

A STUDY OF PERSONALITY IN RELATION TO SENSATION-SEEKING AND COPING STRATEGIES AMONG GENDERS

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Abstract: *The aim of the present study was to investigate the relationship of personality with sensation seeking and coping strategies among genders. The study hypothesized the relationship between the three variables (i.e. Personality, sensation-seeking and coping strategies) as well as existence of gender differences in sensation seeking and coping strategies. The following three standardised tests were used for the purpose 1) Hexaco Personality Inventory- (Revised) by Lee and Ashton, 2016; 2) Sensation-seeking Scale-Form-V(Modified) by Basu et.al., 1993 and 3) Ways of Coping Questionnaire by Folkman and Lazarus, 1985. A sample of 100 students pursuing MA from different departments of Panjab University, Chandigarh, namely, Geography, English, Economics, Philosophy, Sociology etc, was taken. It was further classified into two groups: Males(n=50) and Females(n=50) in the age range of 20-25 years. The sample was selected randomly. After the collection of data was pooled in for statistical analysis i.e. Mean, SD, , Correlations and One-Way ANOVA was computed. Results were depicted in the form of tables and graphs.*

Key Words: *coping strategies, personality, sensation seeking, gender differences.*

1. INTRODUCTION: PERSONALITY

The term personality has been derived from the Latin word ‘*Persona*’, which means ‘*the mask*’ which the Greek actors used to wear while playing their part on the stage. In this sense, the term personality means the physical or outward appearance of an individual. The common sense notion of personality focusing on external or physical features is impressionistic and is often found erroneous. In Psychology, the term personality refers to a person’s unique and relatively stable qualities that characterize behaviour patterns across different situations over a period of time. Different people respond differently to the same situations. Also, underlying the behaviour of each individual, there seems to be some coherence, consistency and order. The term ‘personality’ is used to characterize all these aspects of an individual. In order to study personality, psychologists like Allport, Cattell etc have used Trait approach (concerned with identifying key dimensions, basic components and building blocks of personality,) while others like Jung, Eysenck etc have used Type approaches (aimed at classifying individuals into few clearly defined types depending upon blood types, fluids in body, somatic structure etc.). Various techniques such as self-report measures, projective techniques, behavioural analysis etc have been used to assess personality.

1.1 DEFINITIONS:

Bootzin(1997)- “Personality is an individual’s characteristic and distinctive patterns of thinking, feeling and behaving.”

American Psychological Association(APA),(2015)- “Personality refers to individual differences in characteristic patterns of thinking, feeling and behaving.”

1.2 FEATURES

- Personality is something unique and specific.
- It refers to consistency in thoughts, behaviours and emotions across situations and across time.
- It remains stable to a large extent but can’t be said to be static. It is dynamic and continuously on the process of change and modification.
- It includes all (affective, cognitive and conative) behaviour patterns and covers all conscious, subconscious and unconscious activities.
- It is an organization of psycho-physical systems and functions as a unified whole.
- It is a product of interaction between heredity and environment.
- It is a broader concept than character, which is ethical and moral in nature and temperament, which denotes emotional disposition.
- It helps in predicting behaviour.
- Personality of an individual can be described as well as measured and assessed.

1.3 FACTORS AFFECTING PERSONALITY:

Some of the major factors which play an important role in shaping one's personality can be grouped as-

- Environmental factors- One's culture and environment have a major impact on one's attitudes, values, perceptions and overall personality. It includes a) childhood experiences, b) home experiences, c) position in family, d) school, e) culture or traditions, f) socio-economic status etc.
- Physical factors- The physical factors which determine one's personality are a) height, b) weight, c) colour, d) sex, e) beauty, f) body language etc which change over a period of time and makes individual's personality to evolve.
- Situational factors- These factors bring out traits of a person that are not commonly seen. These factors alter a person's behavior and response from time to time. They can be seen when a person behaves contrastingly and exhibits different traits and behaviours. For example, one tends to behave differently in the presence of boss and differently in the presence of friends.
- Hereditary factors- These are determined at the time of conception, which not only affect one's physical features but also a) intelligence level, b) attentiveness, c) gender, d) temperament, e) various inherited diseases, f) energy level etc.

