

REACTIVE AND PROACTIVE COPING WITH STRESS IN RELATION TO PERSONALITY DIMENSIONS IN ADOLESCENTS

Emília FICKOVÁ

Institute of Experimental Psychology, Slovak Academy of Sciences
Dúbravská cesta 9, 813 64 Bratislava, Slovak Republic
E-mail: expsefi@savba.sk

Abstract: The study focuses on the analysis of relations between personality dimensions of adolescents and the preference for reactive and proactive coping strategies, and indicates the differences between these two types of strategies. Personality dimensions were studied with NEO-FFI (Costa, McCrae, 1992), reactive coping strategies were studied with COPE inventory (Carver et al., 1989) and proactive coping strategies with Proactive Coping Inventory (PCI; Greenglass et al., 1999). The results are discussed in terms of the differences between boys and girls. In comparison with boys, girls showed significantly higher neuroticism, extraversion, openness, agreeableness and nonsignificantly higher conscientiousness. Boys more often preferred problem-focused strategies and among their avoidance strategies are behavioral disengagement and humor. Girls more often apply emotion-focused strategies, seeking instrumental and emotional support especially, but also avoidance strategies of denial, mental disengagement, alcohol or drug use.

Key words: reactive coping, proactive coping, personality dimensions, adolescents

The study of coping with stress is characterized by three stages that were thoroughly analyzed by J. Suls et al. (1996), and D. Watson and B. Hubbard (1996). The psychodynamic approach focused on the importance of stress adaptation defense mechanisms; the transactional approach distinguishes between situational and cognitive influences on coping, but does not give enough attention to the role of individual differences; the convergent approach focuses on the role of personality in coping and upholds the operative distinction between coping, personality, appraisal and adaptation results. The most promoted at present is the interactional approach, where situation factors and personality dimensions are of the same importance.

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Generally speaking, we understand coping as the effort to cope with conditions that, as a reaction to stress, require or exceed the level of an individual's adaptation abilities. Among the most cited is the definition of R.S. Lazarus and S. Folkman (e.g., 1984, 1987), and S. Folkman and R.S. Lazarus (1985), where coping is related to an individual's cognitive and behavioral effort to manage (reduce, minimize, master or tolerate) internal or external requirements of the person-environment transaction. Coping has two functions: dealing with the distress causing problem (problem-focused coping) and regulation of emotions (emotion-focused coping). Within their theory, S. Folkman and R.S. Lazarus distinguish: primary appraisal - man assesses whether the environmental influence allows him any risk, he considers his own safety; secondary appraisal - assesses whether he can do

anything to overcome the problems, prevent damage to himself or exploit circumstances to his own advantage.

Many authors of analytical studies (e.g., Suls, David, 1996; Suls, David, Harvey, 1996) as well as research studies (e.g., McCrae, Costa, 1986; Bolger, 1990; O'Brien, DeLongis, 1996; Watson, Hubbard, 1996; Kallasmaa, Pulver, 2000; Lee-Bagley et al., 2005) have pointed out the significant relations of Big Five personality dimensions to and preference for choice of coping strategies.

Results from the cited studies confirm that personality dimensions are a determining factor in coping with stress. People with high neuroticism, who often experience negative emotions, more frequently prefer emotion-focused strategies and avoidance strategies to problem-focused strategies. Extraverted people, on the other hand, experience more positive emotions, thus more often prefer problem-focused strategies, but more rarely the ineffective emotion-focused and avoidant strategies. The relationship between openness and coping strategies is not so clear cut. According to some authors, individuals with a high level of openness prefer humor (McCrae, Costa, 1986), and often use problem-focused and emotion-focused strategies, but rarely avoidance strategies (Watson, Hubbard, 1996). Individuals with higher agreeableness more often seek social support, but show a lower preference for emotion-focused strategies. More conscientious individuals prefer problem-focused strategies and only rarely use emotion-focused strategies.

