The focus of the present study was on identifying correlates of stress and coping among adolescent boys and girls of Indian and Iranian origin. For this purpose Stress and Coping were investigated in relation to Personality, Perceived Family Environment, Happiness Measures, Positive Mental States, Health, and Depression.

The goal of the study was to identify risk and protective factors associated with stress and effective coping styles. This was done with a view to plan and suggest some intervention programs to reduce stress and enhance Psychological Well-being among these adolescents.

Results clearly revealed that Neuroticism, Psychoticism, Daily Hassles, and Depression were positively related with Stress measures in both the cultures. The heartening factor was that positive emotions viz. Happiness, Hope, Optimism, being extraverted, having good Physical and Mental Health, and positive perception of Family Relations, Growth, and System Maintenance, was found to mitigate stress in both the cultures.

Avoidance Coping emerged as ineffective coping as it was related negatively to Mental Health, Hope, and Optimism. Task-Focused Coping was clearly related positively with positive emotions and Mental Health. Similarly, Emotion-Focused Coping was positively related with positive Family Environment perception and dimensions of Mental Health in both the cultures.
Overall, inter-cultural comparison revealed Indian adolescents to be scoring higher on Stress, Depression and lower on positive emotions viz. Hope, Optimism, Happiness Orientations – Meaning, Pleasure, and Engagement – and Mental Health. As regards Family Environment dimensions – Relationship, Personal Growth, and System Maintenance – Indian adolescents perceived Family Conflict higher. Iranian adolescents perceived Family Relationships, Growth, and System Maintenance higher in comparison to Indian adolescents.

As regards gender differences, girls scored higher on total Mental Health and its dimensions viz. Being Comfortable with Self, Being Comfortable with Others and Perceived Ability to Meet Life's Demands, Optimism, Task-Focused Coping, Emotion-Focused Coping and Family Cohesion dimension of Family Environment. Boys scored higher on Depression and Daily Hassles. This gender difference pattern was similar for both the cultures.

Implications of the study are that for stress reduction, teaching to think positively and optimistically, and enhancing happiness and mental health at school level, can go a long way in promoting well-being of adolescents. Family plays a great role in teaching effective coping styles. Children and adolescents who perceived family environment to be free of conflicts, high on System Maintenance, Personal Growth, and Cohesion exhibited effective coping styles viz. Task-Focused Coping and Emotion-Focused Coping. Therefore, parents and teachers together can do a lot in helping adolescents lead a happy and good life.