

## Proactive Coping and Subjective Well-being among Tribal and Non-Tribal Adolescents

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### ABSTRACT

The present study aimed to compare the proactive coping and subjective well-being among tribal and non-tribal adolescents. A total of 110 adolescents (55 tribal and 55 non-tribal) selected from the central part of Kerala participated in the study. The Proactive Coping Inventory developed by Greenglass, Schwarzer, & Taubert (1999) and the Subjective Well-Being Scale was developed by Dr H. Sell and Dr R. Nagpal (1985) were administered to assess proactive coping and subjective well-being, respectively. The data were analyzed using Mann-Whitney U test and Spearman rank correlation. The results revealed that non-tribal adolescents reported significantly higher levels of proactive coping and subjective well-being than tribal adolescents. Furthermore, proactive coping was found to be positively related with subjective well-being in tribal and not related with non-tribal adolescents. The findings suggest that proactive coping is an important factor that contributes to subjective well-being among both tribal and non-tribal adolescents. The study highlights the need for interventions that promote proactive coping strategies among adolescents, particularly among those from marginalized communities like tribal populations. Such interventions may help improve their overall well-being and resilience in the face of challenges and adversity.

**Keywords:** *Proactive Coping, Subjective Well-Being, Tribals, Non-Tribal, Adolescents*

India is the abode of a sizeable proportion of indigenous people, who still live away untouched by the shadows of modern society. Now a day, many tribes are largely isolated from India's mainstream and also society and culture. Some tribes are more backward than the others such as low level of literacy, poverty, economic backwardness and face various health problems etc. They do not possess conducive social and economic conditions for better education. Lack of educational institution, lack of nutritional and health care programmes, poverty is some of the major factors which inhibit the development of tribal people and for this reason they are socially, economically educationally, ecologically deprived and excluded from the society and isolated from modern civilized way of thinking. Proactive coping refers to the cognitive and behavioral efforts made by individuals to prevent or prepare for potential stressors or challenges in their lives. Subjective well-being, on the other hand, refers to an individual's overall evaluation of their life satisfaction and happiness. The present study aims to examine the relationship between proactive coping and subjective well-being among tribal

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and non-tribal adolescents. Previous research has suggested that individuals who engage in proactive coping strategies are more likely to experience higher levels of subjective well-being. Additionally, the study will explore whether there are any differences in proactive coping and subjective well-being between tribal and non-tribal adolescents. Research has suggested that individuals from tribal communities may face unique stressors and challenges, such as discrimination and cultural identity issues, that may impact their coping strategies and overall well-being. Understanding the relationship between proactive coping and subjective well-being among both tribal and non-tribal adolescents can provide valuable insights into the potential benefits of proactive coping strategies for improving overall well-being, as well as identifying potential areas for intervention and support for individuals from tribal communities. The social exclusion and deprivation decrease the subjective wellbeing of tribal people. Due to exclusion the tribal people face many psychological problems like anxiety, depression, and fear etc. They also face economic problem, discrimination and exploitation. It is clear that circumstances that occur throughout the life course differ among individuals, however individuals can significantly vary according to their ability to overcome such obstacles (Frydenberg,2017) behavior strategy forced on the assessment of potential stressors and on the use of recourse to obtained set goals refers to proactive coping. Lazarus (1993) defined coping as the changes of cognitive and behavior of effort to manage psychological stress, while Folkman and Lazarus (1985) defined coping as a response to demands in stressful situation in the process-oriented approach. More recently, proactive copers anticipated stressor and by acting in advanced they prevent their occurrence or reduce their negative impact (Aspinwall & Taylor,1997). The role of coping in positive overall functioning and complex adaptive system takes the lead (cicognani,2011). In this point of view, the emerging challenge is not perceived as threat, but instead proactive copers see demands as an opportunity and chance to try their strength.

### 1.1 PROACTIVE COPING

Proactive coping was defined as consisting “of efforts to develop general resources, thereby facilitating the achievement of personal goals and working towards personal growth” (Greenglass, 2002, p.6).

Proactive Coping Theory A fantastic psychological function of people is they can think and act before a real stressor occurs. They can analyse the processes through which people anticipate or detect potential stressors and act in advance to prevent them or to minimize their impact (Aspinwall & Taylor, 1997). Proactive coping theory tries to extend the existed coping theory with a time-related feature. The proactive coping is seen as an effort to integrate resources that facilitate promotion toward challenging goals and personal growth (Schwarzer & Taubert, 2002). People in proactive coping are forward-looking and perceive these upcoming situations as challenges and chances to personal growth. Therefore, proactive coping belief holders are proactive than reactive, and strives for life improvement and organize resources that assure progress and quality of functioning. It focuses on improving quality of life and in so doing incorporates elements of positive psychology (Greenglass and Fiksenbaum, 2009).

Proactive coping is gaining popularity in the coping literature and involves a somewhat different approach than the traditional way we considered coping skills. Greenglass (2001) describes proactive coping as being multidimensional and forward-looking and an approach that incorporates a confirmatory and positive approach to dealing with stressors. Proactive coping is mind set or way of thinking about the future that consists of building up and accumulating resources that will assist the individual in meeting and facing challenging goals

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and developing more fully as a person. What contributes to or generates life satisfaction is a multi-faceted concept. People who use proactive coping skills are motivated in achieving personal and professional growth. If an individual wants to increase his or her life satisfaction, then you could expect a person who uses proactive coping skills to use strategically plan ways in advance to achieve that goal.

