CHAPTER-2
REVIEW OF LITERATURE
Dietary pattern and coping strategies

Aisling Donohoe(2016) conducted a study the purpose of this study was to assess the relationship between eating behaviour as a result of stress or emotions and a person’s belief in their ability to cope with the stress or emotions endured. It also aimed to investigate these variables differed in any way between men and woman, and between four different age groups tested. The Eating and Appraisal due to Emotions and Stress questionnaire (Ozier, 2007) and the Global Motivation Scale (Guay, Mageau & Vallerand, 2003) were used to collect data. It was concluded that there is a significant positive relationship between emotion and stress related eating and the perception an individual has in their belief of being able to coping, and between emotion and stress related eating and the appraisal of outside stressors when analyzed using a Pearson correlation. It was also found that motivation, in particular the intrinsic motivations of to know and towards accomplishment and the extrinsic motivation of identified are positively correlated to the appraisal of one’s ability and resources to cope.

Sneha Naidu et al;(2016) conducted a study on urban adults 17 to 19 years in (2016) to study the Psychological factors influencing the dietary habits.the sample was selected from the college of belagavi. The sample consisted of 400 adults who were college going. the study was conducted with the help of the tool which was selected from the validated compulsive eating scale (CES) to measure the uncontrolled eating patterns of the adults due to emotional bursts. The results were found to be positively correlated reflecting that out of total number of students 18.4% indulged in eating on being lonely, 40.8% were over eating to the extent of stuffing
themselves completely with foods and Rand the same proportion stuffed themselves when they felt bored. In case of 35.5% students reported that they were stuffing themselves without paying attention to the taste of the food, 23.55% of the respondents reported that they were stuffing themselves till their stomachs hurt them. It can be concluded that students should be provided health education and there is need to formulate strategies so that psychological factors are handled in a manner so that the eating patterns are not outlets of their emotional disturbances and their ability to handle the emotional behavioral outcomes.

Efrosini A. Papaconstantinou et al; (2016) conducted a study on undergraduate students employing questionnaire with open ended questions. The sample selected for the propose study was final year undergraduate students to investigate emotional disturbances, stress levels disturbances in sleep quality, change in eating behavior as an outcome of clinical workshops. It concluded that the clinical education is the requirement of the curriculum at undergraduate level but it in the sample selected for the purposed study constituted final year undergraduates to investigate change in their high stress, the stresses are associated with poor sleep quality, depression, concentration difficulties and change in eating habits and sleep patterns (CoPES). There is likelihood poor coping strategies leading to stress levels of the students. It was found to be closely correlated with the eating habits and sleep disorders of the participants.

Power JJ (2016) Disordered Eating Patterns in University Students and Links with Stress Coping; a Literature Review and Discussion, A narrative review and discussion of the literature from 1980 was done and it finally included 35 papers for consideration in this review. It concluded that there are a large number of young undergraduates students struggling with depression and have disordered eating habit
there may be issues relating to mental health in some of the cases and a proportion of the students are struggling with the students having poorly developed coping resources. The discussion and review suggested a great need for qualitative enquiry to expose more of the students who are facing depression and there is change in eating behavior as a result of depression so that quality resources can be developed to support the young students in managing stress in early years of university.

