

INFLUENCE OF COPING STYLE ON LIFE SATISFACTION AMONG VIETNAMESE UNDERGRADUATES OF PSYCHOLOGY, MEDIATED BY STRESS, ANXIETY, AND DEPRESSION

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Abstract: This study investigated (1) the direct influence of coping style on life satisfaction; (2) the indirect influences of coping style on life satisfaction, being mediated by depression, anxiety, and stress; and (3) gender differences in coping style, life satisfaction, depression, anxiety, and stress on a sample of 510 Vietnamese undergraduates of psychology in Ho Chi Minh city. 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. 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 related to life satisfaction while emotion-focused coping was found to be negatively 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. In contrast, 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.

Keywords: Coping Styles, Life Satisfaction, Depression, Anxiety, Stress, Viet Nam, Psychology Students.

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