Cultural Differences in Stress and Coping Strategies of Adolescents

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KEY WORDS Stress. Coping Style. Adolescents. Cultural Differences

ABSTRACT The present study was undertaken to analyse the stress and coping level in adolescents of 12th standard. The study was conducted in purposively selected Hyderabad city of Andhra Pradesh and Hisar city of Haryana State. A list of all the schools of Hyderabad city and Hisar city was prepared and then one school each from the lists was selected randomly. Forty adolescents from each setting or school were randomly selected. A self-structured, pretested interview schedule, A Life Stress Scale for University students by Agrawal and Naidu (1986) and Revised version of Coping Questionnaire by Folkman and Lazarus (1985) were used to collect the data. Comparative analysis revealed that students of Hyderabad city were more stressful but students of Hisar city reflected better adoption of coping styles. ‘t’ test was applied and results showed that there were significant differences in few aspects of stress like educational stress and financial stress of adolescents in both settings.

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