Melinda J. Ickes et al; (2015) conducted a study on titled Differences between coping strategies employed by Undergraduate and Graduate. The tile of study was “difference between Undergraduate and Graduate Students in Stress and Coping Strategies”. This was the online study covering one 1139 students selected randomly to investigate the difference in coping strategies employed by graduate and undergraduates it also included change in eating patterns as a result of emotional disturbances in their lives. The tools selected were questionnaire method. It was found as a result that there was no notable change in eating pattern of graduates and undergraduates, male or females. An online study covering wide range of students selected randomly investigating their change in eating pattern as a result of emotional disturbances it was concluded that there is no notable change in eating patterns of graduates or undergraduates, males or females. The results were calculated using chi-square test of independence the variables were demographic differences, stress level and coping strategies. The use of classification and Regression tree analysis, explored in detail the stress levels and their strategies to cope the stress in case of different groups. The chi test was employed to explore the different variables. This study reflected on the coping strategies in case of disturbance covering the students from with different demographics including males, female and whites. The sample constituted of 87.2% white, graduate students(58.5%), and female (59.8%). In case of
80% graduates and undergraduates the stress level was high, 69.6% reported sleep as coping strategies, 66.1% used exercise as a support system in case of stress, and 56.8% used food as a coping strategy in case of stress. This study can be a great in planning workshop for the students, counseling and health programme for the college going students for all levels.

Anna Brytek-Matera & Iony Schiltz (2013) comparative structural study of the configuration of coping strategies among female patients with eating disorders and a non-clinical control group. A study was conducted on 55 university students which included 52 females DSM-IV criteria for anorexia nervosa and bulimia nervosa. Brief coping orientation was the tool for the assessment. It concluded that eating disorders were positively related to substance use, substitute gratification, avoidance, aggression, and drug use. Additionally, significant negative correlations were found between eating disorders and relaxation, planning, using instrumental support, acceptance as well as venting. The regression analysis was done and it revealed that eating disorders were positively associated with coping strategies and focused on substance use and religion. It further concluded that eating disorders were negatively associated with using emotional support, positive self-instructions and positive reframing. The non-linear principal components analysis allowed for exploring similarities and differences in the latent structure of the configuration of coping strategies between the clinical group and the control group. The study concluded that it was clear women with anorexia and bulimia nervosa apply emotion-focused coping strategies to manage their stress. It laid stress on intervention of psychotherapist for these patients should focus on changing in appropriate coping mechanism.

Sandra K. Jenkins et al; (2009) a study was conducted on fourth, fifth and sixth
grade students to handle stressful situations and the use of coping strategies to fight stress. The study included African–American and Caucasian children. The present study was a secondary cross-sectional analysis of longitudinal data which concluded that perceived stress was correlated with unhealthy eating behaviors \( (r = .13, p < .001) \), as well as with the use of eating as a coping mechanism \( (r = .24, p < .001) \). In the process of the data collected from different regions, it concluded that Hispanic children used eating as a coping mechanism most frequently. School-age children who experience high levels of stress may be at risk for developing unhealthy eating habits in order to cope with stress. This relationship between stress and eating disorders has to be examined time to time. Future research should focus on the development of interventions to encourage positive coping mechanisms and healthy eating behaviors.

**SES and Stress Coping Strategies**

*Saloni Atal and Cecilia Cheng (2016)* Socioeconomic health disparities revisited: coping flexibility enhances health-related quality of life for individuals low in socioeconomic status. The study comprised of the participants from high, medium, and low SES groups with the sample size of 150 Indians (53% women; mean age = 36.38 years). They were assessed individually through household interviews to study their levels of perceived stress, coping flexibility, subjective SES, and HRQoL. The findings were in line with the hypothesis that there is coping flexibility between subjective SES and HRQoL \( (p < 0.001) \). It further concludes that the participants belonging to low SES group were having higher coping flexibility reported to have significantly better HRQoL than those who were having lower coping flexibility. It also concluded that flexibility moderated the association between perceived stress and HRQoL \( (p = 0.001) \). Those who experienced higher level of stress were higher in coping flexibility reported better HRQoL than those
lower in coping flexibility. This study enriched the literature by revealing the beneficial role of coping flexibility on HRQoL among individuals low in SES. Findings of the study highlight the potential importance of psychological interventions that strengthen the flexible coping skills of socioeconomically disadvantaged groups.

