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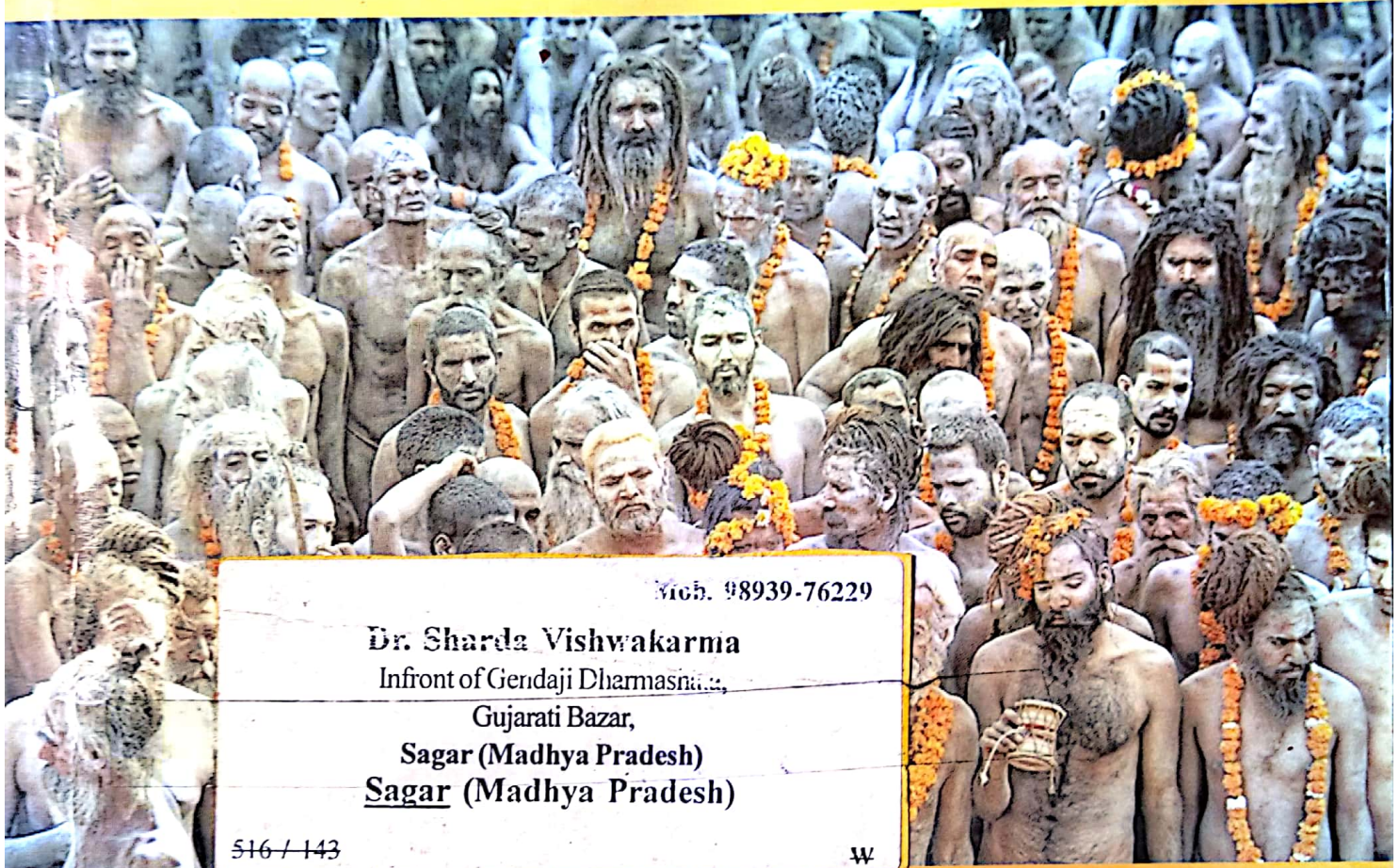
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- जनजाति शिल्पियों का समाजशास्त्रीय अध्ययन (किल्लेकोड़ा शिल्पग्राम जिला-बालोद के विशेष संदर्भ में)
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'रिसर्च लिंक' की सदस्यता का शुल्क भुगतान राष्ट्रीयकृत बैंकों द्वारा सीधे ट्रांसफर या जमा किया जा सकता है। बैंक का विवरण निम्नानुसार है-
बैंक : स्टेट बैंक ऑफ इण्डिया ब्रांच : ओल्ड पलासिया, इन्दौर,
कोड - **SBIN 000 3432** खाते का नाम : रिसर्च लिंक,
खाता नंबर - **63025612815**
भुगतान की मूल रसीद, शोध-पत्र एवं सीडी के साथ कार्यालयीन पते पर भेजना अनिवार्य है।



