

Title : Psychological immunity and its relationship positive orientation towards life and coping styles psychological stress among a sample Ain Shams University youth.

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Abstract:

The present research aimed to examine nature of the relationship between psychological immunity and both of positive orientation towards life and coping styles psychological stress among a sample of university youth, as well as the detection of differences in their scores on the measure of Psychological immunity according to the variables of the gender (male/female) and academic specialization (scientific / literary) as well as the contribution of positive orientation towards life and coping styles to prediction of psychological immunity The study sample consisted of (261) students of the Faculty of Education, Ain Shams University(69) male and (192) female Their ages ranged between (19-24) year saverage age of themare (20,97) and the standard deviation is (0,852)The research tools were included a scale of psychological immunity and a scale of positive orientation towards life and a scale of coping styles psychological stress developed the present research author The results showed that there was a positive statistically significant correlation relationship between the scores of the individuals of the research sample on the psychological immunity scale and its dimensions, and their scores on positive orientation towards life scale and its dimensions That there was a positive statistically significant correlation relationship between the scores of the individuals of the research sample on the psychological immunity scale and its dimensions, and each of Cognitive coping style and coping style and social support and That there was a negative statistically significant correlation relationship between psychological immunity scale and its dimensions, and each of emotional and avoidance coping style. The results also resulted no statistically significant differences between the average scores of the research sample according to the gender variable (male/ female)and the academic specialization (scientific / literary) on the scale of psychological immunity and its dimensions. and the contribution of a positive orientation towards life and and coping styles psychological stress in predicting psychological immunity.

Keywords: psychological immunity, positive orientation towards life,coping styles psychological stress.