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(121)

(Bem

.Sex-Role Inventory, BSRI; Bem, 1974)

.1

(Coping)

(Stress)

(2002)

(e.g., Billings and Moos, 1981;

.Lengua, 2000; Thornton, Pickus, and Aldrich, 2005)

(Coping Strategies)

:

(Problem-focused coping)

(Hamilton and Fagot, (Emotion-focused coping)

1988; Lazarus and Folkman, 1984; Lengua and Stormshak,

.2000; Matud, 2004)

2007/4/16

.2008/3/3

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/

(Day and Livingstone, 2003; Eaton and Bradley,
.2008; Tamres, Janicki, and Helgeson, 2002)

.(Drumheller, 2005)
(2001)

:)
(

(General Adaptation Syndrome)
((Selye, 1956

(Thompson, 1997)

(2006) (Affection Regulation)
. (2006)

(Folkman,1984; Folkman
and Lazarus, 1980; Folkman, Lazarus, Gruen, and
DeLongis, 1986; Lazarus and Folkman, 1984)

(2001)
(2004)
(Eaton and Bradley,
2008)

(Transactional
model of stress, Lazarus, 1990)

(2004)

.(2002)

(Instrumental) (Aldwin, 1994; Cohen, Evans, Stokols, and Krantz, 1986; Lazarus and Folkman, 1984; Miller, and McCool, 2003)

(Lazarus and Folkman, 1984, p. 21)

:" .2 . .1

(Pearlin and Schooler, 1978, " .4 . .3 .p. 15)

(Traditional Gender-Roles) (Lazarus and Folkman (1984)

(e.g., Day and Livingstone, 2003; Drumheller, 2005; Matud, 2004)

(Gender Role Socialization)

()

(Rosario, Shinn, Morch, and Huckabee, 1988) (Shields, 2001) (Adaptation)

(Conscious effort)

(Lazarus, Averill, and Opton, 1974)

(Bandura, 1977; Cohen and Edwards, 1989; Taylor, Helgeson, Reed, and Skokan, 1991)

(Drumheller, 2005; Hamilton and Fagot, 1988; Matud, 2004; Sandanger, Nygard, Sorenson, and Torbjorn, 2004)

(Sex-Type) (Stereotypical view) (Socialization theory)

(e.g., Day and Livingstone, 1995)

2003; Matud, 2004)

(Billings and Moos (1981)

(e.g., Hamilton and Fagot, 1988)

(Stone and Neale (1984)

(e.g., Drumheller,

2005; Ptacek, Smith and Dodge, 1994)

/

(Rosario and colleagues (1988)

(Nezu and Nezu, 1987)

(Sex-Type)

(Tamres, Janicki, and Helgeson (2002)

()

(1988)

.Thornton et al., 2005))

(Ptacek et al., 1994)

(2006)

(Hamilton and Fagot, 1988; Ptacek, Smith and Dodge, 1992;

Rosario et al., 1988)

(Pearlin and Schooler (1978)

(Rosario et.al.

(1988)

(Folkman and Lazarus (1980)

.(Reviewed in Scheier, Carver, and Bridges, 2001)

(Effect size)

.(Smith, Pope, Rhodewalt, and Poulton, 1989)

(Hamilton and Fagot (1988)

(e.g.,

.Billings and Moos, 1984, 1985; Endler and Parker, 1990)

(Ptacek et al., 1992)

(e.g.,

(e.g., Carver et al., 1989)

.Scheier, Weintraub, and Carver, 1986)

.(Self-regulation model; Carver and Scheier, 1981)

(Day and

.Livingstone, 2003 ; Drumheller, 2005)

(e.g., Carver,

Scheier, and Weintraub, 1989; McCrae, 1982)

.(Lee, Ashford, and Jamieson, 1993)

(Ways of Coping, Folkman and Lazarus, 1980)
(Coping Orientations to Problems
- Experienced Scale-The COPE)
(Carver et al., 1989)
(Coping dispositions)
(Situation-specific coping tendencies)

()
(Lengua, 2000)

250=)
([=141 109=]

(Sigmon, Stanton, and Snyder, 1995)

)
(

()
()
(130=)

(2001)

(COPE)

(Sigmon et al., 1995)
(e.g., Lengua, 2000)

