGY

Objectives

The core purposes of this study are:

1. To examine the connection between problem-solving coping and mental well-being.
2. To describe the connection between emotion-based coping and mental well-being.
3. To study the correlation between avoidance-oriented coping and mental well-being.

Hypotheses

1. A positive association is expected between problem-solving coping strategies and psychological well-being.
2. A positive link is anticipated between emotion-oriented coping and psychological well-being.
3. A negative relationship is predicted between avoidant coping mechanisms and psychological well-being.

Instruments

Brief-Cope Scale

The brief-cope acts as an independent -reported Instrument comprising 28 scales created To examine effective methods of dealing with stressful events. The scale can identify a person's coping styles; Brief-cope was created by Carver in 1989. The test-retest reliability of the brief-cope scale is .89.

Ryff's Psychological Well-being;

Developed by Carol D. Ryff, this scale comprises 42 items in the questionnaire. It evaluates six aspects of well-being, including Autonomy, Environmental Mastery, Personal Growth, Positive Relationships with Others, Purpose in Life, and Self-Acceptance. The test-retest reliability of the RPWBS was reported as 0.82.

Sample Size

The sample was made up of 300 students participating in an honors program across different departments. This study included students aged 18-27, while those under 18 and over 27 were not included.

Procedure

A sample of 300 undergraduate students (both male and female) was selected from UAJK. Participants provided informed consent, granting permission and expressing their willingness to take part in the study. Once consent was obtained, they were briefed on the objectives of the research and assured of the confidentiality of their information. Questionnaires were distributed individually, and participants were instructed to carefully review the guidelines and respond to each item without skipping any. Participation was entirely voluntary, with no obligation to complete the survey. There was no time restriction imposed. Finally, they were thanked for their cooperation. After data collection, statistical analysis was conducted to achieve the research objectives.

RESULTS

Table 1

Frequency and Percentages across demographics variables

Demographic variable	<i>F</i>	%
Age		
18-23	247	82.3
24-27	53	17.7
Gender		
Male	149	49.7
Female	151	50.3
Degree		
BS	233	77.7
M.Sc	67	22.3
Marital Status		
Single	262	87.3
Married	38	12.7
Family System		
Joint	126	42.0
Nuclear	174	58.0
Economic Status		
Upper	88	29.3
Middle	212	70.7
Traumatic Event		
Yes	75	25.0
No	225	75.0
Disability		
Yes	15	5.0
No	285	95.0

Table 1 shows that sample consisted of 300 students of out of which 149 are male university students & 151 are female university students. It shows frequency of students from age 18-27. These are 2 type of student on the basis of degree in which 233 are BS and 67 are M.Sc. Table shows that students fall in two level of marital system 262 are single and 38 are married, family system in which 126 are joint and 174 are nuclear also in economic system 82 are upper class and 212 are middle class.

Table 2

Descriptive statistics and alpha reliability of Brief Cope and Psychological well-being Scale (N=300)

Scale	N	M	SD	α	Range	
					Max	Min
BC	28	66.93	13.06	0.835	109	41

PWB	42	97.02	24.90	0.934	183	97.02
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Note: BC=Brief Cope; PWB=Psychological well-being. ** $p < 0.01$

Table 2 outlines the means, standard deviations, alpha reliability, maximum and minimum range, for the Brief cope and Psychological well-being scale among university students. It shows that alpha reliability coefficient of Brief cope is .835 and of Psychological well-being is .934 which indicates that scales are reliable for present study.

Table 3
Correlation matrix between Problem focused-coping and Psychological well-being.

Variables	PFC	EFC	AFC	PWB
PFC	-	.23	.18	.28**
EFC		-	.12	.36**
AFC			-	-.25**
PWB				-

Note: PFC= Problem focused-coping; EFC= Emotion Focused Coping; AFC= Avoidant Focused Coping; PWB=Psychological well-being. ** $p < 0.01$

Table 3 shows that Brief Cope has significant positive correlation with Psychological well-being. It shows that Emotional focused-coping has significant positive correlation with Psychological well-being. It also shows that Avoidant coping has significant negative correlation with Psychological well-being.

DISCUSSION

The current research aimed to study the impact of coping strategies on the psychological well-being of university students. The objective was to explore the relationship between problem-focused coping, emotion-focused coping, and avoidant coping. The convenience sampling method was used to draw a sample of 300 students. BRIEF Coping scale (Carver, 1989) was used to measure coping strategies and for measuring psychological wellbeing, psychological well-being scale developed by Carol D. Ryff (1989) was used.

