

Causal Relationship between Coping Strategies and Corona Anxiety with the Mediating Role of Resilience

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Introduction

In spite of the emphasis on social distance and personal hygiene and warnings about the COVID-19, small attention has been paid to its psychological aspects, which can affect adherence to self-care behaviors. Therefore, paying attention to the psychological effects of the COVID-19, such as fear and anxiety is of high importance. It is also useful to examine psychological mechanisms, such as resilience, which can have a variety of effects. Hence, the aim of this study was to investigate the mediatory role of the resilience in relationship between coping strategies with corona anxiety.

Method

The present study is a descriptive-correlational study using causal relationship modeling methods. The population of this study included all undergraduate students single-gender Poldokhtar higher education center (boys) who were examined within the scholarly year 2020-2021. The statistical sample size was determined based on the rules of thumb Kline equal to 210 people, which was done by available sampling method and online questionnaire (Corona Disease Anxiety Scale (CDAS; Alipour et al., 2020), Ways of Coping Questionnaire (WCQ; Folkman & Lazarus, 1988), and Connor-Davidson Resilience Scale (CD-RISC, 2003)). Due to the ought to diminish social contact to anticipate the spread of Covid-19, the accessible inspecting strategy and Web usage was utilized. The strategy is that the survey connect was made accessible to clients. Due

Results

The results showed that the model fit indices, ie $\chi^2/df= 1.32$ less than 3, IFI= 0.99, TLI= 0.98, GFI= 0.99, AGFI= 0.97, CFI= 0.99, more than 0.9

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indicate the appropriate fit of the model, as well as NFI= 0.98 more than 0.8 and RMSEA= 0.04 less than 0.1. The emotional- focused coping strategy had a direct effect on corona anxiety ($p < 0.01$); but problem- focused coping strategies did not have a direct effect on corona anxiety ($p > 0.05$). Problem-focused coping strategy had a direct effect on resilience ($p < 0.01$); but emotional - focused coping strategies did not have a direct effect on resilience ($p > 0.05$). Also, resilience had an indirect effect on corona anxiety ($p < 0.01$). Indirect pathway results showed that only problem-focused coping strategies mediated by resilience could reduce corona anxiety ($p < 0.01$).

Conclusion

The results showed that resilience played a mediating role in the relationship between problem- focused coping strategies and corona anxiety; Researchers such as Fife & et al (2008) found that resilient people are more likely to use problem-solving coping strategies, and that using these coping styles reduces the likelihood of acquiring diseases and increases people's desire to receive health services. Problem-oriented coping styles create cognitive and behavioral efforts to prevent, manage, and reduce stress that can reduce the impact of stress on mental health and increase mental health and resilience (Nilsson, Carlsson, Lindqvist & Kristofferzon, 2017). Resilient people reduce their adverse effects and maintain their mental health despite being exposed to chronic stress and tension caused by corona heart disease. By promoting resilience, individuals can resist and overcome stressors, anxieties as well as factors that cause many of their psychological problems.

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