The research study of J.K. Connor-Smith and C. Flachsbart (2007) is considered an important contribution to the field. The authors show the importance of the relationship analysis between Big Five per-

sonality traits and coping, and make proposals for further research.

Research on coping with stress usually concentrates on stress situations from the past or present. The new term "proactive coping" was defined for the first time by L.G. Aspinwall and S.E. Taylor (1997) as the individual's effort faced with a potentially stressful situation aimed to prevent or change the situation before it happens. Proactive behavior is the process of anticipation or recognition of potential stressors and subsequent taking of preventive measures. This type of behavior is connected to planning, goal-setting, and mental simulation and is able to eliminate stress before it occurs.

According to these authors, proactive coping has several advantages: 1) it minimizes the stressful experience during the situation of stress; 2) it creates an acceptable ratio of coping sources to the stressor level, which can be managed immediately it occurs, before intensification; 3) expectation of a stress situation is related to a range of possible choices of coping strategies; 4) chronic stress is relatively low and is related to the avoidance level or minimization of the effect of a long-term stress situation.

According to R. Schwarzer and S. Taubert (2002), and R. Schwarzer and N. Knoll (2003), proactive coping includes foresight and a look into the future, and it is the prototype of positive coping, since the assessment of negative experiences like damage, loss or threat is unnecessary. Proactive coping is defined as individual effort to build up general resources (coping strategies, personality characteristics and social support) that help change one's goals and support personal growth, and at the same time help more effectively in coping with stress. Reactive coping is perceived as an effort to solve a past or

present stress situation, compensate for or accept damage or loss.

E.R. Greenglass et al. (1999) and E.R. Greenglass (2002) describe proactive coping as a multidimensional and forward-looking strategy that integrates management processes of personal quality of life and self-regulation in goal achievement. Traditional theory of coping with stress is considered reactive and past related, and the authors emphasize a proactive coping with stress that is future oriented. Differences between reactive and proactive coping are described from three aspects:

a) Reactive coping focuses on already experienced stress, or load situations in the past. Proactive coping focuses on the future and its main effort is to build one's own resources that will realize set plans, goals and personal growth. b) Reactive coping focuses on decreasing risk, proactive coping aims to complete set goals, where the claims and risks of the problem situation are compared with the individual's set goals. c) Reactive coping works with situations that are potentially dangerous for an individual and induce negative emotional states; proactive coping is characterized by positive motivation and assessment of problem situations as challenges.

E.R. Greenglass et al. (1999) present the Proactive Coping Inventory, consisting of seven scales, or strategies: 1) Proactive coping focuses on coping with future danger and deals with setting one's own goals, considering and focusing on their achievement. 2) Reflective coping includes thinking about different possibilities to act, comparison of their effectiveness, analysis of problems and resources and making hypothetical plans for further action. 3) Strategic planning focuses on the schedule of goal oriented actions, on dividing difficult tasks into manageable parts. 4) Preventive coping comprises anticipa-

tion of possible future stressor occurrence and the preparation for coping with them before they start influencing goal achievement. 5) Instrumental support seeking amounts to the effort to get advice from others, information and feedback during the stressful situation. 6) Emotional support seeking focuses on the regulation of temporary emotional distress by expressing one's own emotions, eliciting empathy, seeking contact and help among our relatives and friends. 7) Avoidance coping is characterized by putting off acting in the load situation and solving this situation to a later time.

The aim of our study is to compare preferences for strategies from COPE and Proactive Coping Inventory in relation to Big Five personality dimensions. Our main focus lies in the analysis of a) differences between boys and girls in the preference for choice of coping strategies of both methods, b) significant relations of personality dimensions to reactive and proactive coping strategies.

METHOD

Sample

The research sample comprised 200 students of 1st and 3rd grades of secondary grammar schools: 90 boys and 110 girls between 15-18 years (AM = 16.57, SD = 1.07).

