



GENDER AND LOCALE DIFFERENCES IN USE OF COPING STRATEGIES

SITA KUMARI JHA* & Dr. ISRAIL MIYA**

*Ph.D. Scholar, Department of Psychology, Meerut College, Meerut (UP)

**Associate Prof., Department of Psychology, Meerut College, Meerut (UP)

Email: sitajha1987@gmail.com*

Abstract: The purpose of present study was to examine the effect of Gender and Residential Locale on coping strategies. The total participant for the study comprises 180 subjects, Out of total, 90 subjects were male (45 from rural area and 45 from urban area) and 90 subjects were female (45 from rural area and 45 from urban area). For collecting the data, Coping Strategies Scale devolved and standardizes by A. K. Srivastava was used. 2*2 Factorial Research design was use to analyze the data. The result indicate no significant gender difference on coping strategies, but significant difference was found in the coping strategies of rural and urban subjects. The findings highlight that urban subjects use more coping strategies than rural areas subjects. The interactional effect of gender and locale is also found insignificant.

Keyword: Gender, Residential Locale, Coping Strategies.

Introduction: Today everyone is suffering from stress. It affects the mental, physical, emotional, social health and behaviour of people. The ability of coping with distress is vital to survival in a fast changing and competitive world. Coping strategies means to invest one's own conscious attempts to solve personal and intrapersonal problems, in order to decrease, master to bear trauma and conflicts. It is a complicated process. It refers as a process that helps managing internal and external demands that exceed or taxied the resources of the individual. Coping strategies describe as the specific efforts both psychologically and conscious behaviour that people employ to master, tolerates, lessen and minimize stressful incidents (**Lazarus & Folkman, 1984**). It also include the actions and thought, we use to handle with a threatening and problematic accidents. **Isil (2015)** describes coping strategies as behavioural and cognitive attempt to handle the external or internal demand that appraisal by a person as exceeding and taxing. Mainly two types of coping strategy are identified by psychologists. First is Problem-focused or approach coping style, which is describe as cognitive and behavioural effort used to change or handle the problem directly and consist such strategies are planning, problem solving, active effort etc. Other coping strategy is Emotion-focused or avoidance coping style, which includes skills that help control or manage the emotional arousal and problem and are cause by stressor without direct addressing the problem. It

includes detachment, avoidance, self-blaming, suppression etc.

Gender influence many aspects of our life including, way of coping with stress, access to resources, styles of interacting with others etc. Gender difference in using coping strategy shows which way women and men diverge in handle problematic situations. **Anbumalar et al. (2017)** found that men reported highly use of smoking, anger and positive thinking more about the way to solve the conflict, while women show depression, crying, higher feeling of anxiety and self-blaming as reaction to problem in compare to men. **Matud, et al. (2015)** shows that indicated that women experience more mental distress in compare to men. Men's mental distress was related to more time given to work and less to physical activity while, women's mental distress was related to more daily time given to childcare and less to activities they enjoy and feel joyful. So, social roles traditionally given to men and women are relevant factor in gender difference. **Shormilisy, Strong & Meredith (2015)** found that men in pain are more use coping techniques, considered as problem focused, active, adaptive, that lead to better functioning, on the other hand women tend to use more coping strategies, considered as emotional-focused passive, maladaptive that tend to poor functional outcomes. **Mitali Pathak (2011)** pointed out that men used more problem focused coping technique, on the other hand woman looking a surrounding more

stressful and used highly emotion focused coping technique. **Gentry, L. A. (2011)** found that no gender difference in capability to coping with burnout. However, female were more use adaptive coping style and men more use maladaptive and avoidance coping. **Matheny et al. (2005)** show significant differences between male and female on using coping skills. They also found that woman uses more emotion- focused coping process then man. **Matud, M. Pilar (2004)** carried out a study to find out gender difference in stress and coping strategies. They conclude that females more suffer from burnout and their coping skill is highly emotion-focused than male. More or less similar results are obtained by **Ptacek et al. (1992)** and **Tamres, Janicki and Helgeson (2002)** also.

