

COVID-19 and College Students: Insights into Coping Schemas and Resilience

Authors : Yassir Semmar

Abstract : The ability to cope during trying times is essential for psychological well-being. 101 college students attending a northeastern university in the United States took part in a study that examined their coping schemas and resilience during the COVID-19 pandemic. The first aim was to determine the types of coping strategies and resilience domains that students most frequently relied on. The second purpose was to investigate whether demographic variables correlated with certain coping schemas and resilience scales. First year students were particularly more vulnerable to the stressors brought by the pandemic as they frequently resorted to more maladaptive strategies in comparison to their older peers. The latter were deemed more resilient in the sense of feeling in control, staying focused, and regulating their emotions. Participants from different racial backgrounds appeared to differ in the extent to which they sought support from others. Students who were employed part-time felt less optimistic and knowledgeable about where to seek assistance and how to cope with various stressors as compared to their unemployed counterparts. Implications are discussed in terms of developing a holistic, proactive approach to identifying, understanding, and effectively responding to the unique needs of our diverse student population from an equity-mindedness stance.

Keywords : COVID-19, coping schemas, resilience, wellbeing, college students

Conference Title : ICMHW 2025 : International Conference on Mental Health and Wellness

Conference Location : New York, United States

Conference Dates : March 17-18, 2025