Instruments

COPE - multidimensional questionnaire of coping with stress by C.S. Carver et al. (1989; Slovak version adapted by Ficková, 1992) that identifies 5 problem-focused strategies, 5 emotion-focused strategies and 5 avoidance strategies. The questionnaire contains 60 items, 4 for every strate-

gy. For the coping with stress situations assessment, the dispositional version of the instruction was used: "...what is your usual behavior, what do you usually do, how do you feel when you are under stress due to a problem situation..."

Multidimensional *Proactive Coping Inventory* (PCI; Greenglass et al., 1999; translated into Slovak by Ficková) comprises 55 items with a different number for 7 scales, or strategies (given in brackets): Proactive coping (14), Reflective coping (11), Strategic planning (4), Preventive coping (10), Instrumental support seeking (8), Emotional support seeking (5), Avoidance coping (3). The instruction used are: "...statements are related to various everyday situations... say to what extent you agree with them according to your usual feelings in a problem situation".

Personality questionnaire *NEO-FFI* (Costa, McCrae, 1992; the Slovak version was done by Ficková, Adamovová, Ruisel) - it consists of 60 items, 12 for each of the 5 dimensions: neuroticism, extraversion, openness, agreeableness, conscientiousness. The questionnaire uses a 5-point scale: 0 - strongly disagree, 1 - disagree, 2 - I can't decide, 3 - agree, 4 - strongly agree.

The collected research data was statistically processed in the SPSS program.

RESULTS AND DISCUSSION

Reliability was verified by Cronbach's alpha. For the individual COPE strategies, the values were within the range from 0.40 (Active coping) to 0.94 (Religion); for PCI strategies the range was from 0.62 (Avoidance coping) to 0.86 (Reflective coping); for NEO-FFI dimensions the range was from 0.83 (Neuroticism) to 0.69

(Openness). The values are comparable with other authors' findings.

The COPE questionnaire (Table 1) determined a higher preference for four problem-focused strategies in boys as compared with girls - active coping ($p = 0.062$) and restraint coping ($p = 0.059$) on the border of significance, suppression of competing strategies statistically significant and planning nonsignificant. Girls statistically more often use instrumental social support.

All emotion-focused strategies are more frequently preferred by girls, statistically significant are emotional social support, religion and venting of emotions.

There were no significant differences between boys and girls in the preference for avoidance strategies. However, boys more frequently prefer behavioral disengagement and humor, girls use more denial, mental disengagement and, surprisingly, alcohol/drug use.

The gender differences presented correspond with our previous findings (Ficková, 2001) of a significantly higher preference for instrumental and social support seeking strategies and venting of emotions in girls.

The COPE questionnaire was also used by J. Gurnáková (2000) in her research conducted on university students (mean age 21 years). Her comparison of men and women similarly showed that men significantly more often use suppression of competing activities, as do women venting of emotion, emotional and instrumental support seeking and religion.

Boys' higher preference for problem-focused strategies and girls' higher preference for emotion-focused strategies also correspond with the results of other authors, e.g. T. Kallasmaa and A. Pulver (2000), K. Renk and G. Creasey (2003), J.M. Washburn-Ormachea et al. (2004).

Table 1. Means, standard deviations, t-values and Cronbach's alphas for COPE inventory in boys and girls

STRATEGIES OF COPING WITH STRESS	Boys (N = 90)		Girls (N = 110)		t	p	Total sample
	AM	SD	AM	SD			Alpha
Active coping	10.21	1.48	9.79	1.65	1.88	0.062	0.40
Planning	10.06	1.99	10.05	1.96	0.04	0.971	0.60
Suppression of competing activities	9.37	1.85	8.35	1.78	3.92	0.000	0.62
Restraint coping	9.63	1.60	9.17	1.80	1.90	0.059	0.55
Instrumental social support	10.20	2.42	11.17	2.21	2.97	0.003	0.72
Emotional social support	9.54	2.73	11.36	2.95	4.49	0.000	0.87
Positive reinterpretation	11.46	1.77	11.59	2.20	0.48	0.630	0.64
Acceptance	10.48	2.11	10.75	2.23	0.87	0.388	0.74
Religion	5.98	2.81	7.29	3.62	2.89	0.004	0.94
Venting of emotions	8.91	2.13	10.13	2.12	4.03	0.000	0.69
Denial	7.28	1.97	7.53	2.20	0.85	0.399	0.66
Behavioral disengagement	7.10	1.89	7.06	2.07	0.13	0.898	0.73
Mental disengagement	9.13	1.97	9.57	2.09	1.52	0.130	0.41
Alcohol or drug use	5.00	1.86	5.44	2.30	1.48	0.140	0.93
Humor	9.08	2.70	8.75	3.03	0.79	0.431	0.86