Andrea S. Richardson et al; (2015) Perceived stress, unhealthy eating behaviors, and severe obesity in low-income women. A cross-sectional data in special Supplemental Nutrition Program for Women, Infants, and Children in Cumberland County, was collect from women with a child sample size 101. In north Carolina (spring 2012) the researcher used structural equation modeling, collected and measure heights and weight to calculate BMI. They differentiated pathways from stress to weight status: (1) indirectly through eating behaviors (cognitive restraint, emotional eating, and uncontrolled eating) and diet quality, in which they examined in which they examined with the Healthy Eating Index 2010 and 24-h dietary recalls, and (2) directly through possible unmeasured risk factors independent of diet. The analysis controlled for race/ethnicity, income, age, whether the dietary recall day was typical, and whether the respondent completed one or two 24-h dietary recalls. It was found Perceived stress was positively associated with uncontrolled eating 

\( \beta = 0.38, p < 0.001 \) and emotional eating \( \beta = 0.50, p < 0.001 \). However, higher stress was not associated with weight status through eating behaviors and diet quality. Independent of eating behaviors and diet quality, stress was positively associated with severe obesity \( \beta = 0.26, p = 0.007 \). It was concluded by improving stress coping strategies for low income women eating behavior could be improve and it could reduce severe obesity.

Yoshitaka Iwasaki (2009) Counteracting stress through leisure coping: the
purpose of this prospective health study was to examine stress-buffer or counteracting effects of leisure coping, by taking into account several key axes of society (i.e., gender, social class, and age) that are essential to characterize the diverse nature of our society. A 1-year prospective survey of a representative sample ($n = 938$) from an urban Canadian city was conducted. In the total sample, long-term health protective benefits of leisure coping became evident when stress levels were higher than lower (i.e., support for buffer effects of leisure coping). However, a health-protective effect of leisure coping to counteract the impact of stress on health was found substantially stronger for people with lower social class than for those with higher social class. On the other hand, health-protective stress-buffer effects of leisure coping were evident regardless of people's gender and age. The findings underscore the importance of giving greater attention to the role of leisure as a means of coping with stress in health practices, particularly among marginalized groups such as individuals with lower social class.

Hamidreza Roohafza et al. (2009) Association of Socioeconomic Status and Life-style Factors with Coping Strategies in Isfahan Healthy Heart Program, Iran. A community-based study called Isfahan Healthy Heart Program, they studied 17,593 individuals older than 19 living in the central part of Iran. Demographic and socioeconomic factors (age, sex, occupation status, marital status, and educational level) and lifestyle variables (smoking status, leisure time physical activity, and psychological distress), and coping strategy were recorded. Data were analyzed by Pearson correlation and multiple linear regressions. Not smoking (women $\beta = -11.293, P < 0.001$; men $\beta = -3.418, P = 0.007$), having leisure time physical activity (women $\beta = 0.017, P = 0.046$; men $\beta = 0.005, P = 0.043$), and higher educational level (women $\beta = 0.344, P = 0.015$; men $\beta = 0.406, P = 0.008$) were predictors of adaptive
coping strategies, while smoking (women $\beta = 11.849$, $P < 0.001$; men $\beta = 9.336$, $P < 0.001$), high stress level (women $\beta = 1.588$, $P = 0.000$; men $\beta = 1.358$, $P < 0.001$), and lower educational level (women $\beta = -0.443$, $P = 0.013$; men $\beta = -0.427$, $P = 0.013$) were predictors of maladaptive coping strategies in both sexes. Non-manual work was a positive predictor of adaptive ($\beta = 4.983$, $P < 0.001$) and negative predictor of maladaptive ($\beta = -3.355$, $P = 0.023$) coping skills in men. It concluded that Coping strategies of the most of the population in central Iran were influenced by their lifestyle and socioeconomic status. Thus framing the programmes to improve healthy lifestyles and uplifting the socioeconomic status could increase adaptive coping skills and bring down decrease maladaptive skills and leading to a more healthy society.

