The primary aim of the present investigation was to study stress and coping among Iranian and Indian adolescents in relation to their personality, perceived family environment, happiness measures, positive mental states, health, and depression.

Another aim was to study cultural and gender differences among adolescents on stress, coping, personality, perceived family environment, happiness measures, positive mental states, health, and depression.

**Stress Symptoms** of the adolescents were measured using Stress Symptoms Rating Scale by Heilbrun and Pepe (1985); Daily Hassles and Uplifts Scale by Delongis et al. (1982) was used to assess Hassles and Uplifts.

The Coping Style Inventory by Carver et al. (1989) was used to measure three types of coping viz. Task-focused Coping, Emotion-focused coping and Avoidance Coping.

For measuring Personality, Eysenck’s Personality Questionnaire-Revised (EPQ-R) developed by Eysenck et al. (1985) was used to measure Extraversion, Psychoticism, Neuroticism and Lie Scale (Social Desirability).

The Family Environment Scale (FES) by Moos and Moos (1994) was used to measure different dimensions of family environment viz. Family Environment Relationship, Family Environment Personal Growth and Family Environment System Maintenance.
Measures of Positive mental States included in the study were Happiness, Hope, and Optimism. For measuring Happiness, the following standardized tests were used: The Happiness Orientations measure by Peterson et al. (2005), was used to measure Meaning, Pleasure and Engagement; the happiness score was obtained by using The Oxford Happiness Questionnaire (OHQ) by Hills and Argyle (2002); and a self-rating scale was used to measure the Perceived Happiness Status. To measure hope in adolescents, the Adult Trait Hope Scale by Snyder et al. (1991) was used which yields two dimensions viz. Pathways and Agency. The Life Orientation Test (LOT) developed by Scheier and Carver (1985) was used to assess optimism.

For measuring Mental Health, the WHO measure of Mental Health adapted for use in India by Wig (1999) was chosen to assess mental health among adolescents which has three dimensions viz. Being Comfortable with Self, Being Comfortable with Others, and Perceived Ability to Meet Life’s Demands. Perceived Health Status was measured by using rating scale devised by Blaxter (1995).

The Beck Depression Inventory (BDI) by Beck and Steer (1987) was used to measure Depression.

The total sample comprised of 400 adolescents in the age range of 16-19 years. Two hundred adolescents were selected randomly from the public schools of Iran-Tehran city. Another two hundred adolescent from India-Tricities of Chandigarh, Panchkula and Mohali were selected; Out of these, half were males and half were females. Most of the subjects belonged to middle or upper middle income groups. There were four groups in all:
Group 1 consisted of 100 Iranian Boys; 
Group 2 consisted of 100 Iranian Girls; 
Group 3 consisted of 100 Indian Boys; and 
Group 4 consisted of 100 Indian Girls.

The raw scores consisted of scores on all the above mentioned variables. In all 38 variables were studied among Iranian and Indian male and female adolescents. The raw scores were analyzed using appropriate statistical techniques viz. Descriptive statistics, t-ratios, Analysis of Variance, Discriminant Functional Analyses, Correlational analysis, and Regression analysis. Results revealed the following:

t-ratios

A comparison of the mean scores and t-ratios of Iranian and Indian adolescents revealed that significant differences emerged on Oxford Happiness Questionnaire (t= 5.21, Iranian>Indian), Optimism (t= 4.21, Iranian>Indian), Daily Hassles (t= 10.20, Indian>Iranian), Uplifts (t= 4.52, Indian>Iranian), Pathways (t= 9.00, Iranian>Indian), Agency (t= 7.86, Iranian>Indian), Total Hope (t= 10.27, Iranian>Indian), Task-focused Coping (t= 3.28, Iranian>Indian), Emotion-focused Coping (t= 4.64, Iranian>Indian), Being Comfortable with Others (t= 6.57, Iranian>Indian), Perceived Ability to Meet Life’s Demands (t= 3.57, Iranian>Indian), Total Mental Health (t= 3.40, Iranian>Indian), Psychoticism (t= 5.04, Indian>Iranian), Extraversion (t= 8.50, Iranian>Indian), Lie Scale (Social Desirability) (t= 3.79, Indian>Iranian), Expressiveness (t= 3.99, Iranian>Indian), Conflicts (t= 2.50, Indian>Iranian), Independence (t= 4.14, Iranian>Indian), Achievement Orientation (t= 7.18, Iranian>Indian), Moral-Religious Emphasis (t= 5.61, Iranian>Indian), Family Environment Personal
Growth (t= 7.23, Iranian>Indian), Control (t= 2.27, Iranian>Indian), Family Environment System Maintenance (t= 2.05, Iranian>Indian), Stress Symptoms (t= 9.56, Indian>Iranian), Beck Depression Inventory (t= 16.14, Indian>Iranian), Meaning (t= 4.33, Iranian>Indian), Pleasure (t= 6.58, Iranian>Indian), Engagement (t= 3.81, Iranian>Indian), Perceived Happiness Status (t= 2.47, Indian>Iranian), and Perceived Health Status (t= 4.44, Iranian>Indian). No significant differences emerged on Avoidance Coping, Being Comfortable with Self, Neuroticism, Cohesion, Family Environment Relationship, Intellectual-Cultural Orientation, Active-Recreational Orientation, and Organization.