(143=) (87=) (230=)
(COPE)
(Beck's Depression Scale)
(Speilberger Anxiety Scale)

(e.g., Drumheller, 2005; 2006) :

.(2001)

(Drumheller, 2005)

:

(100)

(55 45)

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(2006)

(303=)

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(Cronkite
and Moos, 1984; Dunkel-Schetter et al., 1992; Holahan and
.Moos, 1986, 1987)

(e.g., McCrae, 1982)

(Aspinwall and Taylor, 1992; Hobfoll, Dunahoo, Ben-Porath,
.and Monnier, 1994; Leong, Bonz, and Zachar, 1997)

(e.g., Carver et al., 1989; Folkman and Lazarus, 1980;
Lazarus, 1990)

()

(e.g., Compas,
.Hinden, and Gerhardt, 1995)

(e.g., Billings and Moos, 1981; Lengua, 2000)

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[

-18

.72

.4-1

()

:(Perceived Stress-PS)

:(Masculinity-M)

56 -

(Bem (1981))

(Social

:(Support -SS)

.100-20

.() 4 ()

:(Femininity-F)

:(Optimism-O)

(Bem (1981))

) 4 ()

.32-

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(Method)

.100-20

:(Problem-focused)

(966=)

(2470)

(4)

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) (1504=)

(3)

(4)

(2006/2005)

(4)

(22)

(3)

(3)

.2006 -2005

(2)

(2)) (23)

.92-23

(-)

.4-1

2006-2005

:(Emotion-focused)

(4)

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(%11.6) (287)

(2)

(3)

(3)

.(1.43 = 19.91=)

(2)

(2)

[%41]119)

98)

([%59] 168

(2)) (18)

(38 54 97

(40) ([%37] 106 [%63] 181)
 194 =2.99-2 29 =2)
 .(64 =4 -3

=5 =4 =3 =2 =1 29 (62 =) :
 -20 =) (153.24=) 33 (147.13=)
 .100 (151.45=) 35 (145.62=) 24 (59
 (169.23=) 34 (80 =)
 - 32 (86=) (168.69=)46
 . (133.15=) 54 (132.37=)
 - (121=)
 [62=])
 . ([59=]
 :
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 :
 .

Masculinity)
 :(and Femininity)
 (Bem Sex-Role Inventory, BSRI; Sandra Bem, 1974,
 Hoffman and Borders, 2001)
 .(Hoffman and Borders (2001)

(20 = 16 =) .
 (Androgyny)

(Ballard- (%79) .() ()
 .Reisch and Elton, 1992)
 (0.90)
 . .(Beere, 1990)

18 12) (Bem (1981)
 (()
 21 - 18
 20) (60)
 (0.87 -0.76) 20) (20) ,()
 (()
 (0.94 -0.76)
 (Bem,1981)
 .(Holt and Ellis, 1998)

) [4] () [1] : (Coping Strategies)
 .((Coping " ")
 4-1 Orientations to Problems- "COPE Experienced Scale, Carver,
) . .Scheier, and Weintraub, 1989; Taylor, 1998)
 (60)
 .(: (15)
 : ()
 (Perceived Stress Scale) [PSS])
 (Cohen, Kamarck, and Mermelstein .(1983)) ()
 . ()
) 4)
 13 (/) ()
 /) ()
 .() ()
 =3 =2 =1 =) ()
 =4 ()
 . (13 10 9 7 6 5 4))
 . 56 - ()
 (Cohen et al.,) ()
 (1983) .(1983)) ()
 :) ()
 0.85 0.84 () ()
 .(0.85))
 (1983)) ()
 22.38 =)
 = 23.57=) (8.42 = 21.73= 6.79=) ()
 .(6.20 = 25.57 = 7.55)
 (Eskin and Parr, 1996)
 0.89 -0.90) .()
 (0.84) ()
 .
 .
 ()

(The Cope; Carver et al., 1989; Taylor, 1998) (0.81) (0.84)

(287=) (Cohen et al., 1983) (0.85)

.(1) (0.82)

: (Eskin and Parr, 1996) (0.84)

(Exploratory factor Analysis)

(e.g., Alwin, 1992; Kim and Mueller , 1978) :(Friendship network size)

(Varimax Rotation) .() 4

%65 .(Brissette, Scheier, and Carver, 2002)