Effects of Age and Gender on Coping Behaviour in Adolescence

In the present investigation, effort has been made to ascertain the effects of Age and Gender on Coping Behaviour in Adolescence. A 2X2 factorial design was employed. The two factors studied were: Age (varied at two levels 14.5 and 17.4), and the Gender (male and female). There were four cells with fifty subjects in each cell (Total sample consisted of 200 subjects). Dependent variable (Coping Behaviour) was measured by Carver's COPE scale. Subjects were assessed on total test scores and three sub tests of COPE scale (i.e. Active, Restraint and Denial Coping). Results of ANOVA show main effects of Gender were found significant on total coping test scores but Age remained insignificant. Female adolescents were found better on total coping test scores. Male adolescents were found better on active and restraint coping but equal on denial coping. Senior adolescents were found better on active coping.

DR. SHARDA VISHWAKARMA

Coping is the cognitive and affective responses used by individuals to manage stress (Folkman & Moskowitz, 2004; Lazarus and Folkman, 1984). The effects to control, reduce or learn to tolerate the threats that lead to stress are known as coping. We habitually use certain coping responses to help ourselves deal with the minor stressors of life until they build up to sufficiently aversive levels (Snyder, 1999). Coping behaviour may also define as mechanisms to decrease or alter sources of stress and distressing emotions when encountering stress. Broadly, coping has been most often defined as the repertoire of responses people employ when faced with problems that threaten to impinge upon their physical or emotional equilibrium (Pearlin & Schooler, 1978). A key element is how individuals appraise both the stressful situation and their resources to cope with the problem. Stressful appraisals include whether the situation involves threat, harm, and/or loss and are a function of both the person (beliefs, values, commitments and personal preferences) and the situation. Hobfall (1989) pointed out coping resources can include material good, psychological resources such as coping skills and social support.

Lazarus and Folkman (1984) proposed two types of coping behaviour: problem-focused coping finding the most effective way to solve the problem or to control the source of the stress and emotion-focused coping efforts to manage emotional responses to stress. Frydenberg and Lewis (2002) stated that these coping processes are not intrinsically good or bad. They can be considered as

productive or non-productive depending on the context in which they occur.

In most stressful incidents, people employ both emotion focused and problem focused strategies. However, they use emotion-focused strategies more frequently when they perceive circumstances as being unchangeable, and problem focused approaches more often in situations they see as relatively modifiable (Lazarus, 1999; Stanton & Frantz, 1999; Folkman & Moskowitz, 2000).

Active coping is the process of taking active steps to try to remove or circumvent the stressor or to ameliorate its effects. Active coping initiating direct action increasing one's efforts, and trying to execute a coping attempt in stepwise fashion what they term active coping is very similar to cope of focused coping.

Restraint coping is often overlooked as a potential coping strategy; it sometimes is a necessary and functional response to stress. Restraint coping is waiting until an active coping strategy in the sense that the person's behavior is focused on dealing effectively with the stressor, but it is also a passive strategy in the sense that using restraint means not acting.

Denial coping is a responses that sometimes emerges in primary appraisal. Denial is somewhat controversial. It is often suggested that denial is useful, minimizing distress and thereby facilitating coping. Denial has several possible referents, we chose to operationalize denial here as reports of refusal to believe that the stressor exists or of trying to act as though the stress or is not real.