Proactive Coping Inventory (PCI) results (Table 2) show that boys (nonsignificantly) more often use proactive coping, reflective coping, and strategic planning and significantly more highly prefer preventive coping. Girls significantly more often use emotional and instrumental support seeking and, nonsignificantly, avoidance coping.

The Proactive Coping Inventory was also used by I. Šolcová et al. (2006) in their research on university students. Like ours, their results confirmed that, in comparison with women, men preferred proactive, reflective (significantly) and preventive coping, but rarely sought instrumental and emotional (significantly) support. They

found very small gender differences in strategic planning, which was used slightly more often by women and, in avoidance coping, was preferred a little more frequently by men.

E.R. Greenglass et al. (1999) found statistically significant differences between men and women only in instrumental and emotional support seeking, where women had higher mean values. Y. Gan et al. (2007) found significantly higher proactive and nonsignificantly higher preventive coping in 16-25 year old male students in comparison with their female counterparts. Our findings, by contrast, presented significantly higher preventive coping in boys. The results of M. Diehl et al. (2006)

Table 2. Means, standard deviations, t-values and Cronbach's alphas for the Proactive Coping Inventory (PCI) in boys and girls

STRATEGIES OF COPING WITH STRESS	Boys (N = 90)		Girls (N = 110)		t	p	Total sample
	AM	SD	AM	SD			Alpha
Proactive coping	39.89	5.35	39.45	6.15	0.54	0.592	0.81
Reflective coping	30.80	5.29	30.33	5.99	0.59	0.556	0.86
Strategic planning	10.73	2.34	10.24	2.37	1.48	0.139	0.73
Preventive coping	28.90	4.56	27.51	4.71	2.11	0.036	0.76
Instrumental support seeking	22.99	3.52	24.97	3.46	4.00	0.000	0.77
Emotional support seeking	13.71	2.97	16.11	2.84	5.81	0.000	0.76
Avoidance coping	7.98	1.92	8.10	1.76	0.47	0.640	0.62

correspond with our results, which did not find significant differences in preference for proactive coping between adult men and women.

Our NEO-FFI results (Table 3) show that girls score significantly higher in neuroticism, extraversion, openness and agreeableness, and nonsignificantly higher in conscientiousness than boys. Higher mean values of all five personality dimensions of NEO-FFI in 15-19 years old girls in comparison with boys were also mentioned by I. Ruisel and P. Halama (2007).

Higher mean values of all five personality dimensions in 18-year old female secondary school students were also found by E. Szobiová and M. Kukličová (2004), with significantly higher neuroticism and openness in comparison with boys. In accordance with our results, E. Szobiová and M. Hřebíčková (2006) found higher values for all five dimensions of NEO-FFI in Slovak and Czech 18-year old girls in comparison with their Slovak and Czech male counterparts.

