

Abstract

The primary purpose of this quantitative study was to examine the mediating effects of perceived social support on the relationship among coping strategies, post-traumatic growth and satisfaction with life among university students during Covid-19 pandemic. A sample of 510 university students including 260 male and 250 female participants, with age range of 18 to 30 years, enrolled in 10 public and private universities of Lahore Pakistan, was taken. A purposive sampling was used for data collection through measures including Multidimensional Scale of Perceived Social Support (MPSS) (Zimet, Dahlem, Zimet & Farley, 1988), Brief-COPE (Carver, 1997), The Posttraumatic Growth Inventory (PTGI) (Tedeschi & Calhoun, 1996) and Satisfaction with Life Scale (SWLS) (Diener et al., 1985) were administered along with the demographic sheet to assess the study variables. The results of correlational analysis revealed significant positive relationship between coping strategies (problem-focused coping and emotion-focused coping) and post-traumatic growth. The results of independent sample t-test indicated that there were no significant differences between men and women on all variables. The multivariate analysis of variance indicated the main effects and interaction effects of all the variables to post-traumatic growth and satisfaction with life were not significant. The mediation analyses revealed that perceived social support mediated the relationship between problem-focused coping and post-traumatic growth and as well as with satisfaction with life whereas it also mediated the effect of avoidant coping on both post-traumatic growth and satisfaction with life. However, perceived social support did not mediate the effect of emotion-focused coping on both post-traumatic growth and satisfaction with life. The finding of this research indicate the importance of using coping strategies mainly problem-focused coping and intervening of role

perceived social support in bringing the positive change and promoting the personal growth in the aftermaths of traumatic event.

Keywords: perceived social support, coping strategies, post-traumatic growth, Covid-19