

# **Stressors and Coping Patterns Among Adolescents: Comparative Study**

Thesis

Submitted in Partial Fulfillment of the Requirements  
For the Master Degree in Nursing Sciences  
*(Pediatric Nursing)*

By

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Bachelor Degree in Nursing  
(1997)

Faculty of Nursing  
Ain Shams University  
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2009

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# الضغوط وأنماط التكيف لدى المراهقين دراسه مقارنه

رساله  
توطئه للحصول على درجه الماجستير فى علوم التمريض  
(تمريض الأطفال)

مقدمه من  
الطالبه/ إخلص عبد السلام صقر  
بكالوريوس فى علوم التمريض  
(١٩٩٧)

كلية التمريض  
جامعه عين شمس  
٢٠٠٩

# الضغوط وأنماط التكيف لدى المراهقين دارسه مقارنه

رساله

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## **ABSTRACT**

**This study aimed to support adolescents to cope with stressors through: assessment causes of stressors, assessment sources of social support, using of coping patterns to support positive coping style among adolescents and comparison of stressors and coping patterns between adolescents boys and girls. A descriptive comparative design was used. This study was conducted at Technical Police Authority Schools for male and female in Egypt, including 100 adolescents, aged from 15 to 18 years. Tools of data collection were interviewing structured questionnaire was formulated to assess adolescents knowledge regarding concept of stress, in addition to, Adolescent Stress Scale to assess adolescents level of stress, also Adolescents Coping Scale to assess patterns of coping strategies. The main results showed that, there were no statistically significant differences between gender and causes of stress, there was statistically significant differences between gender and symptoms of stress, there were no statistically significant relations between gender and sources of social support, there were statistically significant relations between gender and coping skills, there was no statistically significant correlation between levels of stress and levels of coping. In conclusions, the stress is higher in adolescence and has a pervasive effect on their psychological and academic functioning. The study recommended that, every effort should be made to enhance positive coping skills and maintain adolescents' security and humanity through social, educational, religious programs, role model...etc.**

### **Key wards: -**

**Adolescence - stress - stressors - coping - relaxation techniques - nursing management.**

# **Stressors and Coping Patterns Among Adolescents: Comparative Study**

## **Protocol**

Submitted for Partial Fulfillment **of** Master  
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## **Introduction :-**

Stressors are adolescent's stimulus for change arising from event in the environment, from interpretations of their experiences, or from self talk. Therefore, the teens stress response is a product of learning, cultural experiences, genetics, physiology, and the type, severity, and duration of stressors. (McFarland and Thomas, 1991). Additionally, stress is prevalent enough to impact the adolescent ability to accomplish their personal goals and powerful enough to cause mental, physical health problems and even death. (Clinic, 2006). A United Nations Report labeled stress "The 20<sup>th</sup> Century Disease". A few years later the World Health Organization called stress "World Wide Epidemic ". Stress is the adolescents feeling and experience when they lose confidence in their ability to cope with a situation .Stress is involves both the external pressures of a given situation and teens own internal perceptions, thoughts and beliefs about that situation. (Allen, 2002). Stress is the usual result of any rapid change. In turn, adolescence is a period marked by rapid cognitive, social, emotional, and physical change. (Gower, 2001).

The incidence of stress is underestimation. However, approximately 36.6% of high school students reported having stress in United States according to the Youth Risk Behavior Surveillance Survey in 2003.(Barnes, 2003).The main causes of adolescence stress are negligent parents , high expectations in academic or other performances , deprived childhood ,growing up tensions , demands for familial responsibility and peer relationships . (American Academy of Child & Adolescent Psychiatry, 2007) In this context, teens stress is characterized by feeling of tension, anger, fear, worry, frustration, sadness, and withdrawal. (Walker, 2005).

Coping refers to a set of cognitive and affective responses which arise in response to particular concern. Adolescents represent an attempt to restore the equilibrium by solving the problem, minimizing it, accommodating to it, or attempting to avoid it. At the same time that the mind gradually uses the variety of mechanisms to adapt to the stress. Some of these are unconscious, called defense mechanisms; they operate automatically. The teens also engage in active, conscious problem solving. ( Barry, 1994 ) .For this, adolescent's stress is managed by increasing awareness of the basis for the stressors being experienced and building structures to support change the adolescent's behaviors .

The counselors help teens to develop successful coping strategies by helping them to find their own solutions. In addition, they will teach the adolescent to think about and express their feeling, learn relaxation techniques, explore self-control, and develop positive beliefs about themselves and their lives. (DeBord, 2004). Counselors focus on stress management rather than stress removal. In this context, sudden catastrophic events (abuse, loss and accident) which can create severe stress conditions often require immediate medications as benzodiazepines and Buspirone are given for short terms. Tranquilizers are widely used in controlling of chronic symptoms such as restlessness, chronic anxiety and sleep disorders caused by stress. (Jefferson, 2000).

Pediatric nurses are in a vital position to provide complete physical and mental assessment, and intervention programs in the school setting. The primary role of the nurses is constantly support, health promotion and suggests alternative services that could assist the adolescents, and tried to attend the recommended services. (Barnes, et al, 2004). Moreover, the nurses help adolescents to learn and practice problem solving skills and social skills. Additionally, they provide initial counseling, appropriate referral to health services and they contribute in various psychotherapies such as cognitive, behavioral, and psychodynamic. (Antai-Otong, D, 2003).