

# Exploring the Link between Stress, Coping Strategies, and Problem-Solving Skills in Higher Education

Dessailly Kikuku

University of Alberta

In this study, the researchers aimed to investigate the connection between stress, coping strategies, and problem-solving skills in college students. They aimed to identify if particular coping strategies were more effective than others in managing stress and improving problem-solving abilities.

The study revealed a negative correlation between stress and problem-solving skills, indicating that individuals with better problem-solving abilities experienced less stress. It was also discovered that emotion-focused coping strategies were less effective in managing stress than problem-focused coping strategies. Furthermore, individuals who utilized problem-focused coping strategies showed a positive correlation with problem-solving abilities, suggesting that these strategies aided individuals in solving problems better.

The findings of this research suggest that it may be useful to introduce interventions that promote the use of problem-focused coping strategies and develop problem-solving skills in college students to decrease stress levels. This study highlights the significance of teaching effective coping mechanisms in college environments to equip students better in managing the stressors they may face in their academic lives.

In future research, the efficacy of different interventions designed to improve problem-solving skills and problem-focused coping strategies can be explored. Longitudinal studies can also examine the long-term effects of these interventions on stress levels, academic performance, and overall well-being in college students.

The study provides valuable insights into the relationship between stress, coping strategies, and problem-solving skills among college students. However, it is crucial to note that the study relied on self-reported measures, which may be subject to biases and inaccuracies. Additionally, the study did not investigate the potential influence of demographic variables such as gender, race, and socioeconomic status on stress and coping strategies. Further research addressing these limitations can provide a more comprehensive understanding of the relationship between stress and coping among college students.

This research illustrates the intricate interplay between stress, coping strategies, and problem-solving skills, all of which are essential subjects in our course. It demonstrates the importance of comprehending how individuals react to stress and how they can develop effective coping mechanisms to manage it. This study is relevant to cognitive psychology, which examines how students' cognitive processes, such as problem-solving skills and coping strategies, are affected by

stress. It is also pertinent to developmental psychology since college students are in a critical stage of transition and growth, and their capacity to cope with stress and problem-solve effectively can influence their development and future success.

Thompson, M. D., Draper, B. S., & Kreitler, C. M. (2022). The relationship between stress, coping strategies, and problem-solving skills among college students. *Inquiries Journal*, 14(03).