Coping pattern of rural drop out youth of Jorhat district

■ Mala Handique* and Krishna Baruah

AICRP-on Home Science, Department of Human Development and Family Studies, Faculty of Home Science, Assam Agricultural
University, Jorhat (Assam) India

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*Author for correspondence

ABSTRACT

The study was conducted in a village near Jorhat town. The objective of the study was to assess the coping pattern of rural drop-out youth. The sample comprised of thirty five numbers of youth age ranging from 17 to 24 years. Coping response inventory by Moos (1993) which measures both approach and avoidance coping was used in this research study. The results revealed that in all the dimensions of coping pattern the respondents fall under high and average category. None of the respondents fall in the low category of coping pattern.

INTRODUCTION

According online dictionary Wikipedia coping is a means to invest own conscious effort, to solve personal and interpersonal problems, in order to try to master, minimize or tolerate stress and conflict.

The psychological coping mechanisms are commonly termed coping strategies or coping skills. The term coping generally refers to adaptive (constructive) coping strategies. That is strategies which reduce stress. In contrast, other coping strategies may be coined as maladaptive, if they increase stress. Maladaptive coping is therefore also described, when looking at the outcome, as non-coping. Furthermore, the term coping generally refers to reactive coping, *i.e.* the coping response which

follows the stressor. This differs from proactive coping, in which a coping response aims to neutralize a future stressor. Subconscious or non-conscious strategies (e.g. defense mechanisms) are generally excluded from the area of coping.

The effectiveness of the coping effort depends on the type of stress, the individual, and the circumstances. Coping responses are partly controlled by personality (habitual traits), but also partly by the social environment, particularly the nature of the stressful environment.

Assuming that coping strategies are important for people's well-being, prolific research has focused on studying whether some coping mechanisms are more adaptive than others. Although the contextual nature of coping suggests that one strategy can be adaptive in one

context but not in others (Endler *et al.*, 1994), approach coping is generally considered more adaptive than avoidant coping (e.g., Gustems-Carnicer and Calderón, 2013; Syed and Seiffge-Krenke, 2015). Approach coping involves the cognitive, emotional, or behavioural strategies aimed at either resolving the stressful situation or modifying the underlying negative emotions. Conversely, avoidant coping involves the adoption of cognitive, emotional, or behavioural strategies aimed at avoiding having to deal with the problem or negative emotions that would result from the stressful situation (Endler and Parker, 1990). Based on this approach, Skinner*et al.* (2013), using a variety of studies as the background, comprehensively reviewed the coping procedures that proved to be effective and those that proved to be dysfunctional in the academic domain (Kumar and Bhukar, 2013).

Keeping all these in mind a study was conducted

– To assess the coping pattern of rural youth in approach coping pattern

– To assess the coping pattern of rural youth in avoidance coping pattern

Material and Methods

Thirty five numbers of school dropouts were selected from nearby village of Jorhat town by adopting purposive random sampling. Sample selected were age range between 17-24 years. Educational qualifications of the samples are read up to high school level. Survey method was adopted for collection of relevant data and the data were collected by interviewing the respondents at their home. After collection of data, raw data was categorized, coded and tabulated for statistical computation.

Tools used :
Socio-economic status scale :

The background information about personal, social and economic characteristics of the respondents was measured with the help of socio-economic scale by Aggrawal *et al.* (2005). The scale measures the socio-economic background in terms of type of family, income, education, facilities available in the family, etc. According to the range of score it was found that majority (80%) of the respondents' falls in the category of lower middle class, whereas 20 per cent of the respondents belonged to the category of upper middle class. It was also found that none of the respondent belonged to upper high, high, poor or very poor category.

Coping response inventory:

Coping response inventory (Moos, 1993) which measures both approach and avoidance coping. It further divides these domains into categories that reflect cognitive or behavioural coping. The coping response inventory organizes coping responses in eight dimensions namely, Logical analysis, Positive reappraisal, Seek guidance/support, Problem solving, Cognitive avoidance, Resigned acceptance, Seeking alternative rewards and Emotional discharge. The first four dimensions measure approach coping and the second four dimensions measure avoidance coping.

Observations and Analysis

Table 1 data on coping response revealed that the respondents have high category and average category of approach coping pattern. None of the respondents have low level of approach coping pattern. A large number of respondents (77.1%) exhibit higher level of coping pattern in the area of positive reappraisal followed by logical analysis (74.2 %). Respondents express equal pattern for problem solving and in seeking guidance/support. It reveals that respondents are willing to cope with the changes where intervention can be given through counseling. The results indicated the fact that the drop out respondents though they belong to poor socio-economic status, they discontinue their studies mainly due to their financial constrains they still dwell a positive attitude towards life. They are ready to cope with any diverse situation in a positive way which is off course a

Table 1 : Distribution of respondents according to the approach coping response						(n=35)
Areas of approach coping	High		Average		Low	
	F	P (%)	F	P (%)	F	P (%)
Logical analysis	26	74.2	9	25.7	-	-
Positive reappraisal	27	77.1	8	22.8	-	-
Seek guidance/support	17	48.6	18	51.4	-	-
Problem solving	20	57.1	15	42.8	-	-

Table 2 : Distribution of respondents according to the avoidance coping response						(n=35)
Areas of avoidance coping	High		Average		Low	
	F	P (%)	F	P (%)	F	P (%)
Cognitive avoidance	19	54.29	16	45.71	-	-
Resigned acceptance	11	31.42	24	68.57	-	-
Seeking alternative reward	24	68.57	11	31.42	-	-
Emotional discharge	16	45.71	19	54.29	-	-

good sign for the welfare of the society.

Table 2 reveals the pattern of avoidance coping of respondents. It can be seen from the table that in case of avoidance coping also majority of the respondents exhibits high category of coping pattern except in the area of resigned acceptance. In the area of seeking alternative reward maximum number of respondents (68.57%) expressed their higher level of coping pattern. An individual who did not develop healthy coping strategies were more likely to experience a higher risk of health problems and antisocial behaviours. For example, she or he can begin having issues with depression, anxiety, stress overload, and social conflicts. Depending on the psychological health of the individual, each needs different ways of understanding and managing stress and conflicts.

Conclusion :

The present study revealed that the respondents either belonged to high or average level in all the four areas of approach coping pattern. In the four areas of avoidance coping pattern majority of the respondents exhibits high level in two areas and average level in the other two areas. It is interesting to note that none of the respondents have low level of approach coping pattern as well as avoidance coping pattern. From the study it can be concluded that the respondents are able to cope up with any kind of situation which they come across in their daily life. If interventions are given through counseling the respondents will be able to cope up with the changes and their level of approach coping pattern and avoidance coping pattern can also be raised from average to high level.

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