

Stress, Coping Strategies and Social Support of Mothers during the COVID-19 Pandemic Period

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Abstract

The main objective of the study was to investigate the stress, coping strategies and social support of mothers during COVID-19 pandemic. A number of 153 mothers were investigated in this study. Perceived stress scale, coping strategies inventory and social support behaviors were used as instruments of this study. Survey method was used and data collection process was conducted via email and facebook.

According to the descriptive statistics, the stress level of mothers in this study is high. Working mothers have more stress than non-working mothers. In coping strategies, most mothers in this study used emotion-focused engagement as stress coping strategy. Working mothers used more problem-focused engagement, emotion-focused engagement and problem-focused disengagement than non-working mothers. But, non-working mothers used more emotion-focused disengagement than working mothers. In social support, most of the mothers mostly got emotional counseling and advice as social support from family and friends. Working mothers got more socializing support, practical assistance, financial support and advice than non-working mothers. However, non-working mothers got emotional support got more than working mothers.

Key words: Stress, Coping Strategies, Social Support, COVID-19 pandemic

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