STRESS AND LIFE SATISFACTION AMONG MEDICAL STUDENTS IN MYANMAR: THE MEDIATING ROLE OF COPING STYLES

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Abstract
This study investigate the direct effect of perceived stress on life satisfaction and the indirect effect between stress and life satisfaction mediated by the three different coping styles; problem-focused coping, emotional-focused coping, the avoidance focused coping. The participants were medical students from first year to final year from two medical universities in Yangon, Myanmar. 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. The result also found that the stress inversely predicts the emotional focused coping. This research finding may provide some reference for future research in the area of stress and wellness of medical students.

Keywords: Stress, life satisfaction, coping styles

Introduction
Stress among medical students during their academic years often deteriorates their physical and psychological well-being as well as affects their academic performance (Misra & McKean, 2000). Medical students have to study tremendous facts in the program, devote most of their time on their studies, go through various learning methods from lectures to practical and undertake supervised clinical practice for many years in order to become competent physicians.

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