A comparison of the mean scores and t-ratios of adolescent boys and girls revealed that significant differences emerged on Optimism (t= 2.15, Girls>Boys), Daily Hassles (t= 4.68, Boys>Girls), Uplifts (t= 5.40, Boys>Girls), Pathways (t= 2.00, Boys>Girls), Task-focused Coping (t= 2.27, Girls>Boys), Avoidance Coping (t= 2.27, Girls>Boys), Being Comfortable with Self (t= 2.58, Girls>Boys), Total Mental Health (t= 2.43, Girls>Boys), Lie Scale (Social Desirability) (t= 2.22, Girls>Boys), Expressiveness (t= 2.08, Girls>Boys), Beck Depression Inventory (t= 2.15, Boys>Girls), Engagement (t= 1.97, Boys>Girls), and Perceived Happiness Status (t= 2.18, Girls>Boys).

No significant differences emerged on Oxford Happiness Questionnaire, Agency, Total Hope, Emotion-focused Coping, Avoidance Coping, Being Comfortable with Others, Perceived Ability to Meet Life’s Demands, Psychoticism, Extraversion, Neuroticism, Cohesion, Conflict, Family Environment Relationship, Independence, Achievement Orientation, Intellectual-Cultural Orientation, Active-

**ANALYSIS OF VARIANCE (ANOVA)**

Analysis of variance was conducted to compare the adolescents from Iran and India on various psychological variables. The Independent variables were gender and culture. The effect of these two independent variables singly and jointly was analyzed for all 38 variables.

Of the 38 variables studied, the results of ANOVA revealed that F-ratios emerged significant for Iranian versus Indian adolescents on the following variables: Oxford Happiness Questionnaire (F = 27.21, Iranian>Indian), Optimism (F = 17.91, Iranian>Indian), Daily Hassles (F = 114.47, Indian>Iranian), Uplifts (F = 22.77, Indian>Iranian), Pathways (F = 84.55, Iranian>Indian), Agency (F = 61.66, Iranian>Indian), Total Hope (F = 106.77, Iranian>Indian), Task-focused Coping (F = 10.87, Iranian>Indian), Emotion-focused Coping (F = 21.69, Iranian>Indian), Being Comfortable with Others (F = 44.17, Iranian>Indian), Perceived Ability to Meet Life’s Demands (F = 12.94, Iranian>Indian), Total Mental Health (F = 12.10, Iranian>Indian), Psychoticism (F = 25.49, Indian>Iranian), Extraversion (F = 72.16, Iranian>Indian), Lie Scale (Social Desirability) (F = 14.49, Indian>Iranian), Expressiveness (F = 16.13, Iranian>Indian), Conflicts (F = 6.29, Indian>Iranian), Independence (F = 17.70, Iranian>Indian), Achievement Orientation (F = 51.38, Iranian>Indian), Moral-Religious Emphasis (F = 31.35, Iranian>Indian), Family Environment Personal.
Growth (F= 52.07, Iranian>Indian), Control (F= 5.18, Iranian>Indian), Family Environment System Maintenance (F= 4.19, Iranian>Indian), Stress Symptoms (F= 91.67, Indian>Iranian), Beck Depression Inventory (F= 264.67, Indian>Iranian), Meaning (F= 18.88, Iranian>Indian), Pleasure (F= 43.67, Iranian>Indian), Engagement (F= 14.74, Iranian>Indian), Perceived Happiness Status (F= 6.14, Indian>Iranian), and Perceived Health Status (F= 19.78, Iranian>Indian). No significant differences emerged on Avoidance Coping, Being Comfortable with Self, Neuroticism, Cohesion, Family Environment Relationship, Intellectual-Cultural Orientation, Active-Recreational Orientation, and Organization.

