TITLE: Stress and Avoidant Coping: Predictors of Quality of Life Among Filipino Graduating Students

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ABSTRACT

The responsibilities of emerging adulthood and academic pressure are some stressful situations encountered among graduating students. Those graduating students used different coping that deals with stressful situations that may affect their quality of life. This study, a predictive correlational design, was conducted on 202 Filipino graduating university/college students to determine if stress and avoidant coping can predict their quality of life. Results showed a significant relationship existed between stress, avoidant coping, and quality of life. Stepwise forward regression analysis tested two regression models, where model 1 revealed that stress negatively predicted the quality of life. Whereas model 2 suggested that stress and avoidant coping (i.e., behavioral disengagement) was significantly higher in predicting the quality of life among graduating students.

BIOGRAPHY

Richardson Orines is currently taking his PhD in Psychology from De La Salle University, Philippines. He is a behavioral counselor for employee well-being of a private company and an experienced university instructor. He has several publications that have been cited and currently working on different research focusing on well-being, quality of life, and gender. He has been involved in doing peer review from several reputed journals.

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