

## Abstract

The main purpose of this research was to examine the sources of stress and the coping strategies of tertiary level students.

The data was collected by means of 480 questionnaires and in-depth interviews of 7 Mae Fah Luang University students. The participants were selected by the Stratified Random Sampling.

The questionnaire used in this study consisted of three parts: a Demographic Data Recording Form; the Sources of Stress Test; and the Ways of Coping Questionnaire. The reliability coefficient of the instruments were obtained by means of Cronbach's alpha. The reliability coefficient of the Sources of Stress Test and the Ways of Coping Questionnaire were 0.9292 and 0.8274 respectively. The major results of this study were as follows.

1. The three sources of stress which were assessed as "high to severe" which is the highest level that was measured were finance (50.42 %), family (50.21 %) and environment (45.83 %).

2. All the ways of coping were adopted. In order from most to least commonly used, ways of coping reported by students were : self-controlling (95.40 %), accepting responsibility ( 94.20 %), positive reappraisal (93.50 %), planful problem solving (93.10 %), seeking social support (93.10 %), confrontive coping (90 %), distancing (87.50 %) and escape-avoidance (77.30 %)

3. Students with high academic achievement used more problem-focused coping strategies than those with moderate and low academic achievement.