Of the 38 variables studied, the results of ANOVA revealed that F-ratios emerged significant for adolescent boys versus girls on the following variables: Optimism (F= 4.81, Girls>Boys), Daily Hassles (F= 28.83, Boys>Girls), Uplifts (F= 31.85, Boys>Girls), Pathways (t= 4.98, Boys>Girls), Task-focused Coping (F= 5.31, Girls>Boys), Avoidance Coping (F= 5.16, Girls>Boys), Being Comfortable with Self (F= 6.89, Girls>Boys), Total Mental Health (F= 6.27, Girls>Boys), Lie Scale (Social Desirability) (F= 5.10, Girls>Boys), Expressiveness (F= 4.50, Girls>Boys), Beck Depression Inventory (F= 7.70, Boys>Girls), Engagement (F= 4.05, Boys>Girls), and Perceived Happiness Status (F= 4.79, Girls>Boys). No significant differences emerged on Oxford Happiness Questionnaire, Agency, Total Hope, Emotion-focused Coping, Being Comfortable with Others, Perceived Ability to Meet Life’s Demands, Psychoticism, Extraversion, Neuroticism, Cohesion, Conflict, Family Environment Relationship, Independence, Achievement Orientation, Intellectual-Cultural

Further the ANOVA tables revealed that for some variables the interaction of gender and culture emerged to be significant. These included Daily Hassles, Uplifts, Pathways, Total Hope, Emotion-Focused Coping, Being Comfortable with Self, Being Comfortable with Others, Perceived Ability to Meet Life’s Demands, Total Mental Health, Conflict, Intellectual-Cultural Orientation, Control, and Engagement.

**STEPWISE DISCRIMINANT FUNCTIONAL ANALYSES**

The number of predictor variables in the present study being very large, it was thought appropriate to conduct Stepwise Discriminant Functional Analysis instead of standard or direct Discriminant Analysis to examine the efficiency of predictors into discriminant functions. The number of predictor variables used adolescents of the two genders and two cultural groups was 38.

Results revealed that a set of 14 variables emerged significant when Iranian and Indian adolescents were compared. The predictors that emerged significant in this equation were Pleasure, Emotion-focused Coping, Independence, Agency, Cohesion, Perceived Health status, Perceived Happiness Status, Lie Scale (Social Desirability), Pathways, Being Comfortable with Others, Daily Hassles, Being Comfortable with Self, Extraversion, and Beck Depression Inventory.

Overall it was found that a set of 9 predictors selected out of 38 variables were best discriminants of boys and girls adolescents. The
predictors that emerged significant for the equation were Oxford Happiness Questionnaire, Cohesion, Avoidance Coping, Perceived Happiness Status, Pathways, Daily Hassles, Lie Scale (Social Desirability), Being Comfortable with Self, and Uplifts.

**CORRELATIONAL ANALYSES**

Correlational analyses were conducted to identify the relationships of adolescent stress and coping with other variables. The variables that revealed significant correlation between stress measures viz. Stress Symptoms Scale, and Daily and Uplifts Scale, and the studied variables were Optimism, Hope and its dimensions viz. Pathways and Agency, Task-Focused Coping, Emotion-Focused Coping, Avoidance Coping, Mental Health and its dimensions viz. Being Comfortable with Self, Being Comfortable with Others and Perceived Ability to Meet Life’s Demands, Perceived Health Status, Psychoticism, Neuroticism, Extraversion, Family Environment Relationship, Family Environment Personal Growth and Family System Maintenance, Happiness Measures Viz. Oxford Happiness Questionnaire, Happiness Orientations (i.e. Meaning, Pleasure, and Engagement), and Perceived Happiness Status.