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Age effects in coping behaviour :

Previous studies found conflicting effects of age as significant factors in how adolescents cope with stressful situations. The "growth hypothesis" postulates that older adolescents are more likely to use problem-focused coping mechanisms (Krishnan, 1999; Seiffge-Krenke & Shulman, 1990; Sarnak & Zevon, 1990). However, other studies did not support the "growth hypothesis" older adolescents used more emotional-focused coping as compared to younger adolescents (Friedberg & Lewis, 1993; Spiridon, Stark, Grace & Stamoulis, 1991).

Gender effects in coping behaviour :

Male adolescents were more likely to use problem-focused coping strategies as compared to the females who tended to rely on emotion-focused coping processes (Evans & Johnson, 1988; Lee-Chen & Yik, 1992). However, other studies found no significant gender differences in coping behavior (Hamilton & Fogel, 1988; Krishnan, 1999).

Purpose of the study :

This study aimed to examine the effects of Age and Gender on the types of coping behavior through coping scale by Dr. Carver et al.

Research Design :

Researcher wishes to know the impact of Age and Gender of adolescent. To study two independent variables (Age & Gender), A 2x2 factorial designed is employed. In this study all the variables have 2-2 levels each, there are 4 conditions. Researcher randomly allotted 50 subjects for all 4 conditions.

Sample :

The sample consisted of Two hundred male/female students of high & higher secondary schools enrolled in Sagar with age range 14.5 to 17.4 years old. Subjects were recruited through Random sampling.

Material :

Coping scale developed by Carver, Scheier and Weinman, is well known as COPE was found most suitable to meet the objectives of present work.

Procedure :

Two hundred subjects are drawn from various high & higher secondary schools of Sagar, through random sampling and they are assigned into 4 sub-groups. After that consent of the subjects, has been been sought. Coping scale by Carver et al., has been administered to all 200 subjects for data collection. The collection of data planned systematically.

Results :

Analysis of variance of test scores indicate that the main effect of gender (Male $\bar{X}$ =140.74 Female $\bar{X}$ =150.32) was significant $F(1,196)$ 1.55 $P<.01$. (Table 1.2)

The main effect of age (Junior $\bar{X}$ =142.00/Senior $\bar{X}$ =149.06) was not significant $F(1,196)$ 1.69. (Table 1.2)

Table 1 : Showing Means & SDs of Coping Scales

	Gender	Age	Mean	SDs
Total Coping Scores	Male	Junior	135.12	16.16
		Senior	144.36	26.83
		Total	140.74	
	Female	Junior	148.63	14.16
		Senior	151.79	12.93
		Total	150.22	
Active Coping Scores	Male	Junior	13.16	1.49
		Senior	15.14	1.88
		Total	14.15	
	Female	Junior	13.78	1.23
		Senior	13.48	1.09
		Total	13.63	
Restraint Coping Scores	Male	Junior	11.74	2.12
		Senior	14.84	2.10
		Total	12.79	
	Female	Junior	12.88	2.18
		Senior	13.88	2.49
		Total	13.38	
Denial Coping Scores	Male	Junior	07.80	2.30
		Senior	09.32	2.30
		Total	08.56	
	Female	Junior	08.74	2.57
		Senior	08.04	3.23
		Total	08.39	

Table 2 : Showing 2x2 Analysis of Variance of Total Coping Test Scores

Source of variation	SS	df	MS	F
Gender (A)	1258.18	1	1258.18	1.55*
Age (B)	249.22	1	249.22	1.69
AB (Gender X Age)	381866.29	1	381866.29	
Within group (Error)	20851	196	107.23	
		199		

* Significant at 0.05 level, ** Significant at 0.01 level

Table 3 : Showing 2x2 Analysis of Variance of Test Scores of Active coping

Source of variation	SS	df	MS	F
Gender (A)	13.51	1	13.51	5.72*
Age (B)	35.28	1	35.28	14.94**
AB (Gender X Age)	64.98	1	64.98	27.53**
Within group (Error)	463.8	196	2.36	
		199		

