

Happiness, Life Satisfaction, Self-Efficacy, Coping Strategies and Perceived Stress among High School Students

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Abstract : The current study examined the relationship between happiness, life satisfaction, self-efficacy, coping strategies and perceived stress among high school students, Eshtehard city, Alboez province, Iran. One hundred and sixty-seven high school students were asked to complete the Subjective Happiness scale (SHS), The Satisfaction with Life Scale (SWLS), General Self-efficacy (GSE), the Brief COPE, and Perceived Stress Scale (PSS). Results revealed a positive correlation between happiness with life satisfaction, self-efficacy, problem-focused coping, adopted coping and it was a negative correlation with stress. Self-efficacy is a significant positive correlated with life satisfaction, problem-focused coping and it is negative correlated with stress. However, the findings suggest that self-efficacy and problem-focused coping could influence on happiness and life satisfaction.

Keywords : happiness, life satisfaction, self-efficacy, perceived stress and coping strategies

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