Optimism as Predictor of Adjustment: Mediating Role of Appraisals and Coping of a Stressor

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Abstract

The present study was planned to find out the relationship between optimism and adjustment. Further it was also intended to examine the mediating role of appraisals (primary and secondary) and coping between optimism and adjustment (physical and psychological) in a stressful situation i.e. after pre-board examination. The study also aimed to find out the variations, if any, in optimism, appraisals, coping and adjustment due to sex and religion among the students. A sample of 200 students of 12th grade, after pre-board examination were selected on the basis of non random purposive sampling. Participants were divided into four groups i.e. Hindus, Sikhs, Muslims and Christians (with equal number of males and females). Life orientation scale-revised, appraisals by Chang (1998), Brief-COPE, Beck Depression Inventory, Satisfaction With Life Scale and Pennebaker Inventory of Limbic Languidness were administered. Data were analysed using Mean, SD, correlation, hierarchical regression analysis, 2x4 way ANOVA and Sobel’s test. Results revealed that there are varied level of optimism, adjustment with majority of the students falling in moderate category (78%) in optimism and (88%) in adjustment. Similarly, (76%) and (80%) students falling in moderate category in primary and secondary appraisal while in coping 73% students in moderate category. Significant positive relation was found between optimism and adjustment. Significant sex differences was found on optimism, physical adjustment, depression, primary appraisal and denial, substance use, instrumental support, venting, acceptance, religion (ways of coping strategies). Significant religious differences were found in optimism, physical adjustment, depression, satisfaction with life, primary appraisal and self-distraction and venting, ways of coping strategy. Secondary appraisal and coping (Total) was found to play mediating role between optimism and satisfaction with life. Coping (Total) also mediates between optimism and depression.

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