

# Coping Mechanism among Normal and Orthopedically Impaired Adolescents

## Abstract

Coping mechanism are ways to which external or internal stress is managed, adapted to or acted upon, Folk man Lazarus define coping as “constantly changing cognitive and behavioral efforts to manage specific external and/or internal demands that are appraised as taxing.” Coping refers to those actions and thought that enables the individual to handle difficult situations. People use coping mechanism to reduce their anxiety and guilt.

**Keywords:** Coping Mechanism, Normal, Orthopedically and Adolescence.

### Introduction

Coping refers to those actions and thought that enable the individual to handle difficult situation. People use coping mechanism to reduce their anxiety and guilt. Morgan 1994 quoted coping mechanism as useful way of looking at how people handle stressful situations and conflict. In more recent research, however, coping has been conceptualized as a response to external stressful and negative events. In transactional model coping is viewed not as an enduring personality style, but rather as certain cognition and behavior that are performed in response to specific stressful situation. The relationship between stress and coping is reciprocal: action taken by a person to cope with a problem also affects the appraisal of the problem and subsequent coping.

Folk man Lazarus define coping as “constantly changing cognitive and behavioral efforts to manage specific external and/or internal demands that are appraised as taxing.

### Objectives of the Study

1. This study was carried out with the objectives of investigating the effects of subject i.e. normal and orthopedically impaired subject on coping mechanism.
2. To study the effect of age i.e. pre (11-13 yrs), early (14-16 yrs), and late (17-21) adolescence and on coping mechanism.
3. To study the effect of sex of the subject i.e. male and female on coping mechanism.

### Hypothesis

1. Orthopedically impaired subject show higher degree of coping mechanism in comparison to normal subject.
2. Three level of adolescence age i.e. pre (11-13 yrs), early (14-16 yrs), and late (17-21) show different degree of coping mechanism.
3. Girls show higher degree of coping mechanism in comparison to boys of the same age levels.

### Methods:

The design of this study was 2\*3\*2 factorial design with 12 cells. 240 subjects were randomly selected for the study. 120 subject from normal and 120 subjects from orthopedically impaired subject, ranging between 11-21 years of age. The data collections were done in the school, college and institution of Allahabad, Gorakhpur and Meerut city.

### Statistical Analysis

For the statistical analysis of data mean and analysis of variance followed by newman keul multigroup comparison test was applied.

### Scale

Data were collected by ways of coping questionnaire.

### Result and Discussion

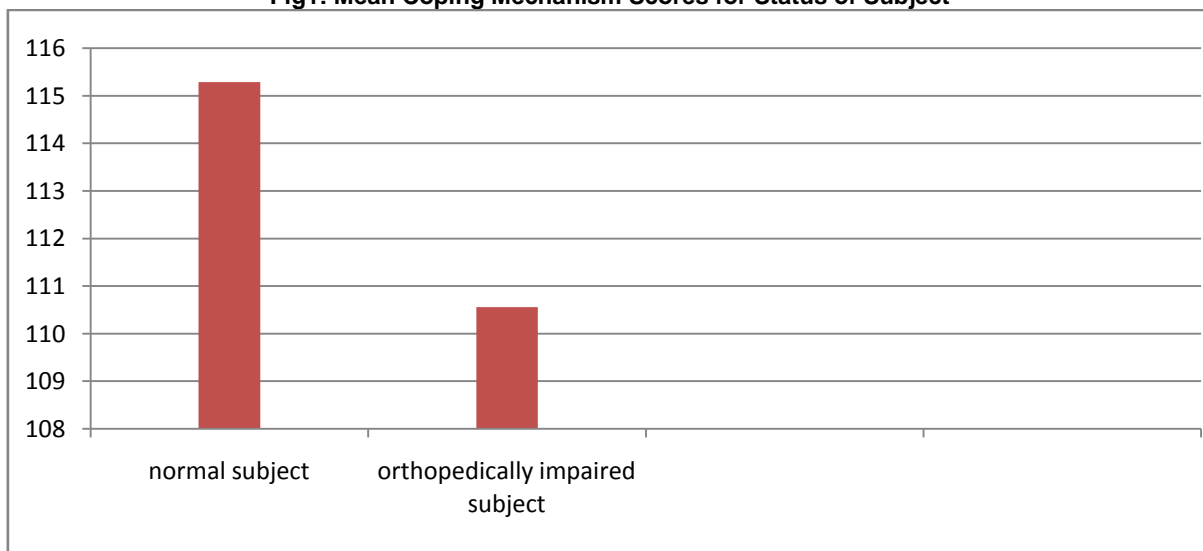
**Table1: Means for two levels of status of subjects on coping mechanism**