Table 3. Means, standard deviations, t-values and Cronbach's alphas for dimensions of personality in boys and girls

DIMENSIONS OF PERSONALITY	Boys (N = 90)		Girls (N = 110)		t	p	Total sample
	AM	SD	AM	SD			Alpha
Neuroticism	19.14	7.76	22.67	8.42	3.05	0.003	0.83
Extraversion	30.90	7.44	34.35	6.40	3.52	0.001	0.82
Openness	25.73	6.21	29.35	6.94	3.85	0.000	0.69
Agreeableness	27.89	5.99	31.03	5.94	3.70	0.000	0.75
Conscientiousness	27.66	7.40	28.08	6.65	0.43	0.668	0.81

Differences between males and females in groups of adolescents were studied by M. Hřebíčková et al. (2002). In comparison with boys (15-21 year old), girls scored statistically significantly higher in neuroticism, extraversion, openness and agreeableness, but there was no obvious significant difference in conscientiousness.

Correlations (Tables 4 and 5) show that, of COPE strategies, both boys and girls with higher neuroticism significantly more often use suppression of competing activities, venting of emotions and avoidance strategies of denial, and behavioral and mental disengagement; of PCI they significantly less often use proactive coping and emotional support seeking.

More extraverted adolescents more frequently seek emotional support by COPE and PCI as well as instrumental support by PCI and prefer proactive coping significantly more. Higher agreeableness of adolescents is related to significantly frequent preference for positive reinterpretation.

More conscientious boys as well as girls significantly more often employ planning and, rarely, behavioral disengagement by COPE. The significantly more often preferred proactive strategies include the problem-focused ones: proactive, reflective, preventive coping and strategic planning.

However, significant differences also appeared between boys and girls. Unlike

Table 4. Correlations between reactive (COPE) and proactive (PCI) coping strategies and personality dimensions in boys (N = 90)

COPING STRATEGIES	PERSONALITY DIMENSIONS (NEO-FFI)				
	N	E	O	A	C
Active coping	0.02	0.00	0.10	-0.12	0.17
Planning	0.19	-0.04	0.34***	-0.09	0.41***
Suppression of competing activities	0.20	-0.27**	0.27**	0.01	0.23*
Restraint coping	0.07	-0.16	0.09	-0.01	0.09
Instrumental social support	0.00	0.26**	0.11	0.13	0.04
Emotional social support	0.00	0.41***	0.16	0.19	0.16
Positive reinterpretation	-0.11	0.15	0.28*	0.24*	0.07
Acceptance	-0.08	-0.09	0.27**	0.07	-0.02
Religion	0.00	0.11	-0.01	0.08	0.05
Venting of emotions	0.54***	-0.02	0.11	-0.04	-0.01
Denial	0.38***	-0.15	-0.06	-0.18	-0.24*
Behavioral disengagement	0.48***	-0.26**	-0.01	-0.01	-0.39***
Mental disengagement	0.36***	-0.06	-0.12	-0.09	-0.20
Alcohol or drug use	0.01	0.17	0.11	-0.05	-0.26**
Humor	0.02	0.16	0.17	0.00	-0.25*

Table continues

Table 4 (continued)

COPING STRATEGIES	PERSONALITY DIMENSIONS (NEO-FFI)					
	PCI	N	E	O	A	C
Proactive coping		-0.26**	0.32**	0.42***	-0.15	0.35***
Reflective coping		0.02	0.04	0.35***	-0.19	0.26**
Strategic planning		-0.10	0.04	0.31**	-0.07	0.55***
Preventive coping		0.04	-0.04	0.32**	-0.14	0.44***
Instrumental support seeking		-0.19	0.42***	0.18	0.11	0.07
Emotional support seeking		-0.23*	0.47***	0.13	0.11	0.20
Avoidance coping		0.16	-0.17	-0.13	0.08	-0.19

Note: *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$, italics denote correlations of borderline significance with $p = 0.06$

NEO-FFI: N - Neuroticism, E - Extraversion, O - Openness, A - Agreeableness, C - Conscientiousness

girls, boys (Table 4) with higher extraversion significantly less often prefer suppression of competing activities and, more often, instrumental social support by COPE. Boys with higher openness prefer problem-focused strategies: planning and suppression of competing activities, emotion-focused positive reinterpretation and acceptance by COPE, and four problem-focused strategies by PCI. These results are surprising, as openness very rarely correlates with the coping strategies studied. Boys with higher agreeableness significantly more often suppress competing activities as well, and at the same time rarely use avoidance strategies by COPE.

