P-1401 - FACTORS PREDICTING COPING STYLES AMONG UNIVERSITY STUDENTS IN TURKEY

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Introduction: Various personal and sociocultural factors such as gender, age, socioeconomic status, and attachment style are suggested to affect coping styles of individuals (e.g. Greenberger and McLaughlin, 1998; Seiffge-Krenke, 2006).

Aim: The present study aims to investigate variables related to different coping styles (seeking external help, turning to religion, avoidance [emotional-behavioral, and biochemical], active planning, acceptance and cognitive restructuring) among a group of young adults in Turkey.

Method: 105 undergraduate students from a private university in Istanbul participated in the study and filled out the questionnaires. The questionnaires consisted of a demographical form, Relationship Scales Questionnaire (Griffin & Bartholomew, 1994), and Coping Questionnaire (Ozbay, 1993).

Results: Regressional analyses revealed the following results:

1) Preoccupied attachment score and the amount of time spent for social activities were significant predictors of seeking external help.

2) In terms of turning to religion, preoccupied attachment score, number of siblings, and the amount of time spent for social activities were identified as significant predictors.

3) Fearful attachment style and loss of mother significantly predicted emotional-behavioral avoidance.

4) Regarding avoidance through using biochemical substances, current GPA and the amount of time spent for social activities were found as statistically significant predictors.

Conclusion: Attachment style was noted as the most important predictor of coping styles of young adults. Accordingly, the implications of these findings in terms of both social well-being and academic life were discussed together with recommendations for intervention strategies on both individual and group levels.