2. SENSATION-SEEKING:

Sensation seeking is a personality trait which is defined by the search for experiences and feelings, which are "varied, novel, complex and intense", and are accompanied by the readiness to "take physical, social, legal, and financial risks." The concept was developed by Marvin Zuckerman of the University of Delaware in 1969. He argues that sensation-seeking is one of a handful of "core traits" that can be used to describe human personality. In Zuckerman's "Alternative Five Model of personality", sensation seeking has been incorporated as a facet of the broader trait of "Impulsive Sensation seeking". He created a personality test called "Sensation Seeking Scale" in order to assess individual differences in terms of sensory stimulation preferences. Sensation seeking reaches into every aspect of people's lives, affecting engagement in risky sports, tastes in art, music and entertainment, food preferences, driving habits, relationship satisfaction before and during marriage, job choices and satisfaction, humor, creativity and social attitudes.

2.1 DEFINITIONS:

- Zuckerman et al., (1964); Zuckerman, (1994)- Sensation seeking is defined as a need to "reach and maintain an optimum level of arousal" and a need for "varied, novel, intense and complex sensations and willingness to take risks for the sake of such experiences."
- Jaccard and Wilson (1991)- Sensation seeking "comes midway between the "broad personality concepts" such as "neuroticism" and traits that are regarded as "more specific to the problem at hand."

2.2 COMPONENTS

The Sensation Seeking Scale, Form 5 (Zuckerman et al., 1978), divides Sensation-seeking into 4 components or traits –

- Thrill- and adventure-seeking: Desire for outdoor activities involving unusual sensations and risks, such as skydiving, scuba diving, and flying.
- Experience-seeking: Referring to new sensory or mental experiences through unconventional choices and desire to associate with unconventional people.
- Disinhibition: Preference of "out of control" activities such as wild parties, drinking and sexual variety.
- Boredom susceptibility: Intolerance of repetition or boring people, and restlessness in such condition.

2.3 FEATURES

- High sensation seekers tend to seek high levels of stimulation in their daily lives.
- Sensation seeking increases with age from childhood to adolescence. It then starts to decrease after it peaks in the late adolescence years of 18-20 years. (Russo et al., 1991)
- Substantial gender differences have been found in sensation-seeking, with males scoring significantly higher than females. (Roberti and Jonathan, 2004)
- Sensation seeking increases is related to driving speed, ignoring traffic rules and engaging in high risk behaviours associated with accidents and injuries.
- Peer influences and sensation seeking appear to mutually reinforce each other in their influence on substance use.
- High sensation seekers engage in high risk sexual behavior such as having multiple sexual partners and tend

to have permissive sexual attitudes

- High sensation seekers prefer listening to arousing music such as hard rock rather than classical instrumental.
- High sensation seekers tend to prefer novel, stimulating, unconventional and unstructured tasks requiring flexibility while low sensation seekers prefer well-defined tasks involving order and routine.

3. COPING STRATEGIES-

In recent years, there has been a growing interest in studying how individuals cope with stress which affects their psychological well-being, social functioning and somatic health. Coping is basically described as the cognitive and behavioural efforts by an individual to manage specific external/ internal demands which are appraised as taxing or exceeds his/her resources. Traditional conceptions of coping have equated it with mastery. Ego-psychology model, defines coping as realistic and flexible thoughts and acts that solve problems, thereby reducing stress. A Process-oriented approach to coping is directed towards what an individual actually thinks and does within the context of a specific encounter how these thoughts and actions change as the encounter unfolds. On the other hand traditional Trait or disposition approaches, attempt to define what a person actually does or is most likely to do. People tend to vary in their coping (physiological, behavioural) as the encounter unfolds. The variable forms of coping tend to differ in the extent to which they are variable or stable across situations.

3.1 DEFINITIONS

- Lazarus (1974) - defines Coping as “a constantly changing cognitive and behavioural efforts to manage specific external and / internal demands appraised as taxing or exceeding the resources of the individual.”
- Folkman et.al (1986)- “Coping is considered as a process which is characterized by dynamics and changes that are a function of continuous appraisals and reappraisals of the shifting person-environment relationship.”

3.2 KEY FEATURES OF COPING

- It is process-oriented.
- It is mainly concerned with management rather than mastery.
- It makes no priori judgement about the quality of skills and processes one uses to cope .
- There exists a stress-based distinction between coping and automatic adaptive behaviours.
- There exists individual and contextual differences incoping.

