

Running Head: Subjective Well-Being, Perceived Stress and Coping Strategies of Young 1
parent's

Science City of Munoz, Nueva Ecija
College of Arts and Sciences
Department of Psychology

Subjective Well-Being, Perceived Stress and Coping Strategies of Young parents

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The undergraduate thesis entitled **SUBJECTIVE WELL-BEING, PERCEIVED STRESS AND COPING STRATEGIES OF YOUNG PARENT'S** prepared and submitted by **REYNA PALOMAR BAHIT** in partial fulfillment of the requirements for the degree **BACHELOR OF ARTS IN PSYCHOLOGY** is hereby approved and accepted


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ABSTRACT

BAHIT, REYNA, PALOMAR, Bachelor of Arts in Psychology, Department of Psychology, College of Arts and Sciences, Central Luzon State University, Science City of Muñoz, Nueva Ecija, Philippines, June 2017, **SUBJECTIVE WELL-BEING, PERCEIVED STRESS AND COPING STRATEGIES OF YOUNG PARENT'S**

Adviser: **ANGELO R. DULLAS**

The present study aims to investigate the level of Subjective well-being, Perceived Stress of young parents with their coping strategies within Guimba, Nueva Ecija. Using the Subjective well-being in life scale with its four constituents which is the Panas Scale (Positive & Negative Affect) also the Family and social relationship satisfaction. The study measures and identifies the level of Subjective well-being and Perceived stress of young parent's. Using descriptive and correlational analysis, data was analyzed. It was found that young parents are low in their whole evaluation in life and perceiving a moderately stress. However, the young parents are more using problem-based coping in terms of coping in their life problems. Furthermore, the relationship of subjective well-being and its four constituents are highly significant in relation. The study supports the idea that SWB is influence by the stress and problem-based coping become their coping strategy.

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