(23) :(Optimism)

(The Life Orientation Test, [LOT]; Scheier and Carver, 1985)

(17) .()

(0.79) ()

(Kaiser,1960 as cited in Stevens, 1996) (Brissette et al., 2002) (0.87)

.(1) (Eigenvalues)

(0.258)

.(Stevens, 1996)

(20)

() ()

(4) : (8)

(3) (4)

(4)

(3) (3) .() 4 ()

.(2)

(7) () .32-

	0.40	(0.39) 28		0.36	(0.43) 18
	0.47	(0.56) 31		0.40	(0.39) 19
	0.36	(0.67) 35		0.43	(0.42) 25
	0.25	(0.28) 36		0.36	(0.48) 30
	0.38	(0.66) 37		0.38	(0.47) 32
	0.30	(0.38) 40		0.34	(0.39) 33
	0.37	(0.58) 43		0.42	(0.43) 38
	0.34	(0.35) 46		0.54	(0.55) 39
	0.30	(0.58) 53		0.43	(0.42) 41
	0.27	(0.43) 57		0.38	(0.47) 45
				0.24	(0.26) 47
				0.36	(0.30) 48
				0.31	(0.36) 52
				0.36	(0.35) 56
				0.28	(0.33) 58
				0.51	(0.57) 59

** Correlation is significant at the 0.01 level (2-tailed).

(3) ()

0.818	0.830)
		(

(e.g.,

Carver et al., 1989)

(Rosenberg's (1965, 1979)

(COPE)

(e.g., Pearlin and Schooler, 1978)

(.39)

(.20-)

.Wrightsmann, 1991) ()
 (287=))
 38-14 ()
 = 25-14 :
 (83=) = 28-26 (106=) .() 4 () 1
 (98=) 38-29
 0.05 .40-1
 (0.79)
 (4)
 (204=) (18 12)
 21 - 18
 (e.g., (0.82)
 " " (5) Fleming and Courtney, 1984)
 (0.84)
 (0.88)
 (Fleming and Courtney, 1984; Robinson, Shaver and
 (4)

.448	2.02	98		.347	3.02	98	
.475	2.32	106		.396	2.75	106	

(5)

" "

(106)

(98)

		" "			" "
0.000	202	4.69-	0.000	202	5.12-

(5)

(4)

(6)

()

(6)

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(6)

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(6)

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0.80	0.804	0.81	0.807	

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"

(One-Way ANOVA)

(29=)

" "

(35 =)

(One-Way ANOVA)

()

)

(

(

(7)

(Multiple Linear Regression)

(29=)

(64=)

(35=)

-

)

:

(Predictors)

(

)

(7)

.(Tuckman, 1999) [Criterion] ()

(SPSS/ PC)

.(One-Way ANOVA)

:

(/7)

"

(35=)

(29=)

(64=)

)

(

(29=) (64=) (7) (35=)

461.	3.00	29	-
.310	2.86	35	-
391.	1.93	29	-
.456	2.23	35	-
6.55	30.20	29	-
5.86	34.77	35	-
412.	1.79	29	-
.443	1.74	35	-
5.97	15.48	29	-
5.68	13.85	35	-

(/7)

(29=) (64=) (35=)

	" "				
.147	2.15	321.	321.	1	
** .008	7.42	1.36	1.36	1	
** .005	8.63	330.42	330.42	1	
.643	217.	040.	040.	1	
.270	1.23	41.91	41.91	1	

.0001 **

(Rosario et al.,

1988)

0.05

.(Sigmon et al., 1995)

(e.g.,

Drumheller, 2005)

.(7-7))

(Rosario et al., 1988; Solomon and Rothblum, 1986)

(2001)

(e.g., Stone and Neale, 1984)

]

(One-

Way ANOVA)

- (32 =) (24=)

(Rosario and colleagues (1988)

[]

(8)

(2006)

(57=)

(Hamilton and Fagot, 1988; Ptacek et al., 1992; Rosario et al.,

(33=) (24=)

1988)

(8)

(24=)

(57=)

(33=)

348. .391	2.91 2.87	24 33	- -
515. .397	2.25 2.00	24 33	- -
6.41 5.14	30.91 35.87	24 33	- -
494. .488	1.62 1.63	24 33	- -
5.98 4.95	16.25 15.90	24 33	- -

