Coping

The results for the effect of positive reframing on college student active coping were unexpected. Parents’ positive reframing was related to less active coping, while college students’ own positive reframing was related to more active coping.

Further, one possibility is that if parents positively reframe the situation, college students may interpret that as indication that active coping (or doing something about the situation) is not needed.

However, when the students themselves positively reframe, that positive outlook may help them take the needed action.

Discussion

Active Coping

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• However, when the students themselves positively reframe, that positive outlook may help them take the needed action.

Behavioral Disengagement

• The results regarding the predictors of behavioral disengagement coping were more consistent with expectations.

• College students own self-blame would likely lead them to behaviorally disengage (or give up attempts to cope).

• Further, parents with a higher sense of autonomy would likely influence their children to take a more engaged role in coping with a stressor. Therefore, college students who see their parents as autonomous might be influenced to take control of the situation and to not give up attempts to cope (or not behaviorally disengage).

Results

A model examining parent positive reframing as a predictor of college student active coping found that parent positive reframing was a significant negative predictor of college student active coping.

When the model predicting college student active coping included parent positive reframing and college student positive reframing, parent positive reframing was no longer a significant predictor, but college student positive reframing was a significant positive predictor.

A model examining parent autonomy as a predictor of college student behavioral disengagement found parent autonomy was a significant negative predictor of college student behavioral disengagement.

A model examining college student self-blame as a predictor of college student behavioral disengagement found college student self-blame was a significant positive predictor.

References