* Significant at 0.05 level, ** Significant at 0.01 level

Active Coping :

Analysis of variance of test scores indicate that the main effect of gender was significant $F(1,196)$ 5.72 $P<.01$. The main effect of age was significant $F(1,196)$ 14.94 $P<.01$ respectively (Junior male $\bar{X}$ =13.16, junior $\bar{X}$ =13.78 senior male $\bar{X}$ =15.14, senior female $\bar{X}$ =13.48).

Table 4 : Showing 2x2 Analysis of Variance of Test Scores of Restraint coping

Source of variation	SS	df	Ms	F
Gender (A)	17.41	1	17.41	56.89**
Age (B)	325.13	1	325.13	1062.51**
AB (Gender X Age)	120.12	1	120.12	392.54**
Within group (error)	60	196	0.306	
		199		

* Significant at 0.05 level, ** Significant at 0.01 level

Restraint coping :

Analysis of variance of test scores indicate that the main effect of gender was significant $F(1,196) 56.89$ $P<.01$. The main effect of age was significant $F(1,196) 1062$ $P<.01$ respectively. Interaction between Age and Gender was also found significant (junior male $X=10.74$, junior $X=12.88$ senior male $X=14.84$, senior female $X=13.88$).

Table 5 : Showing 2x2 Analysis of Variance of Test Scores of Denial coping

Source of variation	SS	df	Ms	F
Gender (A)	1.45	1	1.45	0.087
Age (B)	8.41	1	8.41	0.50
AB (Gender X Age)	61.6	1	61.6	3.72
Within group (error)	3245.42	196	16.55	
		199		

Denial coping :

Analysis of variance of test scores denial coping indicates that the main effect of gender was not significant. The main effect of age not found significant (junior male $X=7.8$, junior $X=8.74$ senior male $X=9.32$, senior female $X=8.04$).

Discussion :

The data is analyzed in the form of Mean, Combined Mean, Standard Deviation and ANOVA are computed separately for full and selected sub scales of coping. The present study is an exploratory one and it reveals several important facts which may beneficial to adolescent and to the society.

In total coping scores female adolescent are found better than male adolescent. Gender differences in coping strategies are the ways in which men and women differ in managing psychological stress. There is evidence that males often develop stress due to their careers, whereas females often encounter stress due to issues in interpersonal relationships.

In total coping scores juniors and seniors are found similar it is perhaps that both are fallen in adolescence category. Previous studies found conflicting effects of age as significant factors in how adolescents cope with stressful situations. The "growth hypothesis" postulates that older adolescents are more likely to use problem-focused coping mechanisms (Krishnan, 1999; Seiffge-Krenke & Shulman, 1990; Stern & Zevon, 1990).

Males are found better in active coping scores than females. Male adolescents were more likely to use problem-

focused coping strategies as compared to the females who tended to rely on emotion-focused coping processes (Brems & Johnson, 1988; Lee,chan & Yik, 1992). However, other studies found no significant gender differences in coping behavior (Hanilton&Fogot,1988;Krishnan1999).

Females are better than males in Restraint coping scores. Since restraint coping is waiting until an opportunities to act presents itself, holding oneself back. In Indian society it is behold by females. Males/Females and Juniors/Seniors are found equal on Denial coping scores.

Seniors are found better in active coping scores than juniors, supporting evidences that active coping is a problem-focused strategy so it comes though maturation. This study supports the "growth hypothesis" that states that older adolescents are more likely to use to problem focused coping (Krishnan, 1999; Seiffge-Krenke & Shulman, 1990; Stern& Zevon, 1990).

Seniors are also found better than juniors in Restraint coping scores because of age-related learning and maturation.

Nevertheless, it should be acknowledged that the results of this study are based on a limited sample of adolescents of Sagar. It may useful to conduct study on larger sample of different areas of India for future research studies.

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