The variables that revealed significant correlation between three coping styles viz. Task-focused Coping, Emotion-focused Coping, and Avoidance Coping, and the studied variables were Stress Symptoms, Daily Hassles, Uplifts, Optimism, Hope and its dimensions viz. Pathways and Agency, Mental Health and its dimensions viz. Being Comfortable with Self, Being Comfortable with Others and Perceived Ability to Meet Life’s Demands, Perceived Health Status, Psychoticism, Neuroticism, Extraversion, Family Environment Relationship, Family Environment Personal Growth and Family System Maintenance, Happiness Measures Viz. Oxford Happiness Questionnaire, Happiness Orientations (i.e. Meaning, Pleasure, and Engagement), and Perceived Happiness Status.

**REGRESSION ANALYSES**

Regression Analyses were conducted to identify the predictors for different dimensions of stress and coping among adolescents from both the cultures. Stepwise Multiple Regression Analysis using the SPSS-Version 11 was conducted for various groups viz. total sample, Iranian adolescents, Indian adolescents, Boys, Girls, Iranian boys, Indian boys, Iranian girls, and Indian girls.

**Stress Symptoms and its Predictors**

With stress symptoms as the criterion, regression equations were run for all the groups. In **Iranian sample**, the significant predictors that emerged, in the descending order of contribution were Oxford Happiness Questionnaire ($\beta = -0.49$), Neuroticism ($\beta = 0.36$), Conflict ($\beta = 0.29$), Active-Recreational Orientation ($\beta = -0.17$), Agency ($\beta = -0.16$), and Optimism ($\beta = -0.15$).

In **Indian sample**, the significant predictors that emerged, in the descending order of contribution were Beck Depression Inventory ($\beta = 0.46$), Optimism ($\beta = -0.21$), Control ($\beta = -0.18$), Uplifts ($\beta = -0.16$), and Oxford Happiness Questionnaire ($\beta = -0.14$).

In **Boys**, the significant predictors that emerged, in the descending order of contribution were Beck Depression Inventory ($\beta = 0.50$), Optimism ($\beta = -0.26$), Organization ($\beta = -0.20$), Pathways ($\beta = -0.21$), Extraversion ($\beta = -0.16$), Engagement ($\beta = -0.15$), Active-Recreational Orientation ($\beta = -0.12$), and Daily Hassles ($\beta = 0.13$).
In **Girls**, the significant predictors that emerged, in the descending order of contribution were Beck Depression Inventory ($\beta= 0.62$), Oxford Happiness Questionnaire ($\beta= -0.30$), Optimism ($\beta= -0.21$), Control ($\beta= -0.15$), Intellectual-Cultural Orientation ($\beta= -0.15$), Perceived Happiness Status ($\beta= -0.11$), Cohesion ($\beta= -0.14$), Meaning ($\beta= -0.10$), and Perceived Ability to Meet Life's Demands ($\beta= -0.11$).

**Daily Hassles and its Predictors**

With daily hassles as the criterion, regression equations were run for all the groups. In **Iranian sample**, the significant predictors that emerged, in the descending order of contribution were Uplifts ($\beta= -0.22$), Extraversion ($\beta= -0.25$), Pathways ($\beta= -0.17$), Being Comfortable with Others ($\beta= -0.17$), Meaning ($\beta= -0.17$), Psychoticism ($\beta= 0.17$), Oxford Happiness Questionnaire ($\beta= -0.20$), and Engagement ($\beta= -0.19$).

In **Indian sample**, the significant predictors that emerged, in the descending order of contribution were Uplifts ($\beta= -0.48$), Optimism ($\beta= -0.19$), Perceived Happiness Status ($\beta= -0.19$), and Beck Depression Inventory ($\beta= -0.12$).

In **Boys**, the significant predictors that emerged, in the descending order of contribution were Extraversion ($\beta= -0.30$), Uplifts ($\beta= -0.23$), Beck Depression Inventory ($\beta= 0.22$), Expressiveness ($\beta= -0.20$), and Stress Symptoms ($\beta= 0.17$).

In **Girls**, the significant predictors that emerged, in the descending order of contribution were Beck Depression Inventory ($\beta= 0.51$), Uplifts ($\beta= -0.32$), Pathways ($\beta= -0.30$), Expressiveness
(β= -0.15), Task-Focused Coping (β= -0.12), Perceived Happiness Status (β= -0.12), and Extraversion (β= -0.14).

