ABSTRACT

RESEARCH PAPER: The Relationship between Gender Role Conflict and Attitudes Towards Help-Seeking: What is the Role of Maladaptive Coping?

STUDENT: David Adams

DEGREE: Master of Arts

COLLEGE: College of Education (Teachers College)

DATE: July 2010

PAGES: 110

The present study sought to better understand the relationship between gender role conflict, coping, and attitudes towards seeking help. Structural equation modeling was used to assess the fit of this model. Post hoc modifications to this model were conducted in order to achieve an adequate fitting model. The results of the present study did not support the hypothesis that the direct relationship between gender role conflict and attitudes towards help-seeking was negative in nature. The hypothesis that maladaptive coping behaviors would lead to negative attitudes towards help-seeking was supported. The results of the present study found a covariant relationship between gender role conflict and coping behaviors. The results of the present study suggest that the coping behaviors identified as maladaptive may serve as adaptive, self-regulatory behaviors that do not adversely impact attitudes towards help-seeking. A plethora of relationships among the observed variables was found in the present study, suggesting greater complexity in these relationships than previously specified in the primary model.