

ABSTRACT**I.D. No.:** 5639401**Key Words:** STRESS, COPYING STYLES, LIFE SATISFACTION**Name:** AGNES MARY KHINE MYINT OO**Thesis Title:** EFFECT OF STRESS ON LIFE SATISFACTION AMONG MEDICAL STUDENTS IN MYANMAR MEDIATED BY COPING STYLES**Thesis Advisor:** DR. SANTHOSH AYATHUPADY MOHANAN

This study investigate the direct relationship between perceived stress and life satisfaction and the indirect relationship between stress and life satisfaction mediated by the three different coping styles ; problem focused coping, emotional focused coping, the avoidance focused coping satisfaction and the mediation effect of with life which is based on the Theory of Lazarus and Folkman. The study has been done one among medical students who are from first year to final year from two medical universities of Yangon. The quantitative research employed path analysis using survey questionnaires of 216 students obtain via convenient sampling. The path analysis result showed that the relationship between problem focused coping and life satisfaction is highly significant which means most of the medical students using the problem focused coping the life satisfaction. The result also found that the stress predict the emotional focused coping. When the level of stress is high, the students employed emotional focused coping.

Contrasting to the prevision studies, this study showed that the relationship between stress and life satisfaction is not significant, which is stress does not predict the life satisfaction which would be the several reasons such as the medical students life in Myanmar has some aspects which is different from other countries and studies. The life satisfaction of medical students is important as when they continue in this career in medicine they have to

face people suffering from various health problems. According to this result, the problem focused coping and satisfaction with life has strong relationship among the students who should be encourage to learn the problem focused coping mechanism.

This study is first research about medical students studying the area of stress, life satisfaction and mediation effect of coping. This research finding may provide some reference for future research in the area of stress and wellness of medical students.