Table 2 presents Cronbach's alpha reliability coefficients for the measures of the study. The BRIEF Cope scale shows an alpha reliability of 0.835, while the alpha reliability of psychological well-being scale is 0.934. Both values show the strong reliability and internal consistency of the scales.

The first hypothesis was "there is a positive relationship between problem-focused coping and psychological well-being." The results indicate a significant positive relationship between both variables, supporting the hypothesis that problem focused coping is a good predictor of psychological well-being. Furthermore, these results are consistent with the previous studies (Guestems-carnicer& Calderon, 2013; Zeraban et al, 2017). The study conducted by Guestems-carnicer and Calderon (2013) examined the relationship between coping strategies and psychological well-being in a sample of 98 undergraduates, aged between 19 and 42 years. This study found that approach-based coping strategies such as problem solving had a beneficial effect on depressive symptoms in teacher education students. In contrast, avoidance-based coping is associated with higher level of psychological symptoms, behavioural avoidance is negatively associated with psychological well-being.

The second proposed hypothesis was “there is a positive relationship between emotional focused-coping and psychological well-being.” The results suggest a significant positive relationship between emotional focused-coping and psychological well-being, indicating that emotional focused-coping is a good predictor of psychological well-being. Furthermore, these results are consistent with the previous studies (Known et al., 2019; (Zeraban et al, 2017). The study by Known et al. (2019) examined the impact of stress level and coping strategies on the psychological well-being of 128 nurses in intensive care unit. Results indicate that seeking social support and emotional-focused coping were positively related to psychological well-being, whereas avoidant coping demonstrated a negative relationship.

The third hypothesis was “there is a negative relationship between avoidant coping and psychological well-being.” The findings suggest a significant negative relationship between avoidant coping and psychological well-being, supporting that avoidant coping is a predictor of lower psychological well-being. Furthermore, these results align with the previous research conducted by Hayat and Zafar (2015), which investigated the relationship between coping strategies and psychological well-being among parents of children with down syndrome. The study included a sample of 120 parents (60 fathers and 60 mothers of diagnosed children). These results revealed that parents who relied more on problem-focused coping reported higher level of psychological well-being compared to those who depend on active avoidant coping strategies. Additionally, gender differences were also studied, indicating that parents of a female child exhibited higher levels of psychological well-being than parents of a male child.

CONCLUSION

The findings of this study demonstrate that brief coping skills significantly influence psychological well-being. The results revealed that students possessing well-developed coping skills exhibit high level of psychological well-being. Additionally, a positive correlation is observed between problem-focused coping and psychological well-being, as well as between emotional-focused coping and psychological well-being. In contrast, avoidant coping strategies are negatively correlated with psychological well-being.

Suggestion & Limitation

This study is subjected to various limitations. As survey research counts on self-report data, its validity depends on the accuracy and honesty of respondents’ responses. Conducting more in-depth qualitative study could help address these limitations. The sample of the current study is taken from the UAJK students, therefore, limiting the generalization of the results to this specific population. In order to develop better understanding, future research should include larger sample sizes and more diverse demographics. Additionally, demographic factors such as age, gender, and relationship differences could provide deeper insights into differences in the use of coping strategies, helping in identification of high-risk group. Although this research was carried out at a single university, its findings should not be restricted to this university but may be applicable to other conventional universities. This is because coping is a natural human response to stress, and these responses are aimed at reducing the effects of challenging situations to maintain or enhance well-being.

Research has revealed that individuals with higher psychological well-being are more likely to live healthier, longer lives and experience a better quality of life. Better psychological well-being is also correlated with the use of effective coping strategies that lessen stress and foster positive psychological outcomes. On the other hand, maladaptive strategies can worsen stress and lead to negative outcomes. However, the effectiveness of coping strategies largely varies according to an individual's resilience.

Psychological well-being is a basic requirement for university students to develop positive behaviours and to manage various stressors more effectively. It is crucial for students to implement appropriate coping strategies to navigate academic and personal challenges. Developing emotional regulation, recognizing personal strengths and weaknesses, and understanding one's values are necessary to manage pressure effectively and maintain overall well-being.

Conflict of Interest and Ethical Standards

There was no conflict of interest among authors of study and no ethical breach was conducted.

Acknowledgement

All the authors are thankful to the participants who participated in the study. This research receive no funding from any source.

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