**Uplifts and its Predictors**

With Uplifts as the criterion, regression equations were run for all the groups. In **Iranian sample**, the significant predictors that emerged, in the descending order of contribution were Being Comfortable with Self, (β= 0.33), Being Comfortable with Others (β= 0.24), Expressiveness (β= 0.22), Organization (β= 0.21), Daily Hassles (β= -0.18), Perceived Health Status (β= 0.16), Intellectual-Cultural Orientation (β= 0.15), Optimism (β= 0.16), Engagement (β= 0.13), Pathways (β= 0.16), Emotion-Focused Coping (β= -0.14), and Active-Recreational Orientation (β= 0.16).

In **Indian sample**, the significant predictors that emerged, in the descending order of contribution were Daily Hassles (β= -0.48), Pathways (β= 0.15), Stress Symptoms (β= -0.14), and Active-Recreational Orientation (β= 0.13).

In **Boys**, the significant predictors that emerged, in the descending order of contribution were Being Comfortable with Self (β= 0.30), Daily Hassles (β= -0.23), and Achievement Orientation (β= 0.15).

In **Girls**, the significant predictors that emerged, in the descending order of contribution were Daily Hassles (β= -0.45), Organization (β= 0.27), Emotion-Focused Coping (β= -0.24), Beck Depression Inventory (β= -0.19), Agency (β= 0.17), Perceived Happiness Status (β= -0.14), Achievement Orientation (β= 0.13), and Being Comfortable with Others (β= 0.15).
**Task-Focused Coping and its Predictors**

With task-focused coping as the criterion, regression equations were run for all the groups. In **Iranian sample**, the significant predictors that emerged, in the descending order of contribution were Being Comfortable with Self ($\beta = 0.25$), and Psychoticism ($\beta = -0.18$).

In **Indian sample**, the significant predictors that emerged, in the descending order of contribution were Being Comfortable with Self ($\beta = 0.36$), Emotion-Focused Coping ($\beta = 0.23$), Moral-Religious Emphasis ($\beta = -0.18$), and Beck Depression Inventory ($\beta = -0.16$).

In **Boys**, the significant predictors that emerged, in the descending order of contribution were Being Comfortable with Others ($\beta = 0.32$), Independence ($\beta = 0.17$), Beck Depression Inventory ($\beta = -0.18$), and Avoidance Coping ($\beta = -0.13$).

In **Girls**, the significant predictors that emerged, in the descending order of contribution were Being Comfortable with Self ($\beta = 0.30$), Beck Depression Inventory ($\beta = -0.21$), Cohesion ($\beta = 0.15$), Oxford Happiness Questionnaire ($\beta = 0.19$), and Neuroticism ($\beta = -0.14$).

**Emotion-Focused Coping and its Predictors**

With emotion-focused coping as the criterion, regression equations were run for all the groups. In **Iranian sample**, the significant predictors that emerged, in the descending order of contribution were Being Comfortable with Self ($\beta = 0.15$), and Uplifts ($\beta = -0.17$).

In **Indian sample**, the significant predictors that emerged, in the descending order of contribution were Task-Focused Coping
Avoidance Coping and its Predictors

With avoidance coping as the criterion, regression equations were run for all the groups. In Iranian sample, the significant predictors that emerged, in the descending order of contribution were Being Comfortable with Self ($\beta = -0.26$), Perceived Health Status ($\beta = -0.18$), and Organization ($\beta = -0.16$).

In Indian sample, the significant predictors that emerged, in the descending order of contribution were Being Comfortable with Self ($\beta = -0.28$), Emotion-Focused Coping ($\beta = -0.22$), Neuroticism ($\beta = 0.19$), and Perceived Ability to meet Life's Demands ($\beta = -0.20$).

In Boys, the significant predictors that emerged, in the descending order of contribution were Being Comfortable with Others ($\beta = -0.32$), and Organization ($\beta = -0.17$).

In Girls, the significant predictors that emerged, in the descending order of contribution were Being Comfortable with Self ($\beta = -0.18$), Perceived Happiness Status ($\beta = -0.15$), Agency ($\beta = 0.16$), and Cohesion ($\beta = -0.16$).
The present investigation in the field of cross-cultural comparison among boys and girls has helped in providing meaningful information on the adolescent stress and coping. It has further extended the available knowledge in terms of the predictors. However, in the final analysis, it could be submitted that like many a scientific endeavor this might lead to further research in different cross-cultural situations and their consequential implications in developing appropriate investigations.