In comparison with boys, girls (Table 5) with higher neuroticism less frequently prefer positive reinterpretation, but, often, the strategies religion and alcohol/drug use by COPE; less frequently preferred proactive strategies are strategic planning and instrumental support seeking, avoidance coping is frequent. Girls with higher extraversion and conscientiousness significantly

more often prefer positive reinterpretation, more conscientious girls also use active coping, positive reinterpretation (COPE) and, significantly less often, avoidance coping (PCI).

Girls with higher openness prefer restraint coping significantly less, and surprisingly they use more alcohol or drugs (COPE) and more frequently seek instrumental and emotional support (PCI). Girls with higher agreeableness significantly more often employ active coping, emotional and instrumental social support and less often use alcohol or drugs.

Significant relations of conscientiousness (which includes the sense of duty, reliability, achievement striving) to proactive problem-focused strategies correspond with the findings of R. Schwarzer and S. Taubert (2002), that a proactive individual strives to perfect his/her life and build resources for further development. Proactive creating of better life conditions and higher performance is experienced as a possibility to express the meaning of life.

Table 5. Correlations between reactive (COPE) and proactive (PCI) coping strategies and personality dimensions in girls (N = 110)

COPING STRATEGIES	PERSONALITY DIMENSIONS (NEO-FFI)				
COPE	N	E	O	A	C
Active coping	-0.06	0.08	-0.16	0.20*	0.22*
Planning	-0.02	0.07	-0.07	-0.02	0.43***
Suppression of competing activities	<i>0.18</i>	-0.12	-0.16	-0.15	0.10
Restraint coping	0.04	0.07	-0.19*	0.07	0.14
Instrumental social support	0.10	0.13	-0.02	0.13	0.04
Emotional social support	-0.08	0.36***	-0.03	0.27**	0.15
Positive reinterpretation	-0.47***	0.32***	0.06	0.23*	0.27**
Acceptance	-0.06	-0.06	-0.06	0.03	-0.01
Religion	0.25**	-0.12	0.00	0.04	-0.01
Venting of emotions	0.51***	-0.02	0.15	-0.04	-0.08
Denial	0.48***	-0.11	-0.12	-0.19*	-0.02
Behavioral disengagement	0.53***	-0.39***	-0.11	-0.03	-0.45***
Mental disengagement	0.24**	0.06	-0.01	0.06	-0.16
Alcohol or drug use	0.22*	-0.10	<i>0.18</i>	-0.33***	-0.13
Humor	-0.06	0.10	-0.04	-0.09	0.02
PCI	N	E	O	A	C
Proactive coping	-0.50***	0.37***	-0.03	-0.04	0.54***
Reflective coping	-0.08	0.11	-0.02	-0.06	0.44***
Strategic planning	-0.27**	0.11	-0.02	-0.03	0.44***
Preventive coping	-0.12	0.04	-0.09	0.05	0.49***
Instrumental support seeking	-0.21*	0.44***	<i>-0.18</i>	0.39***	0.06
Emotional support seeking	-0.37***	0.49***	<i>-0.18</i>	0.34***	0.16
Avoidance coping	0.27**	-0.15	0.03	-0.06	-0.21*

Note: *** $p < 0.001$, ** $p < 0.01$, * $p < 0.05$, italics denote correlations of borderline significance at $p = 0.06$

NEO-FFI: N - Neuroticism, E - Extraversion, O - Openness, A - Agreeableness, C - Conscientiousness

The research of P. Halama (2000) confirms the theory described above. He studied the relation between meaning of life and coping and found that, for individuals with higher quality of the meaning of life, experience and self-transcendence are their deep values, ideals and goals a source of active and positive coping.

M. Bratská (2001) says that man achieves gains within constructive coping and avoids losses not only for himself but also for others and his environment, and at the same time improves his quality of life and cultivates his personality.