3.3 COPING STRATEGIES

According to Amirkhan (1990) , coping-strategies fall into three categories-

- *Problem Solving Specifically*-problem solving consists of trying to resolve a problem causing stress or setting goals to deal with the situation.
- *Avoidance Avoidance techniques* -involve avoiding the presence of others, day dreaming about better times, or watching television more than usual.
- *The Seeking out social support*- some people seek out others, attempting to confide in a friend or relative or looking for reassurance from people who know them well.

According to Folkman & Lazarus (1980,1988), coping-strategies are of two types-

- *Emotion focused coping*- The conscious regulation of emotions, includes strategies such as “ accepted sympathy and understanding from someone” and “ tried to look on the bright side.”
- *Problem focused coping*- The management of stressful problem or stimulus, includes strategies such as” got the person responsible to change his or her mind” and “ made a plan of action and followed it.”

4. REVIEW OF LITERATURE: RELATED STUDIES

4.1 PERSONALITY AND SENSATION SEEKING

Research supports a correlation between the sensation-seeking personality trait and behaviours related to participation in high risk sports such as sky-diving (Hymbaugh & Garrett, 1974); whitewater kayaking and canoeing (Campbell et.al, 1993); mountaineering (Breivik,1996); rock climbing (Robinson,1985); and scuba diving (Heyman & Rose,1979).

Zukerman (1991), reported that impulsive sensation-seeking is strongly related to psychoticism, risky sexual behaviour, substance-abuse and novelty seeking personality orientations.

In a study carried out by Kumar, Pekala and Cummings(1993) , it was found that greater overall sensation seeking, specifically, greater thrill-seeking, adventure-seeking and experience-seeking behaviours were associated with greater paranormal beliefs as well as a greater number of paranormal experiences.

Aluja et.al (2003) and Zukerman& Marvin (2007), have found positive correlations between sensation-seeking, specially the experience seeking component, and openness to experience from Big Five Model. Additionally negative correlations were found between Sensation- seeking and agreeableness from NEO-PR.

4.2 PERSONALITY AND COPING STRATEGIES

Vingerhoets and Flohr (1984), found that Type –A personality was significantly related to Problem-focused coping and self-blame.

Parkes (1984), found that the people having Internal Locus of Control were sensitive to appraisals of coping options and used less coping resources overall in situations that were clearly changeable or clearly not changeable than did those with External Locus of Control.

McCrae and Costa (1986) ,reported that neuroticism is associated with use of hostile reactions and self blame as coping strategies, extraversion is related to rational action and positive thinking while openness is associated with humor in dealing with stress.

Scheier et.al(1996) ,found out that optimism is positively associated with problem-focused coping and negatively associated with denial and emotion-focused strategies.

Robinson and Jenefer (2005), found out that the personality traits of extraversion was closely related to direct type of coping strategies while neuroticism was related to general coping and suppression.

4.3 SENSATION-SEEKING AND COPING-STRATEGIES-

Zukerman et.al (1991)- reported that high level of sensation is also related to high level of optimism and moderate coping with life and many time individuals fail to have realistic optimism.

Pierce et. al(1996) – found out that the use of problem oriented coping strategies is positively related to increase in drug abuse attitudes.

Larsen et al.(2008) – higher levels of ego-development were positively related to effective coping strategies and negatively related to defensive coping and people who engage more in risky behaviours use adaptive coping strategies.

4.4 GENDER DIFFERENCES IN PERSONALITY

Lippa (2005), reported that personality traits of aggressiveness, risk-taking and assertive ess are more common in males as compared to females while sociability, harm-avoidance and emotionality are more common in females.

Zukerman (2009) ,found out that Within Eysenck's “ Big Three” model of personality, males were low on agreeableness and openness while females were very high on extroversion and neuroticism.

Giudice et. al (2012),found out that females scored much higher than males on personality traits of sensitivity, warmth and apprehension while males scored higher on emotional- stability, dominance ,rule-consciousness and vigilance.

4.5 GENDER DIFFERENCES IN SENSATION SEEKING

Roberti et. al (2004) ,have found substantial gender differences in sensation seeking, with males scoring significantly higher than females.

Larsen et al (2008), in a series of cross-cultural studies found out gender differences in total sensation-seeking, thrill and adventure seeking , boredom susceptibility and disinhibition , with males significantly outscoring females.

