

### Coping and Gender Differences in University Students

K. Cabas-Hoyos<sup>1</sup>, N. Espriella D.L.<sup>1</sup>, N. German-Ayala<sup>1</sup>, L. Martinez-Burgos<sup>1</sup>, A. Uribe-Urzola<sup>1</sup>

<sup>1</sup>Psychology, Pontifical Bolivarian University, MONTERIA, Colombia

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**Introduction.** Lazarus & Folkman (1984) stated that coping strategies are defined as constantly changing cognitive and behavioral efforts that are mobilized to deal with domestic demands and or external to the individual assessed as surplus. It has been suggested gender differences in relation to coping strategies.

**Method.** The total sample of  $n = 216$  university students ( $m = 17.32$ ,  $SD = 0.70$ ). The subjects answered the ACS which evaluates 18 strategies and 3 coping styles in young people (Frydenberg, 1997). The results were compared by gender using a T-test using the statistical SPSS 21.0.

**Results and Conclusion.** Within the style Solving the Problem, the most used strategy was Problem Solving. The trend showed that it was more used by women, however, the differences were not sufficient to reach significance ( $F = 0.08$ ,  $P = 0.76$ ). Style Relating to People, the most commonly used strategy was close friends, the trend indicates that their behavior does not differ between gender ( $F = 0.69$ ,  $P = 0.40$ ). Then membership strategy showed a slightly higher tendency in women. The differences did not allow statistical significance ( $F = 2.47$ ,  $P = 0.11$ ) was achieved. The strategy wishful thinking was the most used within the Unproductive Style. This tended to be used by men, but no significant differences ( $F = 2.37$ ,  $P = 0.10$ ) were achieved. Only unproductive style was statistically significant ( $F = 3.86$ ,  $P = 0.05$ ), being lower in men. Results are discussed in relation to literature.