

Optimism and Pessimism as Related to Stressful Daily Events and Coping Styles of AL-Quds University Students

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Abstract

The sample of the study consists of (313) first and fourth year college students (females and males) of both scientific and literary areas of specialization who registered in 2007-2008 at Al-Quds University. The students were selected by the use of the random sample. This sample represents about (5%) of the study population.

The study showed the following results:

The extent of optimism and pessimism for the students at Al-Quds University was average, there were no statistical differences in the means of optimism, pessimism due to (gender, major, and academic level), the most prevalent stressful events among the students of Al-Quds University were the studious stressful events, while the least stressful events were the social events. It revealed that the stressful events were low in general, there were no significant statistical differences at ($\alpha \leq 0.05$) in the means of stressful events among the students of Al-Quds University due to the following variables (gender, major, and academic level), whereas there were differences between the two sexes in economical and social events for males. In addition to the differences in some scientific specialization fields. The most often coping style used by the students was positive interaction, then positive behaviors and then negative interaction style, there were no significant differences in the means of the coping styles among Al-Quds University students due to sex variables for males, there was significant correlation at ($\alpha \leq 0.05$) between optimism, pessimism and each of stressful life events and coping styles among Al-Quds University students, there was a significant negative correlation between optimism and each of pessimism and stressful life events, there was a positive correlation between pessimism and stressful life events, there was a significant negative correlation between optimism and each of pessimism, negative interaction and avoidance behavior, there was positive correlation between pessimism and each of negative interaction and avoidance behavior. No relation existed between pessimism and positive interaction. A positive correlation existed between negative interaction and avoidance behavior. A positive relation existed between stressful life events and avoidance behavior.

No relation existed between stressful life events and positive interaction. According to these results, the researcher concluded some of recommendations, of the most important are the need for studies showing the influence of each; optimism, pessimism and the life events of pressure on the remote and short extent on the life of a person on both the physical and psychological sides.

Similar studies must be made in educational sections and functional levels for discovering the relation between optimism and pessimism and stressful life events of pressure and the styles coping.

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