

## Identifying the Source of Stress and Coping Strategies of Undergraduate Occupational Therapy Students' of BHPI in Bangladesh

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**Abstract :** This research set out to explore the source of stress and coping strategies of undergraduate Occupational Therapy students' of Bangladesh Health Professions Institute (BHPI) in Bangladesh. For that reason, a quantitative and prospective type survey has been conducted by the researcher with 27 student participants of BHPI Occupational Therapy department whose stress scores were  $\geq 40$  according to Zung's self-rating depression scale. Data was collected by using Bengali and English joined questionnaire of Inventory of College Students' Recent Life Experience and Ways of Coping Scale. The researcher followed 'Comprehensive sampling' procedure to study the entire group of population. From the in-depth analysis to data found some source of stress and coping strategies of the students'. Stress was found significantly more in 2nd year students rather than other years. Female students were more vulnerable for stress rather than male. The age ranges 18-20 years of students are more vulnerable for stress. The main sources of stresses are found that, a lot of responsibilities and too many things to do at once and not enough time to meet their obligation or duties. The important coping strategies are found that, they criticized or lectured their selves, tried not to burn their bridges, but leave things open somewhat and inspired to do something creative. Findings of the study highlighted the need for teachers-students interactive relationship for better academic performance. The study also discloses some important recommendations for the students and teachers. At last the findings of the study will help the Occupational Therapy students and teachers of BHPI.

**Keywords :** BHPI undergraduate occupational therapy students, stress, source of stress, coping strategies

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