Chapter 5
Conclusions, Implications, and Future Research Suggestions
CONCLUSIONS, IMPLICATIONS, AND FUTURE RESEARCH SUGGESTIONS

5.1 Conclusions

This study reveals a better understanding of the role of coping factors in various clinical groups and normal people. In general, findings from the study show the similarities of ways of coping in clinical groups and their level of adjustment as compare to normal groups. There is a close relationship between poor coping and low level of adjustment in clinical groups. Normal groups used more adaptive coping strategies like seeking social support, positive reappraisal in managing stress of life. The use of less active (more passive) coping strategies has been associated with increased symptoms of different types of psychopathologies.

Therefore, it was hypothesized that clinical groups would employ low level and less active and more passive coping techniques as compared to normal people who are thought to use more enhancing mental health coping strategies (i.e. more active and less passive) to deal with stress of life, and this has been confirmed.

According to Folkman and Lazarus (1988), “it is how individual cope with stress, not stress per se that influence their psychological wellbeing, social function and somatic health”. Thus, choice of coping strategies is an important behavioral aspects of personality that has been associated with psychopathologies.

Furthermore, in order to examine the influence of demographic variables (age, gender, marital status and area [location of clinical and normal groups] Multivariate analysis was conducted, no significant effect was found out on adjustment and ways of coping in relation to these variables, suggesting they are not contributing in the development of psychopathologies and determining level of adjustment in various clinical group and normal group. Moreover, clinical groups were significantly different from normal people on adjustment and ways of coping.

In the light of the present study, it is therefore important to empower patients with positive coping styles or discourage negative coping styles to improve their overall quality of life, thus informing clinicians/psychiatrists that coping behavior could be modified as coping by venting produced greater level of anxiety and depression.
5.2 Implications of the Study

The findings of the present study suggest the use of coping techniques as the most protective resource. For this, a variety of intervention/approaches can be developed to prevent depression and anxiety among the people.

Results suggest the provision of university guidance and counseling board for the introduction of interventions programs to help students to deal their psycho-social and emotional issues.

The teaching and learning pedagogical approach, teacher-student relationship and incorporating coping, management of stress related curriculum that could help reduce depression levels and enhance adjustment level among students.

The findings support the continued use of psychosocial interventions to help patients better manage their stress and pressure of life by devising appropriate programs that encourage adaptive attributions (e.g., Self-efficacy and coping, employing active oriented coping strategies).

5.3 Future Research Suggestions

Findings of the above study suggest the importance of interdependence of stress, coping and adjustment. There is a need to conduct studies that would examine the role of source of stress among university students and possible mediation and moderation effect of coping on adjustment.

There is a need to conduct longitudinal and experimental studies that could clarify the causal nature of the relationship between the psychosocial variables-like educational aspiration of students, academic pressure, sociopolitical system, fear of avoidance and fear of failure with coping, and adjustment in clinical and normal groups.

Further research should assess the effectiveness of relaxation techniques, meditation, Mindfulness Base Stress Reduction (MBSR), problem solving skills to help patients achieve their valued life goals.