There is many difference in the life style of rural-urban area people and they used differ coping techniques. **Mathew, S. (2017)** pointed out that, most of the urban participants have moderate level of stress then rural subject and rural adolescents shows overall more use of coping style than urban subjects. **Srivastava, S. (2014)** show that in both rural and urban residential setting, Men indicate more stress in compare to women, but the women are higher in number of using coping strategy then men adolescents. **Zhang, et al. (2011)** found that students in rural low socioeconomic status had more psychological problems than urban areas and rural high socioeconomic status and subjects from rural low socioeconomically were more use to cope by fantasizing and venting than urban group. **Elgar, F. et al. (2003)** found that no overall sex difference or rural and urban difference is found in either hassle, life events and conflict. They show level of stress and coping style were similar in rural and urban adolescents. However, urban men showing more conflict and externalizing behaviour in compare to women and rural men's. **Marotz-Baden, R., & Colvin, P. L. (1986)** conducted a study to found that rural and urban population will use different coping

strategies to handle stressors. They found that female will use different coping strategies in compare to male. However, rural participants used more coping skills than urban participant.

It is clear from studies reviewed in context of this study that the gender and locale variables influence significantly to coping strategy score of subjects. However not a single study has reflect interaction effect of these two variables and there is also a lack of Indian studies in relation to impact of gender and locale on coping strategies. Keeping these points in view, the present study was organized.

OBJECTIVES OF THE STUDY:

- The objectives of present study were as following:
1. To study the effect of gender on coping strategies.
 2. To study the effect of residential locale on coping strategies.
 3. To study the interactional effect of gender and residential locale on coping strategies.

HYPOTHESES:

- Following were the hypotheses of this study:
1. There will be no significant difference between male and female subjects on the basis of their scores on coping strategies.
 2. There will be no significant difference between rural and urban area people on the basis of their scores on coping strategies.
 3. There will be no significant interactional effect of gender and residential locale on coping strategies.

Materials and methods:

SAMPLE: In this study, sample consists of 180 participants in which 90 were male (45 from rural and 45 from urban area) and 90 were female (45 from rural and 45 from urban area). Stratified random sampling method was used to select the participants. The age group of subjects was 35 to 75.

RESEARCH DESIGN:

2*2 factorial design was used in the study. Details of division of sample was as follows-

		Residential Locale (B)	
		Urban (B1)	Rural (B2)
Gender (A)	Male (A1)	A1*B1	A1*B2
	Female (A2)	A2*B1	A2*B2

TOOL-USED: In the present study Coping Strategies Scale developed and standardises by A. K. Srivastava was used to measure coping strategies of participants. The scale consists of 50 items with five point rating scale.

The Test- re-test reliability was 0.92 and Split- Half reliability for Approach coping strategies was 0.78 and for Avoidance coping was 0.69.

PROCEDURE OF DATA COLLECTION: After getting the primary information of subjects like, gender, age, education, residential locale, etc, instruction was given to subject. The scale was administrated to the subject and 15 to 20 minutes given to fill it. Questionnaire was taken back from subject, when she/he finished the work. The subject was thanked for given their valuable time and cooperation. Data was taken individually.

Results: Table 1: Showing the summary of two ways ANOVA for 2*2 factorial designs with N-180.

Source	Sum of Squares	Df	Mean Square	F	Sig.
Gender (A)	324.900	1	324.900	2.289	NS
Residential Locale (B)	2295.225	1	2295.225	16.167	Sig, .05
Gender * Residential Locale (A*B)	3.600	1	3.600	.025	NS
Error	23256.650	176	132.140		

Table-2: comparison between urban and ruler respondents in terms of their coping strategies.

	Locale	N	Mean	Std. Deviation	t-value	sig
Coping	Urban	90	114.98	13.522	4.017	.05
	Rural	90	107.40	10.083		

Discussion: Findings as presented in table-1 reveals that gender does not contributes significantly to the coping strategies among the sampled subjects. The main effect of gender was found to be insignificant beyond chance (F= 2.289, df=1/156, p > .05). Contradictorily, the main effect of locale on coping strategies is found to be significantly beyond chance (F= 16.167, df=1/156, p< .05). It indicates that residential locale contributes significantly to the coping strategies among the subjects, as far as interactional impact of both the variables on coping strategies is concern, it also found to be insignificant beyond chance.

