

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, Viet Nam; (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.

