UNIVERSITI PUTRA MALAYSIA

EFFECTS OF INOCULATION TRAINING ON STRESS, ANXIETY, AND COPING STRATEGIES AMONG POSTGRADUATE STUDENTS OF THE FACULTY OF EDUCATIONAL STUDIES, UNIVERSITI PUTRA MALAYSIA

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By

TAHEREH MIRHAKAK ESFAHANI

Thesis submitted to the School of Graduate Studies, Universiti Putra Malaysia, in partial fulfillment of the requirements for the degree of Doctor of Philosophy

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DEDICATION

In the Name of God

This research is dedicated to my wonderful husband who have raised me to be the person I am today. You have provided me with support, emotionally and financially throughout this long and challenging journey. You have been a great source of much more than physical and emotional support. You have been with me every step of the way, through good times and bad. Thank you for your unconditional love, guidance, and support that you have always given me, helping me succeed and instilling in me the confidence that in doing anything I will succeed if I put my mind to it. I am grateful too, to my daughter, who has guided and supported me with excellent suggestions. Finally, this thesis is dedicated to all those who believe in the richness of learning.
Abstract of thesis presented to the Senate of Universiti Putra Malaysia in fulfilment of the requirements for the Degree of Doctor of Philosophy

EFFECTS OF INOCULATION TRAINING ON STRESS, ANXIETY, AND COPING STRATEGIES AMONG POSTGRADUATE STUDENTS OF THE FACULTY OF EDUCATIONAL STUDIES, UNIVERSITI PUTRA MALAYSIA

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TAHEREH MIRHAKAK ESFAHANI

June 2014

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Anxiety and stress are the main concerns of human being, especially for postgraduate students. Both anxiety and stress disturb life balance and can lead to lower levels of their performance. Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response. Stress reflects experience of stressors in postgraduate students, can create psychological and physiological reactions that occur in the face of stressors. Anxiety is a dimension of stress occurring in response to external as well as internal stimuli and can lead to behavioral, cognitive, emotional, and physical symptoms for postgraduate students. High stress levels in postgraduate students lead to anxiety, poor academic performance, attrition, and serious health problems. This study was designed based on the application of Stress Inoculation Training (SIT) program, as developed by Meichenbaum (1977). The SIT method provides an overview for treating and preventing of stress and anxiety among postgraduate students. It provides support and describes the potential role of therapeutic recreation in the development of stress management and anxiety control. The objective of this study is to examine the effectiveness of SIT program on stress, anxiety and coping strategies level of postgraduate students. This research was carried out in the Faculty of educational studies of Universiti Putra Malaysia. The population of the study was all postgraduate students enrolled in this Faculty in the academic year of 2012-2013.

The present study used experimental design to achieve its objectives. Simple random sampling was employed to achieve high level stress and anxiety among postgraduate students in the faculty of education. Sixty four students with high level stress and anxiety
were randomly assigned to each group, 32 of the respondents were participated in experimental group and 32 of them were participated in control group. The instruments of the study were Perceived Stress Scale (PSS14) for measuring the levels of stress, State-Trait Anxiety Inventory (STAI-Y) for measuring the levels of anxiety, and Ways of Coping Scale (WOCS) for coping strategies. SPSS version (20) was the analytical tools used in this study.

The results of repeated measure ANOVAs showed that the interaction between group and test was statistically significant for stress, anxiety and eight dimensions of coping strategies. Furthermore, the results of mean comparison between experimental and control groups in pre and posttest using t-test (independent and paired) showed that the level of respondent’s stress and anxiety were reduced significantly by SIT program. The results also revealed that SIT program increased significantly six dimensions of coping strategies including confrontive coping, seeking social support, accepting responsibility, self-controlling, planful problem-solving, and positive reappraisal, while, decreased two dimensions of coping strategies including distancing and escape-avoidance. The findings from this research can provide information to those who intend to plan beneficial programs for the university students to improve their academic performance regarding to treatment of anxiety, management of stress, and development their coping strategies.
Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan Ijazah Doktor Falsafah

KESAN LATIHAN INOKULASI TERHADAP STRES, KEBIMBANGAN, DAN STRATEGI DAYA TINDAK DALAM KALANGAN PELAJAR PASCASISWAZAH FAKULTI PENGAJIAN PENDIDIKAN, UNIVERSITI PUTRA MALAYSIA

Oleh

TAHEREH MIRHAKAK ESFAHANI

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Pengerusi: Tajularipin Sulaiman, PhD.