Patrick M. Krueger and Virginia W. Chang (2008) Being Poor and Coping With Stress: Health Behaviors and the Risk of Death. Data was derived from the 1990 National Health Interview Survey’s Health Promotion and Disease Prevention Supplement, which involved a representative sample of the adult US population (n=40335) and was linked to prospective National Death Index mortality data through 1997. Gompertz hazard models were used to estimate the risk of death. The Results indicated that high baseline levels of former smoking and physical inactivity increased the impact of stress on mortality in the general population as well as among those of low socioeconomic status (SES), but not middle or high SES. It further concluded the combination of high stress levels and high levels of former smoking or physical inactivity is especially harmful among low-SES individuals. Stress, unhealthy behaviors, and low SES independently increase risk of death; they were combined to create a truly disadvantaged segment of the population.
Nevn Sanler and Ayse Dilek Ogretir (2008) The Relationship between Stress and Eating Behaviors among Turkish Adolescence. A study was conducted through a “personal information form” to gather information about adolescence and their family with the sample size of 889 Turkish adolescent (14-25 ages). The purpose of the study was to investigate the effect of stress on body weight (BMI) and eating behaviors. The scales used to detect the stress level and the worries of adolescents were “types of coping with stress scale” and “eating behavior scale”. Information was collected on the basis of scale selected. The reliability and validity of the scales was tested and established by anler and Ogretir (13). The study found that female adolescents underwent stress more than male adolescents. Also, there were statistically significant differences between females who perceived more need for social support, eating with positive and negative moods than males. The males scored higher on being optimists than females with a statistically significant result.

Daniel M. Finkelstein et al; (2007): aCross-sectional study was conducted covering a sample of 1167 non Hispanic black and white junior and senior high school students from a Midwestern public school district in 2002–2003. The aim was to study Socioeconomic Differences in Adolescent Stress with the role of psychological resources it analysed Hierarchical multivariable regression analyses to examined relationships between PE (high school graduate or less=E1, >high school, <college=E2, college graduate=E3, and professional degree=E4), and psychological resources (optimism and coping style) on teens’ perceived stress. Greater optimism and adaptive coping were hypothesized to influence (i.e. mediate or moderate) the relationship between higher PE and lower stress. The results indicated that adolescents from families with a professionally educated parent, in comparison to adolescents with lower parent education had higher perceived stress.
Both psychological resources were associated with stress: higher optimism ($\beta=-0.58, p<0.0001$) and engagement coping ($\beta=-0.19, p<0.0001$) were associated with less stress and higher disengagement coping was associated with more stress ($\beta=0.09, p<0.01$). Adding optimism to the regression model attenuated the effect of SES by nearly 30%, suggesting that optimism partially mediates the inverse SES-stress relationship. Mediation was confirmed using a Sobel test ($p<0.01$). It concluded that lower SES is one of the causes of increased stress in adolescence. Adolescents from families with lower parent education are not properly guided and are less optimistic as compared to the teams from more educated families.

Leslie J. Caplan, Carmi Schooler (2007) Socioeconomic Status and Financial Coping Strategies: The Mediating Role of Perceived Control. They examined the relations among socioeconomic status, control beliefs, and two coping styles (problem-focused vs. emotion-focused) in the context of financial stress. It was found in the finding that low socioeconomic status (SES) is linked to greater use of emotion-focused financial coping and lesser use of problem-focused financial coping. The effects of SES on the use of problem-focused financial coping appear to be entirely mediated by two measures of perceived control: self-confidence and fatalism. In contrast, the effects of SES on emotion-focused financial coping are not mediated in this way. Results also indicated that problem-focused and emotion-focused financial coping are differentially related to financial stress and to general psychosocial distress. These results suggested that low SES may decrease one's control beliefs, which in turn decrease the likelihood of choosing effective financial coping processes, resulting in double disadvantage.

