CHAPTER-5
DISCUSSION
Discussion

Approach cognitive coping strategy

A perusal of table-4 will reveal it clearly that gender played a significantly role in using approach cognitive coping strategy. Females are less frequently in choosing cognitive approach than the males, the persons who use approach cognitive coping strategy in combating stress use logical analysis, do mental rehearsal in order to solve the problems causing stress. Such persons restructure their thoughts from negative to positive and then find a solution. Thus, logical analysis, mental rehearsal and cognitive restructuring are the technique that is used by the persons who employ approach cognitive coping strategy.

In the present study males were found significantly higher in selecting approach cognitive coping strategy than the females (table-4). The present finding did not support the findings of Ingles, Mendez and Hidalgo, 2000; Washburw, Ormachea, Hillman and Sawilosky, 2004. They reported that males and females are almost equal so far as the use of approach cognitive coping strategy is concerned. The reason may be attributed to the nature of the problems faced by the persons. Females more often face stress related to the relationship and friendship with peers in search of social support and cultivate friendship, interpersonal relationship are the major area of conflicts reported by females (Ingles, Mendez and Hidalgo, 2000; Washburw, Ormachea, Hillman and Sawilosky, 2004).

This is the reason why females were found significantly low on choosing cognitive coping strategy than the males. In comparison to female, male face different problem with regard to their stress. They are concerned with the problems of achievement, academic performance etc. due to the nature of the problems usually faced by the males they make use of logical analysis, mental rehearsal and
programming and cognitive restructuring technique to cope the stress faced by them and they make conscious use of action in response to stressful appraisal of situation or event when they confronts to stressor. This is the reason why male use cognitive approach coping strategy than the female. The notion has gained support from the work Washburn-Omachea (2004).

**Approach behavior coping strategy**

A perusal of table-5 will reveal it clearly that approach behavior coping strategy has been preferred by boys, persons with optimum level of BMI and subject whose Vitamin B12 consumption are up to desired level.

The gender has been emerged as significant predicator because of different in nature of problems faced by the male and female. Female more often face conflicts related to interpersonal relationship whereas males face problems related to their achievement, academic, and job/career related areas. Due to the nature of problems male use approach behavior or approach behavior males consciously use action in response to stressful appraisal of situation or events. It include enhancing effort to combat the stress

BMI has also emerged as a significant predictor of approach behavior coping strategy. The subjects who have optimum level of BMI selected approach behavior coping strategies than the subjects whose BMI were found either low or high from the normal range. The reason may the attributed to the obesity or overweight of the subjects. In many studies adiposity has been found to be associated with stress. Due to the overweight they did not prefer cognitive or behavioral approaches to solve their problems. Rather they used avoidance technique to cope with the stress its opposite may also be true that due to the avoidance tendency they have gained weight. The reason may the dispositional, certain unhealthy behaviors viz. oversleeping,
unchecked and unplanned eating, poor physical activity and similar sedentary lifestyle disturb BMI and due to the deviated or disturbed BMI subjects prefer to use avoidance coping strategy than the approach behavior coping strategy.

Cartisol, a major stress hormone promotes the accumulation of triglycerides. Due to accumulation of triglycerides persons develop obesity. Due to obesity they use avoidance coping strategies than the persons who are normal and did not suffer from adiposity.

Positive reappraisal and disengagement have also been found associated with reinterpretation of negative meaning which leads to the reduction of emotion responses. Such persons have shown optimum level of BMI and were found using approach type of coping strategy.

**Approach cognitive behavior coping strategy**

A perusal of table-6 reveals it clearly that males are better in choosing approach cognitive coping strategy than the females. Reasons may the attributed the nature of stress generating problems. Females most often face the problems related to the relationship, interrelationship with peer and personal illness. They use avoidance rather than cognitive behavior approach. In the relationship generated stress problem females do not use logical analysis, mental rehearsal, problem resolution strategy, and cognitive restructuring technique etc. Rather they use avoidance or keeping themselves away from the threatening situation.

The approach cognitive behavior coping strategy was used significantly more by the person with high socio-economic status (table-6). It can the explained on the ground that the persons who have achieved higher socio-economic status because of their hard work and cognitive skills they prefer to approach cognitive behavior coping strategy.
A relationship between coping strategy use and Vitamin B12 intake was also found (table-6). Several studies have demonstrated that Vitamin B12 intake is responsible for letter cognitive performance. On the bases of these studies it may be concluded than those subjects who are better in Vitamin B12 consumption also choose approach cognitive behavior coping strategy. Since analyzing capacity of the subjects with proper Vitamin B12 level are sufficiently high and their energy levels are adequately strong enough they use behavioral techniques apart from cognitive strategies to cope up the problems faced by them due to stress.

Similar observation has also been made by Smith et. al, (2000) who has established link cognitive ability and Vitamin B12 levels. Due to the improved levels of Vitamin B12 the subjects use their cognitive abilities in coping up their stress and due to the sufficient level of bodily vigor and strength behavioral technique are also used by the subjects to cope their stress through cognitive behavior technique.

**Avoidance behavior coping strategy**

The use of avoidance behavior coping strategy was found significantly higher in females than the males (table-7). Again the reason may the attributed to the types of problems being faced by the females. Most often the stresses of females are related to the relationship with peers, parents, and fellow workers. Due to the affective nature of the problems they rely on avoidance technique to cope their problems. As Rose and Rudolph, (2006) have pointed out that the source of the stress of girls are mostly related to relationship and friendship with peers. They seek social support and devote more time in cultivating friendship. Breaking in relationship conflicting relationship develops gender. Sensitivity among women they don’t analyzed the situation rationally; rather they avoid the situation which may same make the situation worse.
**Avoidance cognitive coping strategy**

Avoidance cognitive coping strategy is concerned it has been found prevalent in the females rather than males (table-8), the reason has already been discounted in preceding paragraph. It is not the gender but it is the nature of problems interpersonal relationship that caused the significantly high number of using avoidance cognitive coping strategies than the males.

It has also been found that increasing level of consumption of Vitamin B6 of participant reported low cognitive avoidance. The reason is obvious Vitamins B6 are responsible for better cognitive performance. It has been demonstrated in many studies that there is a link between cognitive ability and vitamin B6 consumption. This may be the reason why the relationship between Vitamin B6 consumption and avoidance cognitive coping strategy was found significantly negative.

A careful perusal of table-8 also revealed that there is negative avoidance between BMI and cognitive avoidance coping strategy. As it has already been discussed earlier that, if the BMI of the subjects are optimum, they are free from obesity, and sleeping disorders. It they are not overweight and adiposity. They prefer to use cognitive or behavioral coping strategy rather than avoidance cognitive coping strategy. The adiposity is research to explain the negative correlation between BMI and cognitive avoidance coping strategy.