Zukerman(2009), found out that males high in sensation seeking tend to choose scientific and social service professions and among the females, traditional vocations (e.g. housewife or home economics teacher) tend to be associated with low sensationseeking.

4.6 GENDER DIFFERENCES IN COPING STRATEGIES

Folkman and Lazarus (1980), reported gender differences in exposure to certain types of stressful encounters. Women reported stress due to health encounters and men reported more stressful work encounters.

Folkman et al (1986), found that no gender differences in coping strategies in a study carried out on married couples.

Vitaliano et al (1995),reported that women used relatively more emotion-focused coping, wishful thinking, social support , avoidance , and self-blame than didmen.

Brannon et al, (2009), reported that women tend to employ emotion- focused to cope with stress while men tend to use problem-focused coping.

5. STATEMENT OF THE PROBLEM:

The aim of the present study was to investigate the relationship of Personality with Sensation-seeking and Coping strategies among genders.

6. HYPOTHESES:

Based on the review of literature following hypotheses were proposed:

H1: It is expected that Personality, Sensation-seeking and Coping strategies will be related to each other in the total sample across genders.

H2: It is expected that there will be significant gender differences in sensation- seeking and coping strategies.

7. METHOD:

7.1 SAMPLE

A sample of 100 students pursuing MA from different departments of Panjab University, Chandigarh, namely, Geography, English, Economics, Philosophy, Sociology etc, was taken. It was further classified into two groups: Males(n=50) and Females(n=50) in the age range of 20-25 years. The sample was selected randomly.

7.2 PROCEDURE-

The administration of the tests took a maximum time of 30 minutes on an average. Willingness of the participants was taken before starting and they were instructed to answer carefully with a view in mind that there is no right or wrong answer.

7.3 TESTS AND TOOLS USED

Following standardized self-report inventories were used to assess Personality, Sensation-seeking and Coping-strategies-

- Hexaco Personality Inventory- (Revised) by Lee and Ashton, 2016.
- Sensation-seeking Scale-Form-V(Modified) by Basu et al., 1993.
- Ways of Coping Questionnaire by Folkman and Lazarus, 1985.

7.4 STATISTICAL ANALYSIS

Descriptive Statistics like Means and Standard deviations were calculated. Correlation using Pearson Product Moment Correlation Formula was found between the scores of Personality, Sensation-seeking and Coping strategies for males, females and total sample separately. One-way Analysis of Variance was also applied.

8. RESULTS:

Results are shown in table 1 to 6 and figures 1 to 5. Table 1 shows the mean and SD of males and females group. Table 2 shows the inter-correlation matrices of total sample (n=100) . Table 3 and 4 shows the inter-correlation matrices of males and females. Table 5 and 6 shows two way ANOVA of sensation seeking and coping strategies. Figure 1 shows the diagrammatic representation of total sample. Figure 2 and 3 shows scattered scores between personality, sensation seeking and coping strategies of males and females group. And figure 4 & 5 shows graphical representation of ANOVA in sensation seeking and coping strategies.

TABLE 1- Showing Mean and SD of males and females

(Males, n=50)

(Females,n=50)

SNO	VARIABLE	MEAN	SD	MEAN	SD
1	Personality	198.20	57.57	201.50	58.39
2	Sensation-seeking	25.28	6.42	26.14	6.01
3	Coping strategies	139.54	23	131.72	23.92

TABLE 2- Showing correlation between personality, sensation-seeking and coping strategies among total sample. (n=100)

S No	Variables	1	2	3
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1	Personality	-		
2	Sensation-seeking	0.237*	-	
3	Coping strategies	0.220	0.296	-

*correlation value significant at 0.05 level = 0.087

**correlation value significant at 0.01 level= 0.114

TABLE 3 -Showing correlation between personality, sensation-seeking and coping strategies among males.(n=50)

S No	Variables	1	2	3
1	Personality	-		
2	Sensation-seeking	0.29*	-	
3	Coping strategies	0.52	0.80	-

*correlation value significant at 0.05 level= 0.250

**correlation value significant at 0.01 level=0.325

TABLE 4 -Showing correlation between personality, sensation-seeking and coping strategies among females.(n=50)

S No	Variables	1	2	3
1	Personality	-		
2	Sensation-seeking	0.221	-	
3	Coping strategies	0.505	0.537	-