Coping Strategies and Gender
**Corrine Wilsey et al (2015)** Gender Differences in Perceived Illness, Stress, and Coping in Undergraduates. The study comprised of 236 male and female undergraduates were surveyed for the assessment of their experienced stressors, coping style, and number of illnesses experienced in the past 12 months. The study was designed to explore gender differences in perceived illness, stress level, and coping style. The result indicated that Negative coping, stress, and gender were significant predictors of differences between participants with high and low levels of self-reported physical symptoms. In addition, discriminate function analyses indicated that negative coping was associated with high or low level of illness for both genders, but stress was also a significant predictor for females.

**Sahana Madhyastha K.S. Latha Asha Kamath (2014)** Stress, Coping and Gender Differences in Third Year Medical Students. Conducted a study on 94 third year students to measure) Stress, Coping and Gender Differences. The researcher administered Professional Student Stress Survey and Carver’s Brief COPE. The findings reported that all the student were having stress most of the student experienced stress to a moderate degree (50.5 per cent). The source of the stress was Academic performance and professional identity issues. In comparison to male students female students had more academic performance stress. Taking into consideration coping strategies female students used instrumental support which was problem focus and emotional support seeking emotion focused more incamprison to males. Males were found to used Humour, a positive emotion-focused strategy and self-blame a maladaptive strategy to cope their stress. It was clear from the findings that there is dire need to involve medical students in stress management programmes to inculcate positive coping strategies in medical students to relieve them of academic stress.
Ms. Lakyntiew Pariat et.al (2014), conducted on a study stress levels of college students: interrelationship between stressors and coping strategies. Study was conducted to find the correlation of academic stress with social and financial stress, which was found to be positively correlated. Whereas in the process of study the majority (38.9%) of the subjects were experiencing very low stress. The main findings of this study therefore concluded that academic stress was highly correlated with social and financial stress. Positive coping strategies like meditation, prayer and sleep was found to be very helpful (significant at 0.05 level) to combat academic stress. Pursuing hobbies and interest help students to cope with academic stress and these values were significant at 0.05 levels. The study also found out that academic stress was negatively correlated with coping strategies like using drugs and this was significant at 0.05 levels.

Ryan, Kate (2013) conducted an online study and collected data from 150 college student (male=74,female=76) the study focused the emotion focused coping effects of college students’ students’ perceived stress and life satisfaction. The results found that college student in Ireland, both male and female, are experiencing stress levels above average and have average life satisfaction levels. Female students were found to be significantly more stressed than males who were found to engage in more active emotion focused coping than females. High usage of avoidant focused coping mechanisms was significantly related to high levels of stress and lower life satisfaction.

Xiaoyun Zhang(2013) conducted a study on “stress, coping, and depression in adolescents : a longitudinal analysis of data from national longitudinal study of adolescent health”. The study examined a total sample of 3844 participants aged 11 to 27 to examine the relationship among stress ,coping and depression using the public-
use data from the first three waves of the National Longitudinal Study of Adolescent Health (Harris & Udry, 1994-2008). For the identification of developmental trajectories of depressive symptoms and stressful life events from age 12 to age 24, respectively; Latent growth curve modeling with two-construct parallel processes was used to examine the associations between stressful life events and depressive symptoms over time. Path analysis was used to test whether coping, including problem solving coping at Wave I, emotion-focused coping and unhealthy behavioral coping (i.e. substance use) at Wave II, mediated or moderated the association between stressful life events at Wave I and depressive symptoms at Wave III. The result concluded that the average of depressive symptoms increased from early to middle adolescence, and then decreased from middle to late adolescence. Girls exhibited persistently higher levels of depression across the whole adolescence period than boys. Similar to the change patterns of depressive symptoms, the average number of stressful life events also increased from early to middle adolescence, and then decreased from middle to late adolescence. However, boys had persistently greater number of stressful life events than girls. In addition, the initial number of stressful life events was positively associated with the initial levels of depressive symptoms, whereas high initial number of stressful life events predicted slower increase of depressive symptoms over time, especially for girls. Furthermore, only emotion-focused coping was a significant mediator between earlier stressful life events and later depressive symptoms, and the effect was stronger in girls than in boys. Finally, unhealthy behavioral coping could reduce the adverse effect of earlier stressful life events on later depressive symptoms both in girls and boys.

