

**ATTITUDES TOWARDS GENDER ROLES, COPING STRATEGIES
AND LIFE SATISFACTION AMONG UNIVERSITY STUDENTS**



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03-171211-006

BAHRIA UNIVERSITY LAHORE CAMPUS

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AND LIFE SATISFACTION, AMONG UNIVERSITY STUDENTS



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03-171211-006

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Dedication

*To my beloved mother, whose unwavering love and endless support have been my
foundation, guiding me through every challenge and triumph.*

*To my dear father, whose wisdom, strength, and love continue to inspire me every day,
even in his absence.*

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List of Abbreviations

APA	American Psychological Association
GRAS	Gender Role Attitude Scale
Brief Cope	Coping Orientation to Problems Experienced Inventory
SWLS	Satisfaction with Life Scale
SPSS	Statistical Package for Social

List of Symbols

α		Cronbach's alpha
SD		Standard Deviation
$\leq$		Less than or Equal to
$\geq$		Greater than or Equal to
p		Significance Level
%		Percentage
f		Frequency
n		Sample size
N		Size of participants

Abstract:

This study investigates the associations between gender role attitudes, coping strategies, and life satisfaction in university students of Pakistan. In a quantitative, correlational design, 300 participants (134 men and 166 women) aged 18–30 years were sampled. The findings point out that women tend to endorse traditional gender roles more strongly than men, while no significant gender differences were observed in egalitarian attitudes. There was a highly significant negative relationship between traditional gender role and life satisfaction, showing that the more rigid are the social expectations about women's or men's proper roles in life, the lower one's well-being. In contrast, egalitarian gender roles were positively correlated but at a weak magnitude to coping strategies, which shows that less restrictive gender orientation may help foster emotional resilience. The results support that the traditional gender roles negatively impact life satisfaction and are probable to be highly rigid and constrictive of freedom and self-actualization. On the other hand, egalitarian attitudes help in promoting adaptive coping strategies, though there is minimal impact on influencing life satisfaction. The absence of significant effects of the coping strategies on life satisfaction shows that for coping mechanisms to enhance well-being, they should be goal-directed and adaptive. The findings show the importance of egalitarian values and effective coping strategies in improving psychological well-being in transition societies.

Key words: Attitudes towards gender role, coping strategy, life satisfaction, university students.