(33=) (24=) (57=) (8)
)
 (
 (/8)

(/8)
 (33=) (24=) (57=)

	" "				
.670	183.	026.	026.	1	
* .037	4.59	934.	934.	1	
** .002	10.50	342.125	342.125	1	
.932	07.	02.	02.	1	
.815	55.	1.615	1.615	1	

.0010 * .005 **

-

(e.g.,
 Bryant, 2003; Gaeddert, 1985; Maccoby and Jacklin, 1974;
 .Tellegen and Lubinski, 1983)

0.010

()
 .(8-8)

0.05

(Bem, 1975; Long, 1989; Page, 1987)

.(8-8)
 (Drumheller (2005)

"

:

()

"

(Ptacek et al., 1994; Rosario

(Lengua,

et al., 1988)

()

2000)

)

(/9 /9 /9 /9 9) (

/9 /9 /9 9)

[64=]

(/9

(Enter)

(Multiple Linear Regression)

.1 :

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.3

.2 .

(Predictors)

(/9)

[57=]

(/9)

(9)

(64=)

(121=)

(57=)

(57=)		(64=)		
8.25	150.03	7.67	149.50	-
.371	2.89	389.	2.92	
.465	2.10	450.	2.09	
6.17	33.78	6.55	32.70	
.486	1.63	426.	1.76	
5.36	16.05	5.83	14.59	

(/9)

(24=)

(29=)

(121=)

(33=)

(35=)

(33=)		(35=)		(24=)		(29=)		
4.95	78.96	6.86	65.02	7.55	66.37	3.53	80.72	
4.88	74.27	4.23	86.42	5.26	79.25	4.72	66.41	
6.55	153.24	8.13	151.45	8.42	145.62	6.45	147.13	-
.391	2.87	310.	2.86	348.	2.91	461.	3.00	
.397	2.00	456.	2.23	515.	2.25	391.	1.93	
5.14	35.87	5.86	34.77	6.41	30.91	6.55	30.20	
.488	1.63	443.	1.74	494.	1.62	412.	1.79	
4.95	15.90	5.68	13.85	5.98	16.25	5.97	15.48	

(57=) (/9)
(64 =)

						(64 =)	-	-1
.107	-.017	-.240*	-.019	-.103	-----			-
.355**	.000	-.215	-.041	-----				
.090	.130	.026	-----					
-.330**	.088	-----						
.108	-----							

						(57=)	-	-2
					-----			-
				-----	-.013			
			-----	-.051	-.033			
		-----	.082	-.069	.404**			
	-----	-.014	-.227*	.278*	-.059			
-----	-.020	-.020	-.008	.394**	-.145			

** p < 0.05, *p < 0.10

(35=) (/9)
(29 =)

						(29 =)	-	-1
.193	-.566**	-.229	-.093	.093	-----			
.474**	-.216	-.230	-.001	-----				
.189	.100	-.026	-----					
-.285	.439*	-----						
.013	-----							

						(35=)	-	-2

				-----	-.202			
			-----	.045	-.140			
		-----	-.160	-.077	-.495**			
	-----	-.159	.196	.222	.343*			
-----	.172	-.321*	.113	.176	-.131			

** p < 0.05, *p < 0.10

(/9)

(33=)

(24=)

						(24=) - -1
-.158	-.152	.601**	.166	-.158	-----	
.483*	.263	-.108	-.131	-----		
-.252	.166	.242	-----			
.050	-.010	-----				
-.275	-----					
-----						(33=) - -2
				-----	.159	
			-----	-.187	.045	
		-----	.194	-.005	-.110	
	-----	-.031	-.313*	.291	-.147	
-----	.205	.165	.247	.332*	-.136	

**p < 0.05, *p < 0.10

(/9)

:()

()

[64=]

R ²		df	" "	" "	
.034		1, 62		2.15	.1
	-.183	62	-1.46		
.059	-.164	2, 61	-1.29	1.92	.2
.149		4, 59		2.59*	.3
	-.038	59	-.292		
	.309	59	2.49*		

**p < 0.05, *p < 0.10

.(2) (1)

:

(/9)

:

.1)

(/9)

(

.3

.2

(R=-.038)

(R=-.183; -.164)

(β=-.036, p>.05)

