

COPING STYLES AMONG TEACHER TRAINEES IN RELATION TO EMOTIONAL MATURITY

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ABSTRACT

In the present study an attempt was made to elaborate the relationship between coping styles and emotional maturity among teacher trainees of Ludhiana district. The sample of 160 teacher trainees (80 boys and 80 girls) taken from colleges of Education. Data was collected with the help of 'Ways of Coping' Test Booklet by Susan Folkman and Richard S. Lazarus (1988) and Emotional Maturity Scale (EMS) by Dr. Yashveer Singh and Mahesh Bhargava (1993). Subsequently the data were subjected to statistical analysis. Results clearly indicated that a positive and non significant relation was found between coping styles and emotional maturity among teacher trainees. No significant difference was found between coping styles and emotional maturity of boys and girls teacher trainees.

KEYWORDS: Coping Styles, Emotional Maturity, Teacher Trainees