

## Comparative Study of Medical and Fine Art Students on the Level of Perceived Stress and Coping Skills

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**Abstract :** Students often view their academic life demanding and stressful. However, apart from academics, stress springs from various other sources namely, finance, family, health, friends etc. The present study aims to assess the level of perceived stress in medical and fine arts students, and to determine the coping strategies used by the students to mitigate stress. The sample of the study consisted of 178 medical and fine arts students. The sample was selected through purposive sampling. Pearson correlation coefficient and T-test were used to analyze data. Results of the study revealed that there exists a positive relationship between perceived stress and coping strategies. Additionally, the two groups showed marked differences in terms of stress perception and coping styles. The level of perceived stress was found to be high in medical students nonetheless, they employed more positive coping strategies than fine arts students who scored high on negative coping strategies which are deleterious to the overall wellbeing.

**Keywords :** perceived stress, coping strategies, medical, fine arts students

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