

Peerapar Limpanawas 2006: Stress, Coping with Stress and Adjustment of Undergraduate Students in Bangkok Metropolis. Master of Science (Community Psychology), Major Field: Community Psychology, Department of Psychology. Thesis Advisor: Associate Professor Aree Petchpud, Ph.D. 180 pages.
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The purposes of this research were 1) to study the level of stress, coping with stress and adjustment 2) to study personal factors that affected stress, coping with stress and adjustment of undergraduate student 3) to study personality which affected stress, coping with stress and adjustment 4) to find the relationship between stress, coping with stress and adjustment of undergraduate students.

The sample were 420 undergraduate students from Government University and Private University selected by stratified random sampling. The data were collected by questionnaires and analyzed by computer package. The statistics were Percentage, Mean, Standard Deviation, t-test, F-test, Least Significant Difference (LSD) and Pearson Product Moment Correlation. The level of significance was set at 0.05

Results of this study were as follows: 1) The level of stress was low. Coping with stress focused on problem solving. Adjustments was moderate. 2) Students with different income, expenses and study major subjects showed the different stress at 0.05 3) Students with different major subjects, income, expenses and accommodation adjusted differently in family, health, social and emotion adjustment at 0.05 4) Stress showed the negative relation with adjustments and coping with stress at 0.001 5) Coping with stress related with health adjustment significantly at 0.001.

P. Limpanawas

Student's signature

A. Petchpud

Thesis Advisor's signature

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