Z. Ruiselová (2002) found a significant negative relation between the sense of coherence indicator and neuroticism in adolescent girls and positive relations with agreeableness and conscientiousness. A significant correlation of neuroticism with venting of emotions and avoidance strategies in 15-19 year old secondary grammar school students was shown by M. Blatný et al. (2002) as well.

V. Balaščíková and M. Blatný (2003) state that the behavior of 16-20 year old secondary grammar school students in a load situation is under the influence of extraversion and agreeableness dimensions that are related to the preference for cognitive restructuring and social support seeking, and extraversion is also related to venting of emotions (authors used Coping Strategy Inventory by D.L. Tobin et al., 1984).

Similar relationships of strategies from COPE and NEO-FFI dimensions that are mentioned in this study were documented by D. Watson and B. Hubbard (1996) for an total group of university students; they do not mention individual results of men and women. Our results have values closely matching those of T. Kallasmaa and A. Pulver (2000). They analyzed differences between men and women, but did not find

any significant relationships of openness with coping strategies from COPE.

We did not find any study on the analysis of relations between Big Five dimensions and proactive strategies, and therefore the comparison of our results with those of other authors is only marginal.

Y. Gan et al. (2007) found that proactive and preventive coping is significantly negatively related to depression (component of neuroticism) and positively to optimism (component of extraversion). Our results correspond with these given results, but the significance is only in proactive coping.

Similarly, A.K. Uskul and E. Greenglass (2005) found that proactive coping strategy is significantly positively related to optimism and life satisfaction, but negatively to depression. E. Greenglass et al. (1999) present significant negative relations of depression to the following strategies: proactive coping, strategic planning, preventive coping and emotional social support. These results correspond with those of our research.

CONCLUSION

According to our research sample results, girls have significantly higher neuroticism, extraversion, openness, agreeableness and nonsignificantly higher conscientiousness than boys. Adolescent boys more often prefer problem-focused strategies and some avoidance strategies (behavioral disengagement, humor), adolescent girls more frequently use emotion-focused strategies, especially instrumental and emotional support seeking, but also avoidance strategies (problem existence denial, mental disengagement, alcohol/drug use).

On the basis of our results, we are convinced that an analysis of gender relations between coping strategies and personality

dimensions would be appropriate. The main reason for further analysis are the repeatedly observed significant differences between boys and girls or men and women in the level of personality dimensions and, as a result, significant differences in the preference for different strategies.

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REAKTÍVNE A PROAKTÍVNE ZVLÁDANIE STRESU VO VZŤAHU K OSOBNOSTNÝM DIMENZIÁM ADOLESCENTOV

E. Ficková

Súhrn: Štúdia sa zameriava na analýzu vzťahov osobnostných dimenzií adolescentov s preferenciou reaktívnych a proaktívnych copingových stratégií a tiež poukazuje na rozdiely medzi týmito dvoma druhmi stratégií. Osobnostné dimenzie sme skúmali pomocou NEO-FFI (Costa, McCrae, 1992), reaktívne stratégie copingu sme zisťovali dotazníkmi COPE (Carver et al., 1989) a proaktívne stratégie použitím Proactive Coping Inventory (PCI; Greenglass et al., 1999). Výsledky referujeme z hľadiska rozdielov medzi chlapcami a dievčatami. U dievčat sme zistili významne vyššie úroveň neurotizmu, extravenzie, otvorenosti, prívetivosti a nevýznamne vyššiu úroveň svedomitosti než u chlapcov. Chlapci preferujú častejšie stratégie zamerané na problém a z vyhýbacích stratégie najviac behaviorálne odpútanie sa od problémovej situácie, humor. Dievčatá používajú viac stratégie zamerané na emócie, najmä vyhľadávanie inštrumentálnej a emočnej opory, ale aj vyhýbacie stratégie popieranie, mentálne odvedenie pozornosti od problémovej situácie, užívanie alkoholu alebo drog.