

**MENTAL HEALTH PROBLEMS AND COPING STRATEGIES AMONG
UNDERGRADUATE UNIVERSITY STUDENTS**

FARKHANDA BATOOL

ROLL NO: 12001142009

MSc

SESSION (2012-2014)

SUPERVISOR

MS.SIDRA AFZAL

DEPARTMENT OF APPLIED PSYCHOLOGY

SCHOOL OF SOCIAL SCIENCES AND HUMANITIES

UNIVERSITY OF MANAGEMENT AND TECHNOLOGY, LAHORE

Certificate of Approval

Accepted by the faculty of the Department of Psychology, School of Social Sciences & Humanities, University of Management and Technology, Lahore in partial fulfillment of the requirement for the degree of MSc in Psychology.

Ms. Sadra Afzal

Supervisor

External Examiner

Prof. Dr.Aftikhar Ahmad

Chairman

Prof. Dr.Abdul Hameed

Dean, SSS&H

Declaration

I Miss Farkhanda Batool Roll no, 12001142009, student of Msc in the subject of Psychology, session 2012-2014, hereby declare that material printed in this thesis titled “Coping and mental health problems among undergraduate university students” is original work and has not been printed, published, or submitted as research work, thesis or publication in any form in any university, research institution etc in Pakistan or abroad. This study is the first one in Pakistan, takes as MSc thesis.

Dated:

Signature of the declarer

ACKNOWLEDGEMENT

In the name of Allah, the Most Gracious and the Most Merciful Alhamdulillah, all praises to Allah for the strengths and His blessing in completing this thesis. I would like to express my sincere gratitude to my Supervisor Ms. Sidra Afzal for the continuous support of my MSc study and research, for her patience, motivation, enthusiasm, and immense knowledge. Her guidance helped me in all the time of research and writing of this thesis. I could not have imagined having a better advisor and mentor for my MSc study. Not forgotten, my special appreciation to Miss Farzana Ashraf, for her support regarding results.

I would like to express my appreciation to the Dean, School of Social Sciences and Humanities, UMT, Lahore for his support and help towards my graduation affairs. I thank all the teachers of University of Management and Technology, Lahore, who taught me all the courses during the two years of Master.

My deepest gratitude goes to my brother Mohammed Taqi and sister Gadir Fatima for their moral support, love and best wishes.

Special thank goes to my father Dr. Khawaja Hamid Ali, who has made available his support and encouragement in a number of ways. **To him I dedicated this thesis.**

Farkhanda Batool

Table of Contents

Acknowledgement.....	4
List of Table.....	6
List of appendices.....	7
Abstract.....	8
Introduction.....	9
Literature review.....	15
Method.....	21
Results.....	25
Discussions.....	35
References.....	41
Appendices.....	49

List of Table

Table 1: Demographic sample	24
Table 2: Correlation between mental health problem and coping of university students	25
Table 3: Difference in universities on the level of mental health and coping strategies.	26
Table4: Difference in genders on the level of mental health problems and coping.	27
Table 5: Difference in genders on the level of avoidant coping strategies and active coping strategies.	29
Table 6: T-test for Government and Private Sector	30
Table 7: Main Effect between year of studies of undergraduate university students on the level of mental health problems and coping strategies.	31
Table 8: Cope scale reliability	32
Table 9: DASS scale reliability	33

List of Graphs

Graph 1: Mean plot of comparison between universities and mental health problems.	34
Graph 2: Mean plot of comparison between universities and coping strategies.	34

List of Appendices

Appendix A Depression, anxiety and stress scale (Lovibond, & Lovibond, 1995).

Appendix B..... Cope scale (Carver et al., 1989)

Abstract

The present research aimed to investigate the coping strategies and mental health problems among undergraduate university students. Cross sectional study design was used and data was collected through convenient sampling technique. The sample comprised of two hundred undergraduate students from four different universities that include two government universities (GCU, PU) and two private universities (UMT, UCP). Depression, anxiety and stress scale (DASS) and Cope scale were administered to the sample. Data was analyzed by using Pearson Product Moment Correlation, Independent sample t test and MANOVA. The results indicate there is significant negative relationship between coping and mental health problems ($p < .01$). It was found that there were no significant gender differences in mental health problems. ($p > .38$) Findings reveal the significant differences between government universities and private universities students in mental health problems ($p < .00$) and coping ($p < .00$). Moreover male and female students were found to adapt different coping strategies to cope with stressors. Result shows no significant differences between first year, second year, third year and fourth year undergraduate university students on the level of mental health problems ($p > .72$) and coping strategies ($p > .56$).

Key word: Coping, Mental health problems, undergraduate university students.