

ABSTRACT

Research has shown that optimism and productive coping strategies have a momentous positive impact on physical and psychological well-being. It has been found that optimists and pessimists differ in their use of coping strategies. Specifically, optimists tend to use engaged-style coping and pessimists use disengaged-style coping. Therefore, the present study aims to investigate the direct and indirect relationship of dispositional optimism on life satisfaction, being mediated by coping strategies among Thais in Bangkok. Two hundred and four Thai adults participated in an online survey. The results from the statistical analysis showed that Thais scored above average in optimism, engaged coping and life satisfaction, however, scored below average in disengaged coping. The study did not find a direct relationship between the optimism-pessimism dimension on life satisfaction. There was also no indirect relationship of pessimism on life satisfaction being mediated by disengaged coping. However, there was a negative relationship between disengaged coping and life satisfaction. Lastly, there was an indirect positive relationship between optimism on life satisfaction being mediated by engaged coping. As optimism and engaged-style coping are variables that is adaptable, suggests an interesting area of intervention. Future studies should continue to explore predictors to life satisfaction within the Thai population and develop culturally appropriate interventions based on the findings of this study.