Fakulti: Pengajian Pendidikan

Skala Stres Pengamatan (PSS 14) bagi mengukur tahap stres, Inventori Keresahan State-Trait (STAI-Y) bagi mengukur tahap keresahan dan Laluan Skala Menangani(WOCS) bagi strategi menangani. SPSSVersi (20) merupakan alat analitikal dalam kajian ini.

Dapatan kajian berdasarkan pengukuran berulang ANOVA menunjukkan bahawa interaksi antara kumpulan dengan ujian adalah signifikan secara statistik bagi stres, keresahan, dan lapan dimensi strategi menangani. Di samping itu, hasil dapatan min perbandingan antara kumpulan eksperimen dan kawalan pada praujian dan pascaujian dengan menggunakan ujian t (tak bersandar dan berpasangan) menunjukkan bahawa tahap stres dan keresahan responden telah menurun secara signifikan melalui program SIT. Dapatan kajian juga menunjukkan bahawa program SIT dapat meningkatkan secara signifikan enam dimensi strategi menangani, iaitu menangani konfrontif, mencari sokongan sosial, menerima tanggungjawab, kawalan kendiri, penyelesaian masalah secara terancang, dan penilaian semula positif, manakala penurunan dua dimensi strategi menangani, iaitu menjarakkan diri dan pengelakan menghindar. Hasil penyelidikan inidapat memberikan maklumat kepada para penyelidik yang berhasrat untuk melaksanakan program rawatan keresahan, pengurusan stres, dan pembangunan strategi menangani yang berfaedah untuk pelajar universiti bagi memperbaiki prestasi akademik mereka.
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In the name of Allah, the most Beneficent, the most merciful. All praises and thanks are to Allah, the Lord of the universe and all that exist.

Working on this thesis has been one of the most rewarding things that ever happened to me during these years at Graduate school. It is difficult to adequately convey the depth of my gratitude to the many people who participated in this project with their generosity and encouragement.

First of all, I give thanks and honor to God for sustaining me through the various trials, setbacks, and rewards that I have encountered along the way and for allowing this project to be brought to completion.

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My sincerest thanks go to my family who supported me with their advice and finance. They offered me great help throughout. I could not have advanced and achieved the goals in my life without their support.

There have been countless others who have contributed in part to the completion of this work and collectively, to the development of my mind and spirit. The chain of my gratitude would be definitely incomplete if I should forget to thank the first cause of this chain, using Aristotle’s words, The Prime Mover. My deepest and sincere gratitude for inspiring and guiding this humble being, my special thanks to the Dr. Mahmoud Danaee, Dr. Toktam Namayandeh Joorabchi, Dr. Hadi Salehi and Dr. Nahid Shakib for helping me to complete my thesis and elaborate the new aspects of this investigation. In addition thanks to all the postgraduate students in faculty of educational studies for their patient and corporation.
I certify that a Thesis Examination Committee has met on 27 June 2014 to conduct the final examination of Tahereh Mirhakak Esfahani on her thesis entitled "Effects of Inoculation Training on Stress, Anxiety, and Coping Strategies among Postgraduate Students of the Faculty of Educational Studies, Universiti Putra Malaysia" in accordance with the Universities and University Colleges Act 1971 and the Constitution of the Universiti Putra Malaysia [P.U.(A) 106] 15 March 1998. The Committee recommends that the student be awarded the Doctor of Philosophy.

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DECLARATION

Declaration by the student

I hereby confirm that:

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