Laura Sapranaviciute et.al (2013) conducted a research at international level to measure stress coping strategies on a sample of 98 international multicultural
students. The tool used to measure specific stress coping strategies and depressive symptoms was Coping Orientation of Problem Experience questionnaire and Depressive symptoms were assessed with Zung Self-Rating Depression Scale. Concluded that use of stress coping strategies differ in international students due to their gender and course. It further pointed out that some of the stress coping strategies are independently associated with depressive symptoms in international students.

**Andy Carpenter (2013)** Gender differences in coping styles or just individual differences in the stress appraisal process. Surveyed online 100 participants from a sample of convenience and an additional 28 participants came from the Dublin fire brigade the purpose of the study was to measure gender differences in coping styles or just individual differences in the stress appraisal process. The parameters to measure the gender differences in coping styles were Perceived stress, optimism, problem based coping, and emotional based coping and maladaptive coping. The results reported significantly higher levels of perceived stress, emotional coping and maladaptive coping in case of women. In case of men a strong correlation between perceived stress and maladaptive coping was a significant indicator.

**Sanjeev Kumar and J.P. Bhukar (2013)** stress level and coping strategies of college students .a study was conducted on physical education and engineering students with the sample size of sixty subjects randomly selected. The purpose of the study was to investigate the stress level and coping strategies. There were two groups from each profession with the sample size of 30 subjects (15 boys and 15 girls) with age range of 21±3 years. The tool used for the study was questionnaire developed by Daniel et al. (1979) to measure the stress due to: 1) frustration and inhibition, 2) overload and 3) compulsive, time-urgent and aggressive behavior the
tool used to measure the coping strategies was the second questionnaire developed by George and Everly and used by Heyward (1991). Analysis of data was done using SPSS17 version. It concluded by two way analysis (ANOVA) that stress due to all the stimuli was significantly higher among girls in comparison to boys of their profession. Whereas coping strategy was higher in boys than girls of their respective profession, but Physical Education girls had higher coping strategy than boys and girls of Engineering. Therefore, it can be concluded that Physical Education students had better coping strategy than engineering students.

Judit Abad et.al (2012) study Differences between genders in coping: Different coping strategies or different stressors? a study was conducted on Spanish adolescents attending school to analysed gender specificity in coping behavior taking into consideration the type of problem faced focusing on 10 problems most frequently reported by the participants (828 adolescents, 355 boys, and 473 girls; Mage = 14.07, SD = 1.34), the participants were classified using a multi-axial classification system. The tools two separate measures of approach and avoidance coping were examined and a combined measure combined measure indicating the predominant use of coping, and total coping effort. To analysed the specificity of coping according to problem and gender, controlled by age used a MANCOVA and subsequent univariate tests. The results showed that there were gender differences in the percentage of types of problems reported by the adolescence. There was no gender difference found when the predominate type of coping was consider, but girls showed more coping efforts then boys to face interpersonal relationship problems and personal illness.

Hong and Lei Zhang (2011) Research on College Students’ Stresses and Coping Strategies. The purpose of the study was to investigate the mental stresses of college students and they primarily studied the four sources of the stresses, namely
employment situations, study conditions, personal factors, and economic conditions
the results of the study found the significant positive correlation between employment
situations and mental stresses of college students and incase of study condition and
mental stresses as well. The results were positive in case of correlation between
economic condition, personal factors and mental stresses.