Residential local was found to be significantly affecting coping strategies among the subjects, this

variable is further analysed to know the significant difference between urban and rural respondents term of their coping strategies. T-test was employed and findings were presented in table-2. It reveals that urban responded (Mean= 114.98) have score significantly higher on coping strategies comparison between two mean has yielded the t-value of 4.017 which is significant beyond 0.05 level of confidence. It indicates that urban subjects use more coping strategies than rural subjects. Fig-1 and fig-2 also indicates that male and female are equal in using coping skills but urban area subjects showing more coping skills in compare to rural area subjects. It is also found that interaction effect of gender and locale in not significant.

Conclusion: On the basis of above discussion we can conclude that:

1. Gender does not contribute significantly to the coping strategies.
2. Locale contributes significantly to the coping strategies.
3. Gender with the interaction of locale does not contribute significantly to the coping strategies.
4. Urban responded use more coping strategy than the rural respondents.

Fig 1: Showing simple effect of gender on coping.

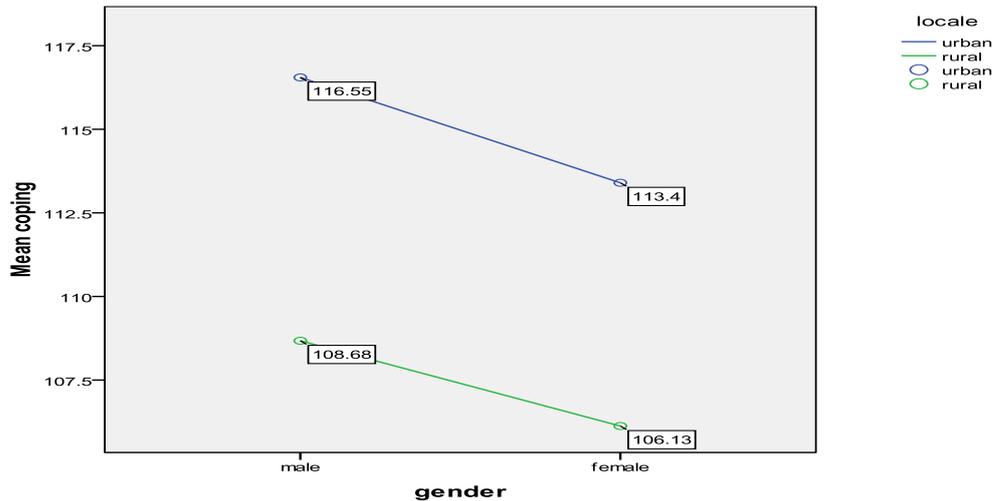
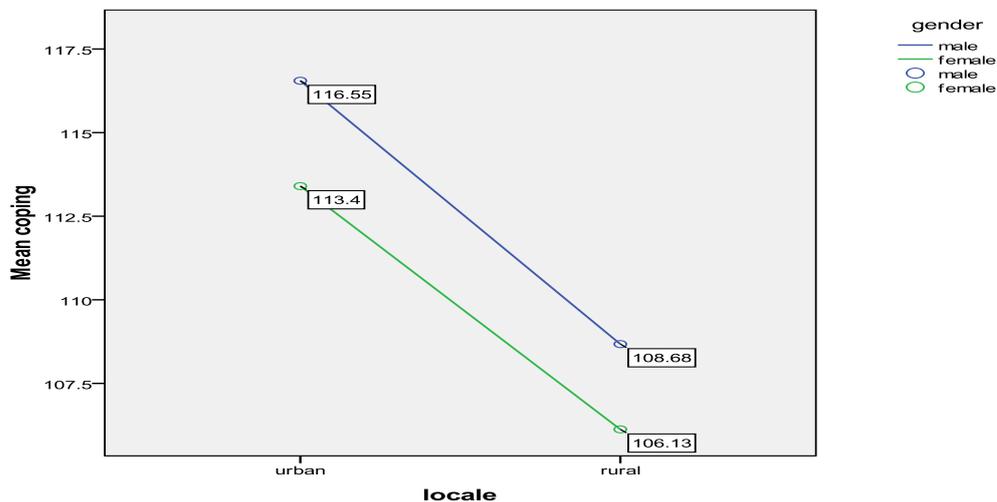


Fig 2: Showing simple effect of locale on coping.



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