

Compare coping strategies, resilience and optimism in normal individuals and patients with heart disease

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Abstract The purpose of the current study is Compare coping strategies, resilience and optimism in normal individuals and patients with heart disease. research methodology is comparative. Statistical society includes all people who refer to Dr Heshmat hospital in Rasht in the year 94-95. Sample size is 200 people includes 100 patients with heart disease and 100 normal individuals. For compare group That 100 normal individuals ed by matched process by age and sex variable With available sampling. In this research used of coping strategies questionnaire(CISS), optimism questionnaire and resilience questionnaire. For Datas analysis used descriptive statistics method (average, standard deviation) And inferential statistics multivariate analysis of variance (Manova) and software Spss 20. Results of the research show that there are significant difference between normal individuals and patients with heart disease in coping strategies, resilience and optimism. Scores of problem-focused coping in normal individuals $F(1, 198) = 228/48$ are more than patients with heart disease, average of scores in emotion- focused coping in normal individuals $F(1, 198) = 64/51$ are less than patient with heart disease and average of scores in avoidant coping in normal individuals $F(1, 198) = 51/71$ are significantly ($P > 0/01$) more than patient with heart disease. there are not much difference between average of scores in resilience in normal individuals $F(1, 198) = 2/93$ with patients with heart disease ($P > 0/01$). The results show that there is difference between coping strategies, resilience and optimism. **Keywords:** coping strategies, resilience, optimism

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