Paul D. Welle and Helen M. Graf (2011) Effective Lifestyle Habits and
Coping Strategies for Stress Tolerance among College Students. The study comprised
459 college students through established surveys of stressors symptoms and coping
strategies. The subjects were divided into high and low stress tolerance groups to
study stress tolerance ratio (STRs). Statistical differences were determined by chi-
square estimates and odds ratio calculations (95% CI). It concluded that Seven
lifestyle/coping factors (out of 20) were significantly associated with high stress
tolerance (HST) for males, 13 for females, and five were commonly shared (P<0.05).
Whites had 13 significantly factors associated with HST while Blacks had only three
(P<0.05) it was found that college students are “overwhelmed,” “suffer from
emotional ups and downs,” “have difficulty falling asleep,” and “feelings of
anxieties.”

Masume Azizi (2011) Relationship between Happiness and Stress Coping
Strategies among Zabol University Students in Academic Year of 2010-11. A study
was conducted to find out the relationship between efficient and inefficient coping
styles, a sample of 361 (198 male and 163 female) of the university, selected by
simple-random and multiphase-cluster sampling method. Data collection tools were
happiness and coping styles questionnaires. Data was analyzed using (t test; test of
correlation coefficient significance), it found that there is positive significant and
negative significant relationship between happiness, efficient coping styles and
referring to others in level of P<0.01 and between happiness, its features and inefficient coping style (P<0.001) respectively.

Ruby R. Brougham et al; (2009) Stress, Sex Differences, and Coping Strategies among College Students. A study comprised of 166 college student was conducted taking in consideration the sources of stress and coping strategies using stress assessment inventory and a stress coping inventory based on a5-factor revised COPE model (Zuckerman and Gagne Journal of Research in Personality, 37:169–204, 2003). It was concluded that college women reported a higher overall level of stress and greater use of emotion-focused coping strategies than college men. College men and women also reported different coping strategies for different stressors; however the use of emotion-focused coping strategies dominated over problem-solving strategies for both men and women. The implications of the results can be used designing stress reduction workshops build on the existing adaptive emotion-focused strategies of college students.

N. Ramya and R. Parthasarathy (2009) “A Study on Coping Patterns of Junior College Students”. A Study was conducted on a sample size of 120 junior college students using random sampling method in Christ College, Bangalore. The sample comprised 40 students from each group of Arts, Science, and Commerce, including both of the sexes. The tools used to find out the coping strategies of junior college students were socio demographic data sheet and coping checklist. The results revealed that majority of the students adopted emotion- and problem-focused coping strategies. Most of female students adopted emotion-focused coping strategies, whereas male students mostly used problem-focused coping strategies.

Ruby R. Brougham et.al (2009) Stress, Sex Differences, and Coping Strategies among College Students. For the purpose of the study 166 college students
were examined. The main objective was to study the sources of stress (academics, financial, family, social, and daily hassles) and coping strategies (self-help, approach, accommodation, avoidance, and self-punishment). The tool used was stress coping inventory based on a 5-factor revised COPE model (Zuckerman and Gagne Journal of Research in Personality, 37:169–204, 2003). It was found that college women experience higher overall level of stress and they are likely to used emotion focused coping strategies as compare to man. College men and women reported to used different coping strategies for different stressors. It was also prominent that emotion focused coping strategies are used more often than problem solving strategies. These results were of great help in designing stress reduction workshops based on adoptive emotion focused strategies meant for students.

Sadik Sharif et. al (2007) stress and coping strategies among medical students in Basrah. The study was conducted on medical students of first year, third year, fifth year involving males and females as well. The sample size comprised 300 students (50 students from each class) selected randomly. A Special question form was designed for the purpose of the study; which included socio demographic criteria, like age, sex, residence and class, academic factors, delay years and coping strategies. It found out that prevalence of stress was highest that is 44.6% among the first year followed by the third then the fifth year medical students. The percentage of females under stress was more than that of males including those who were having delay years the coping strategies varied individually and the cause of stress was academic factors and the current political and security reasons.