*correlation value significant at 0.05 level= 0.250

**correlation value significant at 0.01 level=0.325

TABLE 5- Showing AVOVA of Sensation

Tests of Between-Subjects Effects					
Dependent Variable:sensation					
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	18.490 ^a	1	18.490	.446	.506
Intercept	66100.410	1	66100.410	1.595E3	.000
Gender	18.490	1	18.490	.446	.506
Error	4062.100	98	41.450		
Total	70181.000	100			

TABLE 6 -Showing AVOVA of coping strategies

Tests of Between-Subjects Effects					
Dependent Variable:coping					
Source	Type III Sum of Squares	df	Mean Square	F	Sig.
Corrected Model	1528.810 ^a	1	1528.810	2.946	.089
Intercept	1839549.690	1	1839549.690	3.545E3	.000
Gender	1528.810	1	1528.810	2.946	.089
Error	50852.500	98	518.903		
Total	1891931.000	100			

Figure 1- Showing scattered scores between personality , sensation seeking and coping strategies among total sample. (n=100)

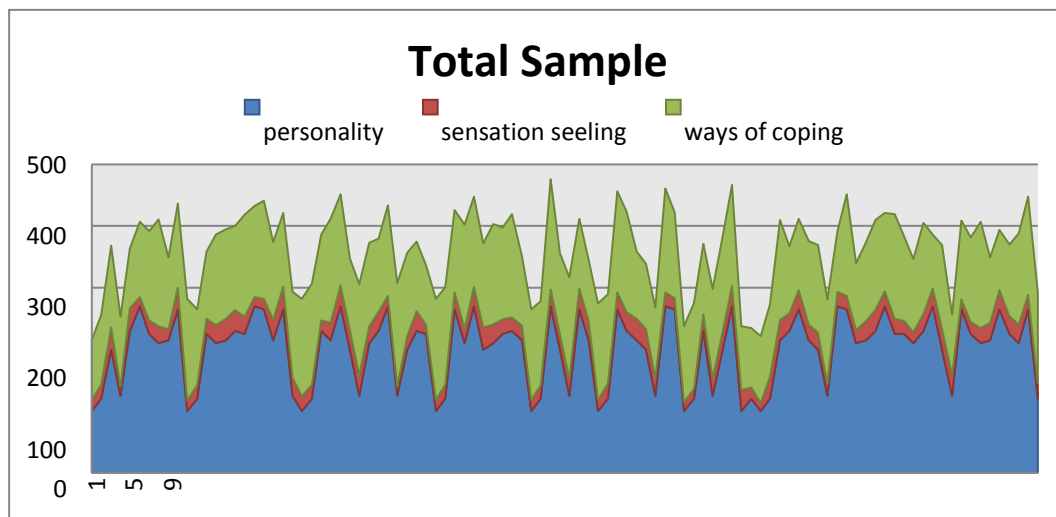


Figure 2 -Showing scattered scores between personality , sensation seeking and coping strategies among male sample. (n=50)

