ABSTRACT

This study attempted to investigate (1) the direct influence of coping style on the level of life satisfaction among undergraduate students of psychology in Ho Chi Minh City, Vietnam; (2) the indirect influences of coping style on the level of life satisfaction of the targeted students, being mediated by their levels of depression, anxiety, and stress; and (3) gender differences in coping style, life satisfaction, depression, anxiety, and stress. Vietnamese-translated versions of the Coping Inventory for Stressful Situations (CISS), Depression, Anxiety, and Stress Scale (DASS), Satisfaction With Life Scale (SWLS) and a researcher-constructed demographic questionnaire were employed for data collection. A total of 510 undergraduate students from five faculties of psychology in Ho Chi Minh City participated in this study. Reliability test, the t-test, and multiple regression analysis were used in data analysis. Results revealed that problem-focused coping and avoidance-focused coping were positively and significantly related to the level of life satisfaction while emotion-focused coping was found to be negatively and significantly correlated with life satisfaction. Furthermore, problem-focused coping was found to be negatively correlated with depression, anxiety, and stress, whereas emotion-focused coping was found to be positively correlated with the three emotive variables. Avoidance-focused coping was negatively correlated with depression. In terms of testing indirect relationship hypothesis, the regression analysis showed that there was an indirect influence of emotion-focused coping and avoidance-focused coping on Vietnamese psychology undergraduate students' life satisfaction, being mediated by their reported level of depression. Additionally, no significant gender differences were found in problem-focused coping, depression, anxiety, stress, and life satisfaction. On the other hand,
there were significant gender differences in emotion-focused coping and avoidance-focused coping such that Vietnamese female students of psychology tended to employ emotion-focused coping and avoidance-focused coping more than their male counterparts.