Status of Subject	n	Mean Scores
Normal Subject	120	115.29
Orthopedically Impaired Subject	120	110.56

**Sarika Jaiswal**

Assistant Professor,  
Deptt.of Home Science,  
C. R. D. A. M. P. G. College,  
Gorakhpur

**Fig1: Mean Coping Mechanism Scores for Status of Subject**



A mean square of analysis of variance was significant. It concludes that these two means differs significantly.

By seeing the graph it can say that the maximum height of bar is normal subject is coping mechanism scores and minimum is orthopedically impaired subject.

**Table2: Means for Three Levels of Adolescents on Coping Mechanism**

Levels of adolescents	N	Mean scores
Pre adolescence	80	110.47
Early adolescence	80	111.91
Late adolescence	80	116.4

**Fig.2 Mean for Three Levels of Adolescents on Coping Mechanism**

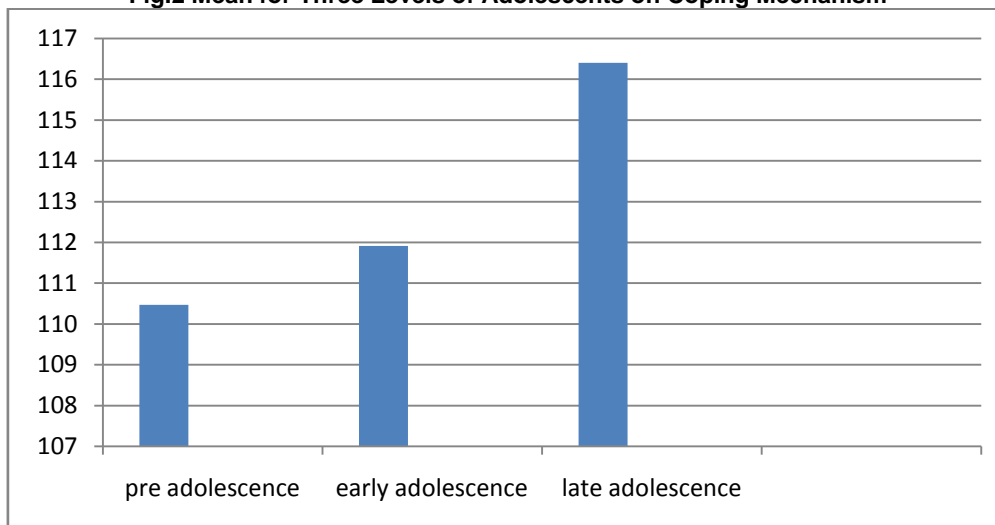


Table 2 indicates that means coping mechanism score is greater for subject belonging to late adolescence than the remaining two groups belonging to pre and early adolescence. It is clear from the inspection of fig2 that there is difference in heights of bar. Then results get confirmed that the subject belonging to late adolescence groups are more coping mechanism.