[F(1,

(β=-.62)=2.15,ns,[R²=.034]; [F(2, 61)=1.92, ns,[R²=.059]

.183; -.172, p>.05)

($R=.309$)

($\beta=.321$,

$p<.05$; [$F(4, 59) = 2.59$, [$R^2 = .149$]

($r=.474$)

%15

0.05

(/9)

($r=.176$)

(e.g., Smith, 1996)

(e.g., Cheng, 2005; Whitney, 1983, 1985)

(/9)

:()

()

[57=]

R^2		df	" "	" "	
.003		1, 55		.183	.1
	-.058	55	-.428		
.006	-.050	2, 54	-.369	.158	.2
.247		4, 52		4.26**	.3
	.312	52	2.36*		
	.423	52	3.36**		

** $p < 0.05$, * $p < 0.10$

[]

(/9)

:

.1)

(/9) []

(

.3

.2

($R=-.058$; $-.050$)

($R=.312$)

($\beta=-$

($\beta=.285$, $p<.10$; [$F(4, 52) = 4.26$, [$R^2 = .247$]

$.058$; $-.055$, $p>.05$, [$F(1, 55) = .183$; [$F(2, 54) = .158$ ns]

($R^2=.003$)

($r=.291$, $sig=.050$)

($R^2=.006$.

(. /9) 0.01

(e.g., Scheier, Carver, and Bridges, 1994)

(PA)
(Yamasaki, Sakai, and Uchida, 2006)

(Reevy and Maslach, 2001)

(Bolger, Foster, Vinokur, and Ng, 1996)

(e.g., Billings and Moos, 1981; Lengua, 2000)

(Reevy and Maslach, 2001)

(Lengua, 2000)

(R=.423)

(Value of Cohens' d and the effect size correlation, $r \gamma\lambda$) $(\beta=.408, p<.05; [F (4, 52) =4.26, [R^2]=. 247)$

($r=.483; 332$)

" "

) (. /9) 0,05
0.183= 0.372 = %25

(Becker, 2000) (0.327= 0.692 =

(Rosario et al., 1988)

(e.g., Brooks, Morgan, and

Scherer,1990)

(Retrospective)

(e.g., Banyard and Graham-Bermann, 1993;
.Lengua, 2000)

: (Coping Strategies Inventory [CSI] Tobin, Holroyd,
Reynolds, and Wigal, 1989)

.(Gianakos, 2002)

(Lengua, 2000)

.(e.g., Lengua, 2000; Sanfilipo, 1994)

(
(Mellinger and Erdwins, 1985)

)
(

(Albee's Incidence Formula; Albee and Gullotta,
1977)

(Stress
inoculation training (SIT), Meichenbaum,1996)
(Stress-Management)

(Patros, 1989)

(Self-help groups) .(Walker and Townsend, 1998)

2006
2006
2001
2004
2004
2002

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Gender Differences in Coping Strategies During College Life: The Role of Personality Dimensions

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ABSTRACT

The aim of this study is to explore gender differences according to traditional and non-traditional Masculinity and Femininity Sex-Roles in Coping Strategies, Perceived Stress, Social Support and Optimism variables. The study sample consists of (121) undergraduate male and female students from Hashemite University who were classified as traditional or not-traditional according to their scores on Bem Sex-Role Inventory, BSRI (Bem, 1974). The study findings showed no significant differences among traditional and non-traditional Sex-Role groups in Problem-Focused coping, Social Support and Optimism, although there were significant differences in emotion-focused coping in favor of traditional females and non-traditional males, and in Perceived Stress in favor of traditional and non-traditional females. Multiple regression analyses' findings also showed that Optimism is a unique and best predictor of greater use of Problem-Focused coping among traditional male students, and non-traditional male and female students. The results have implications for the understanding of gender differences and for the effect of social roles and socialization on behavior. Findings highlight the importance of studying gender differences in the effects of gender roles and personality on coping, because it appears that gender roles and personality operate differently for males and females. The study includes counseling implications and interventions.

Keywords: Bem Sex-Role Inventory; The Cope ; Perceived Stress scale; Life Orientation Test-Revised-LOT-R; Masculinity; Femininity; Socialization Theory; Role constraint theory; Coping Strategies; Problem-Focused; Emotion-Focused; Gender Differences; Counseling Implications and Interventions..

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