

## **Emotional Distress and Coping Strategies in University Students after the Death of Parental Figure**

**Nida Zafar\* and Tahira Mubashir**

Department of Applied Psychology, University of the Punjab,  
Lahore Pakistan

The present research investigated the relationship between emotional distress and coping strategies in university students after the death of their parental figure. It was hypothesized that there is likely to be a relationship between emotional distress and coping strategies and there are gender differences in emotional distress and use of coping strategies. Correlational research design was used. Sample was drawn by using purposive sampling strategy. The sample was composed of ( $N= 160$ ) students from University of the Punjab and University of Engineering and Technology, Lahore. Emotional Distress Inventory (Moscose, et al., 1999, 2000) and Brief Cope Inventory (Carver, Scheier, & Weintraub, 1989) were administered. Findings of the research revealed significant relationship between emotional distress and coping strategies and non-significant relationship with coping strategies (active coping and acceptance) among university students after the death of parental figure. Results showed non-significant gender differences of emotional distress and of (self-distraction, active coping, use of instrumental support, behavioral disengagement, venting of emotions, planning, acceptance, turning to turning to religion and self-blame) and significant gender differences on subtypes of coping strategies (denial, use of emotional support). Counseling programs for the students are recommended to help them deal with their feelings and problems.

*Keywords:* Emotional distress, coping strategies, death of parental figure