



An Investigation of Turkish University Students' Strategies of Coping with Stress and Their Level of Alexithymia*

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ABSTRACT This study investigates university students' strategies of coping with stress based on their gender and level of alexithymia. The sample group consists of 383 males and 494 females, making a total of 877 students in the study. In the research, Stress Coping Strategies Scale and the Toronto Alexithymia Scale were used. The results suggest that as individuals' alexithymia level decreases, they use the stress coping strategies of self-confidence approach, positive approach and seeking social support more; as their alexithymia level increases, they use submissive and helplessness approaches more. In terms of gender, male and female participants exhibit different strategies of coping with stress. Male students use the stress coping strategies of self-confidence and positive approach more than the female students; whereas, female students use helplessness and seeking social support strategies more than the male students. The results are discussed in relation to the literature.