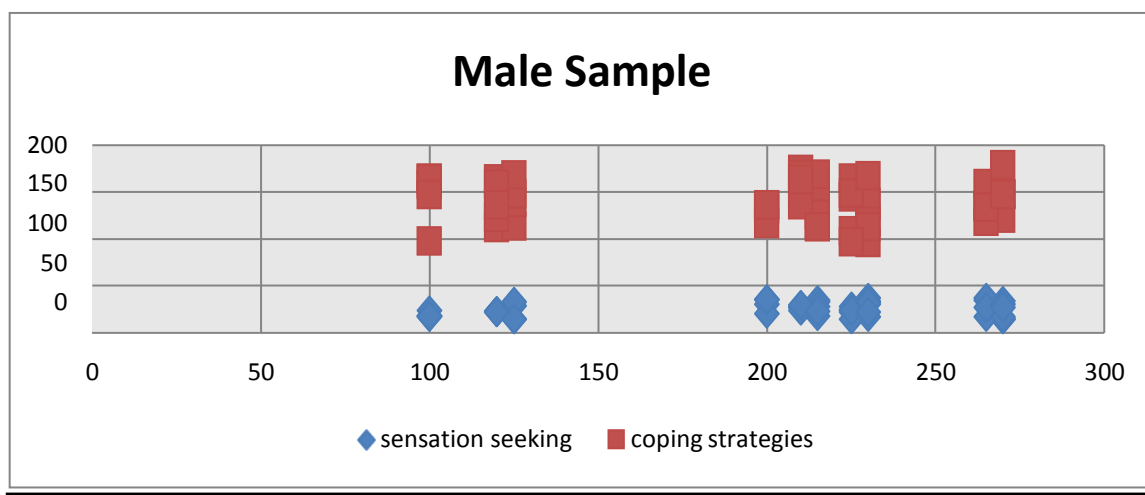


Figure 3- Showing scattered scores between personality , sensation seeking and coping strategies among Female sample. (n=50)

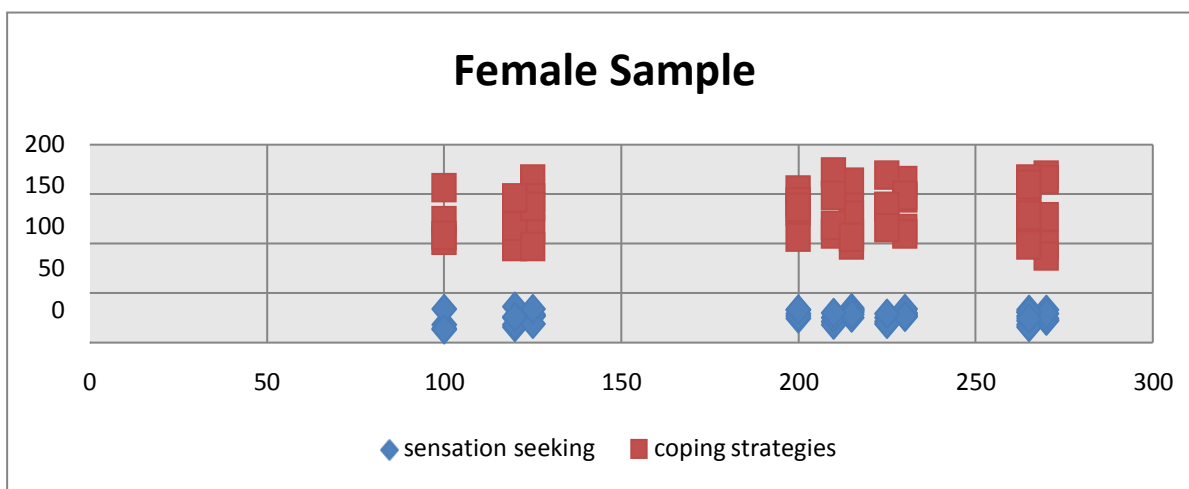


Figure4- Showing graphical representation of sensation seeking.

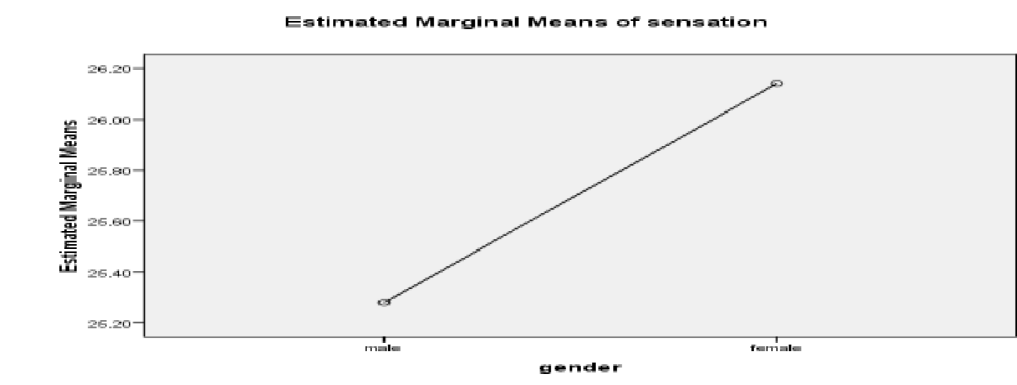
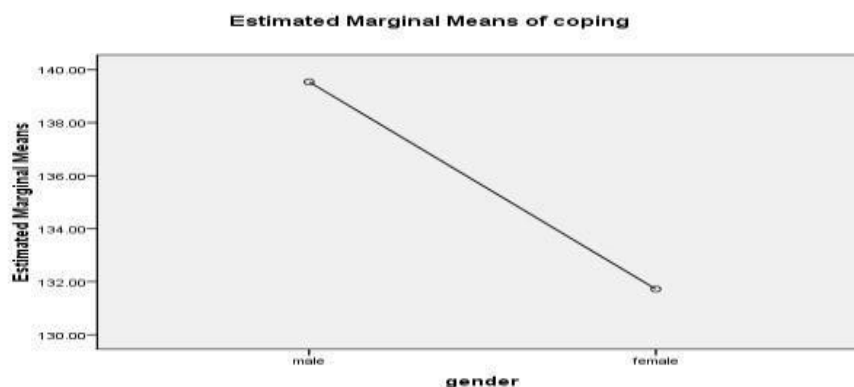