**Table 3: Means for Sex of Subject on Coping Mechanism**

Sex of the subject	N	Mean scores
Male	120	112.98
Female	120	112.87

**Fig.3 Mean Coping Mechanism for Sex of The Subject**

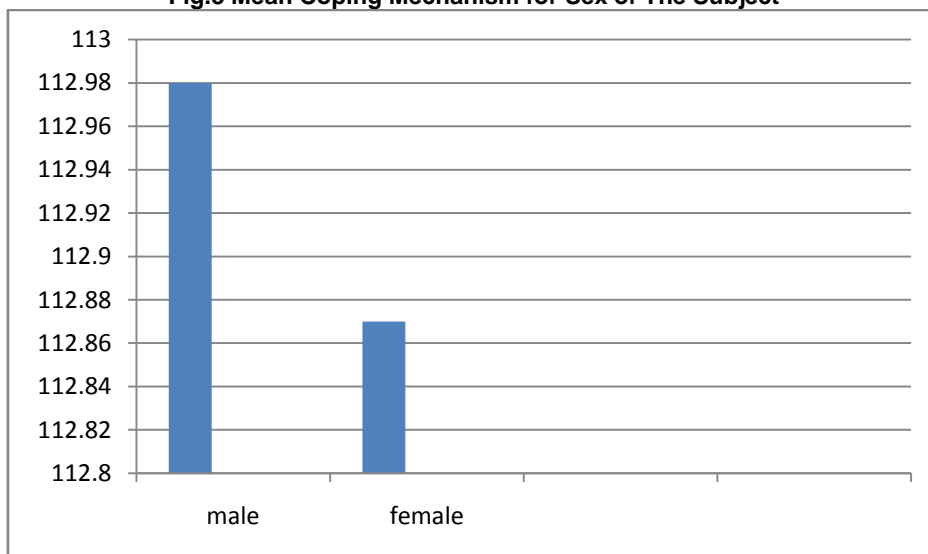


Table 3 shows that sex of the subject is not found to be significant at any acceptable level of significance. So sex of the subject has no significant role to affect the degree of coping mechanism.

**Table 4: Summary of Analysis of Variance for The Factorial Experiment of Status of Subject X Levels of Adolescents X Sex of Subject on Coping Mechanism**

Sources of Variance	Sum of Squares	Degree of Freedom	Mean Squares	F ratio
Status of subject	1339.53	1	1339.53	10.96**
Levels of adolescents	1528.26	2	764.13	6.25**
Sex of the subject	0.70	1	0.70	0.00
Status of subject x levels of adolescent	1621.51	2	810.75	6.63**
Status of subject x sex of the subject	238	1	238	1.94
Levels of adolescents x sex of the subject	258.34	2	129.17	1.05
Status of subject x levels of adolescent x sex of the subject	1176.73	2	588.16	4.81**
Error	27854.73	228	122.16	
Total	34107.80	239		

\*\*= significant of 0.01 level of confidence

\*= significant at 0.05 level of confidence

**Summary of Result**

The results obtained were as follows:

1. The main effect of status of subject (normal and orthopedically impaired subject) on coping mechanism is significant at 0.01 level. Normal subject shows greater coping mechanism in comparison to orthopedically impaired subject.
2. The main effect of levels of adolescents (pre, early and late) on coping mechanism is significant at 0.01 level. Late adolescence has more coping mechanism, after that early adolescence has effect on coping mechanism and pre adolescence have least coping mechanism.
3. The main effect of sex of subject on coping mechanism is not significant. So sex of the subject has no effect on coping mechanism.
4. The two way interaction effect of status of subject and levels of adolescents on coping mechanism is significant at 0.01 levels. Orthopedically impaired subject of early adolescence have

greater coping mechanism than orthopedically impaired subject of late adolescence.

5. The two way interaction effect of status of subject and sex on coping mechanism is not significant. There is no interaction effect between status of subject and sex of the subject on coping mechanism.
6. The two way interaction effect of levels of adolescents and sex of subject on coping mechanism is not significant. There is no significant interaction effect between levels of adolescents and sex on coping mechanism.
7. The three way interaction effect of status of subject, levels of adolescents and sex on coping mechanism is significant at 0.01 levels. Normal subject of early adolescence towards female have more coping mechanism than orthopedically impaired subject of pre adolescence towards female.

**Conclusion**

Finding indicates that the normal subject of late adolescence has greater coping mechanism than

orthopedically impaired subject of late adolescence.  
Sex of subject has no effect on coping mechanism.

**References**

1. Aldwin, C.M. (1994). *Stress and coping and development: An integrative perspective*. New York: Guilford press.
2. Bolger, N. (1990). *Coping as a personality process: A perspective study*. *Journals of personality and social psychology*, 59; 525-537.
3. Epstein, S., & Meier, P. (1989). *Constructive thinking: A broad coping variable with specific components*. *Journal of personality and social psychology*, 57: 332-350.
4. Folkman, S., Lazarus, R.S. (1980). *An analysis of coping in a middle aged community sample*. *Journal of health and social behavior*, 21, 219-239.
5. Haan, N. (1977). *Coping and defending: processes of self environment organization*. New York: academic press.
6. Hiebert, B. & Basserman, D. (1986). *Coping with job demands and avoiding stress: a gram or prevention*. *The Canadian administrator*, 26 (1).
7. Hurlock E.B. (1960). *Social adjustment of physically handicapped adolescents, child development, sixth edition, Tata McGraw-hill edition, 257-283*
8. Stone, A.A and Neale, J.M. (1984). *A new measure of daily coping: development and preliminary results*. *Journal of personality and social psychology*. 46, 892-906.
9. WHO, (1999). *press release WHO 168, 12/3/99, international day of disabled persons*.