Emily A. Pierceall & Marybelle C. Keim (2007) Stress and Coping Strategies among Community College Students. They conducted a study on 212 students from two community colleges in southern Illinois. The tool used to
determine the degree of stress perceived by students was the Perceived Stress Scale. The result concluded that women students were more stressed than men. It was clear from the results that there was no statistically significant differences between traditional and nontraditional students. Out of the total sample 75% were in a moderate stress category; 12% in a high stress category. The most often used activities to cope with stress included talking to family and friends, leisure activities, and exercising. Less desirable coping strategies were drinking alcohol, smoking, and using illegal drugs.

**Habib, Seif (2007)** conducted a study on 12 to 14 year old school children to evaluate the effectiveness of cognitive behavior. A sample size of 198 boys and 136 girls was assist by using the Child Depression Inventory and the Cooper smith Self-Esteem Inventory. In cognitive behavior therapy was employed on 32 with depression. It was found effective and there was reduction in depression when 3 months after the intervention they were tested on the same tool.

**Lauren A. Gentry et.al (2007)** Gender Differences in Stress and Coping among Adults living in Hawai‘i. A state level cross-sectional study was conducted during the spring and summer of 2006, the method employed on the sample comprising of 1518 participants. The results reported that women perceived higher stress levels but in case of experienced social stressors and health stressors there was no difference between the gender. It concluded that men perceived more stress from personal factors but whereas ability to cope with stress there was no gender difference. On the other hand women were more likely to use adaptive coping strategies and men were likely to use maladaptive and coping strategies in case of stages of change for stress management there was no gender difference found.
Julial Awrence (2006) conducted a study on Gender differences and their ability to cope the stress in case of undergraduate students and their impact on self-esteem and attainment of goals. The purpose of the study was to investigate adopted by male and female first year students in a higher education environment and the extent to which such strategies had an impact on self-esteem and attainment. The Results revealed significant differences between males and females in terms of engagement in coping strategies and academic attainment. Specifically, males exhibited greater ability to detach themselves from the emotions of a situation, were more inclined to demonstrate emotional inhibition or ‘bottling up’ of emotions and reported higher self-esteem. In addition, it was observed that females attained at a significantly higher level than males. It would be beneficial for future research to used the findings of the study.

Latha and Reddy (2006) conducted a study on “Patterns of Stress, Coping Styles and Social Supports among Adolescents”. They conducted a study in manglore with the sample size 100 students with the age ranging between 16-19 years with equal number of male and female students. The tool used for the purpose was Adolescents Stress Scale, Semi Structured Interview and a Self Report Coping Scale. The result indicated that female students are stressed more due to the issues like college attendance, uncertainty about the future and the total score than males. The coping strategies were both the gender one more or less similar but females preferred to consult relatives’ friends and counselors whereas males were praying to god and thinking of alternatives.

Eugene S. Tull, Yah-Tyng Sheu, Cleve Butler, and Karimah Cornelious(2005) Relationships between perceived stress, coping behavior and
cortisol secretion in women with high and low levels of internalized racism. A study was conducted on the island of Dominica aged 25-60 with high (n = 27) and low (n = 26) INR. Cortisol levels for each participant were determined from saliva specimens collected at 8:30 am and 10:30 pm. The research targeted to collect information on perceived stress and coping style. It concluded that there was a difference between the results of high INR compared to those with low INR. A higher mean perceived stress score (PSS) and greater tendency to use "restraint," "denial" and "behavioral disengagement" (defeated) coping (BDC) styles were found. In the combined sample, PSS and BDC were significantly correlated with an indicator of disregulation of cortisol. However, in group-specific analyses, adjusting for age and education, these correlations remained significant only among women with high INR. The findings of the study support the view that high perceived stress and defeated coping styles are the factors that link high INR to dysregulation of cortisol and, perhaps, also to greater risk of metabolic abnormalities.