

Abstract

The present study aimed to find out the relationship between distress tolerance, coping strategies and state-trait resilience in university students. Purposive sampling technique was used to collect the data of 400 male and female university students with age of 18 years and above. Sample was taken from four different public and private universities of Lahore. Three scales used were; Distress Tolerance Scale (Simon & Gaher, 2005), Brief Cope Inventory (Carver, 1997) and State-Trait Resilience Checklist (Hiew, 1999).

Results showed that there was a positive relation between distress tolerance and state-trait resilience. Whereas relationship between most of the different coping strategies showed significant positive relationship with distress tolerance and state-trait resilience. While substance use coping was negatively related with state and trait resilience. Mother's occupation, mother's income and perceived home environment negatively predicted state and trait resilience whereas, substance use and self-blame also negatively predicted state resilience. Distress tolerance, active coping and venting positively predicted state and trait resilience. Results indicated that higher family income showed high state resilience whereas no differences were found in trait resilience among students. Furthermore, results indicated that perceived pleasant home environment showed more state and trait resilience among students. Results indicated that males have shown high distress tolerance than females. While males show more substance use and humor than females. Furthermore, results indicated that denial, substance use and self-blame were higher among hostel residents whereas state resilience was higher among day scholars. Moreover, results indicated that distress tolerance was high among students with no recent treatment, whereas substance use, instrumental support and acceptance was high

among students with some recent treatment history. These findings may help university counselors in developing educational oriented programs and guideline for students in developing a healthy resilient personality.

Key words: distress tolerance, coping strategies, state-trait resilience, university students.