Figure 5 -Showing graphical representation of coping strategies.



9. DISCUSSION AND INTERPRETATION:

The aim of the present study was to investigate the relationship of personality with sensation seeking and coping strategies among genders. The study hypothesized the relationship between the three variables (i.e. Personality, sensation-seeking and coping strategies) as well as existence of gender differences in sensation seeking and coping strategies. The following three standardised tests were used for the purpose 1) Hexaco Personality Inventory-(Revised) by Lee and Ashton, 2016; 2)Sensation-seeking Scale-Form-V(Modified) by Basu et.al., 1993 and 3)Ways of Coping Questionnaire by Folkman and Lazarus,1985.The sample size consisted of 100 participants equally divided among the two genders i.e. 50 males and 50 females. After the collection of data was pooled in for statistical analysis i.e. Mean, SD, , Correlations and One-Way ANOVA was computed. Results were depicted in The form of tables and graphs.

The descriptive statistics as shown in Table no.1 represents the Means and the standard deviations on the three variables among the genders. The male participants obtained a Mean of 198.20 and SD of 57.57 on the dimension of Personality , the mean for Sensation- seeking was observed to be 25.28 and SD came out to be 6.42 and for Coping Strategies , the mean was 139.54 and SD was 23. On the other hand the female participants obtained a Mean of 201.50 and SD of 58.39 on the dimension of Personality , the mean for Sensation- seeking was observed to be 26.14 and SD came out to be 6.01 and for Coping Strategies , the mean was 131.63 and SD was 23.92; with females scoring high on sensation-seeking and males scoring high on coping-strategies.

Results obtained in Table 2-show that '*Sensation*' is a modest correlate of *Personality*, for all the participants. It is significant at 0.01 level. The tie facilitates a understanding that both the variables share a direct relation, i.e., either both increase or decrease simultaneously. Sensation seeking has been associated with impulsiveness and fearlessness (Arnaut, 2006). In the Big Five model, Neuroticism (or low Emotional Stability) pertains to a mix of irritability (i.e., low patience) and Fearfulness. Interestingly enough, this mix may counteract the possibility to find significant relations between Neuroticism and sensation seeking or risk-taking because Neuroticism may be positively associated with sensation seeking through its irritability or lack of impulsivity component while it is at the same time negatively associated with sensation seeking through its Fearfulness component. Research also supports a correlation between the sensation-seeking personality trait and behaviours related to participation in high risk sports such as sky-diving (Hymbaugh & Garrett, 1974); whitewater kayaking and canoeing (Campbell et.al, 1993); mountaineering (Breivik,1996); rock climbing (Robinson,1985); and scuba diving (Heyman & Rose,1979).Zukerman (1991) reported that impulsive sensation-seeking is strongly related to psychoticism, risky sexual behaviour , substance- abuse(Ahadi & Rothbath,1994) and novelty seeking personality orientations. In a study carried out by Kumar, Pekala and

Cummings(1993), it was found that greater overall sensation seeking specifically, greater thrill-seeking, adventure-seeking and experience-seeking behaviours were associated with greater paranormal beliefs as well as a greater number of paranormal experiences. Aluja et. al(2003) and Zukerman& Marvin (2007), have found positive correlations between sensation-seeking, specially the experience seeking component, and openness to experience from Big Five Model. Additionally negative correlations were found between Sensation- seeking and agreeableness from NEO-PR. Hence, we accept the hypothesis that there exists a relationship between personality and sensation seeking.

