

## Future Oriented Coping And Job Hunting Among College Students

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1. Future-oriented coping will be negatively correlated with perceived pressure. 2. Future-oriented coping will be positively correlated with successful job hunting. 3. Proactive coping will be positively correlated with challenge ap-praisal of job hunting, but preventive coping will not. 4.

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Using a sample of Chinese college students (n = 216), the present study showed that future-oriented coping negatively correlated with perceived pressure and positively correlated with successful job hunting. The relationship between proactive coping and preventive coping was also explored. Structural equation modeling suggested that a sequence model was better than a parallel model; that is ...

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Key words: future-oriented coping, proactive coping, preventive coping, job hunting, college students, China In a person's career, the transition from school to work is a critical stage (Super & Hall, 1978). Individuals in this stage may encounter many difficulties, for example, seeking a job.

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Considering these links between foresight and career development, we predicted that future-oriented coping would have a positive effect on graduate job hunting. Proactive Coping and Preventive Coping . Aspinwall and Taylor (1997) first proposed the concept of proactive coping, which raised the issue of coping with future stress. They defined proactive coping as individuals' efforts to prepare for difficult changes and events that threaten personal goals or general well-being.

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Future?oriented coping is a strategy for coping with events that may happen in the future, including efforts to ensure positive outcome and protection from potential threats.

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Abstract Recent research has identified the value of distinguishing between employee's appraisals of their work?based challenge, hindrance, and threat job demands, and of how employee's future?oriented coping is associated with key occupational outcomes.

~~Seeing into the future: The role of future?oriented coping ...~~

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Future-Oriented Thinking, Proactive Coping, and the Management of Potential Threats to Health and Well-Being; Regulating Emotions during Stressful Experiences: The Adaptive Utility of Coping through Emotional Approach; The Dynamics of Stress, Coping, and Health: Assessing Stress and Coping Processes in Near Real Time

~~Future Oriented Thinking, Proactive Coping, and the ...~~

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Future orientation may not only motivate future-oriented behaviors, such as pursuing academic achievements and future goals, but also influence the decision making process about whether to engage in problem behaviors. If youth do not have positive expectations for the future and do not see current behaviors as linked to future goals they may not be concerned with the consequences of risk taking behaviors such as consuming substances, criminal involvement and violent behaviors.

~~Future orientation - Wikipedia~~

To begin coping with stress at work, identify your stress triggers. For a week or two, record the situations, events and people who cause you to have a negative physical, mental or emotional response. Include a brief description of each situation, answering questions such as:

~~Coping with stress: Workplace tips - Mayo Clinic~~

Although some aspects of future-oriented coping have been reported in studies of competitive athletes, little research to date has adopted a future-oriented approach to studying coping. We suggest...

~~(PDF) Future oriented approaches to coping~~

View more > Recent research has identified the value of distinguishing between employee's appraisals of their work-based challenge, hindrance, and threat job demands, and of how employee's future-oriented coping is associated with key occupational outcomes. The current study extends this research by assessing the extent to which employee's proactive and preventive coping techniques each directly and indirectly predicted challenge, hindrance, and threat appraisals.

~~Seeing into the future: The role of future-oriented coping ...~~

People with positive coping skills are described as using "more mature, flexible, purposive, future-oriented, reality-based, and metered approaches to combating stressful and anxiety-provoking situations, whereas those with negative coping skills are viewed as rigid, past-propelled, reality-distorting, and lack real time adaptive processes" (Liveneh et al., 1996, p. 503).

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