

عنوان مقاله:

Relationship between psychological constructs of DASS scale and coping strategies

محل انتشار:

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نویسنده:

.Nasirzadeh R -

خلاصه مقاله:

Introduction: This study was carried out in order to evaluate the relationship between psychological constructs of DASS scale and coping strategies. Method: ۲۵۱ college's student of psychology department of Shiraz University (۱۹۴ female ۵۷ male) were selected, randomly. Carver's coping strategies questionnaire and DASS scale were used for data collection. Data was analyzed using Pearson correlation coefficient, step-by-step regression and one-way ANOVA. Results: problem-focused coping strategy was found to correlate negatively with the stress, anxiety and depression. Negative emotion-focused coping strategy was found to correlate positively with the stress, anxiety and depression. Conclusion: Problem-focused coping and emotion-focused coping are effective in the reduction of stress, anxiety and depression in long term.

کلمات کلیدی:

Keywords: Coping Strategies, Stress, Anxiety, Depression , DASS Scale

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