However, highly supported tie between '*Personality*' and '*Coping strategies*' shows a low correlation. This does not mean that the impact of personality on coping is unimportant. A small influence, multiplied by the thousands of stressors experienced over a lifetime, may result in a large impact over time(Connor-Smith & Compas, 2002;2004). Daily-report studies also suggest the importance of context (Lee-Bagglely et al. 2005).Personality and coping are involved directly or indirectly in the production and maintenance of various kinds of adjustments (Snyder & Ford, 1987). Thus, personality traits could influence the types of coping style used by an individual. In terms of daily situations and problems, that individuals face, judging coping by its effects on outcomes may do a disservice to the efforts that individuals make to cope with difficult, intractable and unrelenting conditions of life (Folkman, 1992). The presence of distress may indicate that adaptive coping processes are taking place. However , the existing researches by Vingerhoets and Flohr (1984) found that Type –A personality was significantly related to Problem-focused coping and self-blame. In a study carried out by Parkes (1984) , it was found that the people having Internal Locus of Control were sensitive to appraisals of coping options and used less coping resources overall in situations that were clearly changeable or clearly not changeable than did those with External Locus of Control. McCrae and Costa (1986) reported that neuroticism is associated with use of hostile reactions and self blame as coping strategies, extraversion is related to rational action and positive thinking while openness is associated with humor in dealing with stress .Scheier et al(1996) found out that optimism is positively associated with problem-focused coping and negatively associated with denial and emotion-focused strategies and Robinson and Jenefer (2005), found out that the personality traits of extraversion was closely related to direct type of coping strategies while neuroticism was related to general coping and suppression.

Additionally, its seen that '*Coping strategies*' and '*Sensation seeking*' had a negative correlation of .105, held that this correlation is negative it give a view of them sharing indirect relationship, which means when one variables increases the other decreases. In this realm not much research has undertaken, this adds a value to the present study and is an important implication of this study.

10. GENDER DIFFERENCES:

As the mean scores shows, females are high on sensation seeking as compared to male participants (26.14, 25.28 respectively) , contrary to the existing researches by Roberti et. al (2004) , Larsen et al (2008) and Zukerman(2009) which support higher sensation-seeking among males as compared to females. For coping strategies, unlike the previous studies male participants (139.542) scored a higher mean than female participants (131.722).

As shown in Table-3, for the male participants, the obtained correlation suggests a moderate positive correlation among '*Personality*' and '*Sensation seeking*'. Conversely, moderate negative correlation was witnessed between '*Personality*' and '*coping strategies*' of -.052. '*Coping Strategies*' and '*Sensation seeking*' (-.80) went remarkably high for the Male group, extending the fact that for this particular group of subject, impulse conformity lacks them appropriate copying skills for the situation(Roberti et al,2004).

For female participants , as shown in Table 4, nearly correlations between all the variables stood at modest level. For instance, the correlation between '*Personality*' and '*Sensation Seeking*' was observed .176; same for the former and '*Coping strategies*' stood at .096, both positive. However, correlation between '*Sensation*' and '*Coping strategies*' was -.112. This explains that women low on sensation seeking are high on copying up with situations. Table 5 shows that there exist no gender differences as the obtained f values for the variables lies below the level of significance. This proclaims the current sample has no differences in '*Sensation seeking*'. Similarly, obtained results in the table 6 is evident of a significant difference between the way male and female participant seek to cope obstacles. Folkman and Lazarus (1980), reported gender differences in exposure to certain types of stressful encounters where women reported stress due to health encounters and men reported more stressful work encounters. While Folkman et. al (1986), found that no gender differences in coping strategies in a study carried out on married couples. However, Vitaliano et al (1995), reported that women used relatively more emotion -focused coping, wishful thinking, social support , avoidance , and self-blame than did men. Brannon et al, (2009) also reported that women tend to employ emotion- focused to cope with stress while men tend to use problem-focused coping. In Table no-5, ANOVA of sensation-seeking, there were gender-differences as $F=0.446$, $p<0.05$, which doesn't support our hypothesis and in Table no-6, showing ANOVA of Coping-strategies , the exceeding F-value (2.946) from the critical (0.89) marks the need to further investigate the differences, thereby providing an evidence of existence of significant gender differences in coping-strategies. It makes us accept our hypothesis. However, there are still not much researches done in aspect of gender differences, related studies could be quoted. Hence, the present study has research implications and utility.

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