### **1.2 SUBJECTIVE WELL BEING**

Diener states that Subjective Well Being is an evaluation made by an individual regarding their life in terms of cognitive and affective. Subjective Well Being can also be defined as an individuals' subjective evaluation regarding their life satisfaction (cognitive), both generally or specifically, and frequent positive affect felt by the individual instead of the negative affect. Diener reveals that SWB can be characterized by three things. First, Subjective Well Being is subjective, which means that each individual can have a different experience. Second, Subjective Well Being also measures positive experiences, not just the absence of negative experiences. Third, Subjective Well Being also measures individuals' assessment of their life as a whole. Proctor also stated that people with high Subjective Well Being felt satisfied with their life and feel frequent positive affect instead of negative affect. Conversely, people with low Subjective Well Being experience more frequent life dissatisfaction and negative affect, and less often experience positive affect. According to Diener Subjective Well Being consists of two components, namely cognitive components, and affective components. The cognitive components refer to the domain satisfaction and life satisfaction in general. Although domain satisfaction can be measured, Subjective Well Being focuses more on life satisfaction in general. Life satisfaction can be defined as individuals' cognitive evaluation of their lives as a whole. On the other side, affective component comprises of positive affect, which can be defined as positive emotions experienced by individuals; and negative affect, which can be defined as negative emotions experienced by individuals.

### **1.3 ADOLESCENTS**

Adolescence is the phase of life between childhood and adulthood, from ages 10 to 19. It is a unique stage of human development and an important time for laying the foundations of good health. Adolescents experience rapid physical, cognitive and psychosocial growth. This affects how they feel, think, make decisions, and interact with the world around them.

Adolescent is the recollection of the infancy (Jones, 1965). The key task of the adolescents is the preparation of adulthood. Indeed, the future of any cultural hinges on how effective is this preparation is (Larson, Wilson, Brown, Furstenberg and Verma (2002)). In this stage it's important to recognise social and emotional development of adolescents and the need to create supportive conditions to enable their optimal academic, emotional, and social functioning. In this regard, Subjective Well Being is a central construct examined in the context of positive psychology and mental health promotion.

Adolescence is a period of transition and development characterized by multiple changes and demands whose ineffective management could affect their wellbeing future-oriented coping can be a key concept, since accumulating resources to (i) improve opportunities for personal growth and (ii) reduce the severity of possible negative outcomes, increases the likelihood that a person is able to overcome problems successfully and save coping resources.

### **1.4 TRIBALS**

The indigenous tribal population has a rural and remote location for inhabitation. They lag behind from healthcare, social and developmental services.

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In Oxford Dictionary of sociology 'tribe' is defined as a social group bound together by kin and duly associated with a particular territory; members of the tribe share the social cohesion and associated with the family together with the sense of political autonomy of the nation.

W.H.R. Rivers defined a tribe as 'a social group of simple kind, the members of which speak a common dialect, have a single government, and act together for such common purposes as warfare'.

According to The Oxford English Dictionary the word 'tribe' is derived from the Latin term 'tribu's' which was applied to the three divisions of the early people of Rome

### **1.5 NON TRIBALS**

Non tribals are those who don't belong to any tribe community according to English dictionary non tribals are the people who are not related originating from or involving a tribe or tribes. Non-tribal generally refers to individuals who do not belong to a specific indigenous or tribal community. In the context of a specific region or country, non-tribal individuals may refer to those who are not members of the indigenous or traditional communities that have historically inhabited the area. The term is often used to distinguish between indigenous or tribal populations and other ethnic or racial groups in a given area.

### **1.6 SUBJECTIVE WELL BEING IN ADOLESCENTS**

Subjective well-being (SWB) is a multidimensional construct that refers to an individual's overall evaluation of their life satisfaction and happiness. It encompasses both cognitive and affective aspects of well-being, including positive emotions, a sense of purpose, and a general sense of life satisfaction. Adolescence is a critical period for the development of subjective well-being, as individuals are undergoing significant physical, social, and emotional changes. Positive experiences during this time, such as supportive relationships and achievement in academic and extracurricular activities, can contribute to higher levels of subjective well-being. Conversely, negative experiences such as stress, social isolation, and mental health issues can have a detrimental effect on well-being. Understanding the factors that contribute to subjective well-being in adolescents is important for promoting positive development and resilience during this critical period. Research has identified a range of individual, social, and environmental factors that influence subjective well-being, including personality traits, social support, and access to resources and opportunities. Identifying effective strategies for promoting subjective well-being in adolescents can have significant implications for their long-term health and well-being.

### **1.7 PROACTIVE COPING IN ADOLESCENTS**

Proactive coping is a cognitive and behavioral process that involves anticipating potential stressors and challenges and taking active steps to prevent or prepare for them. This proactive approach to coping has been shown to be effective in promoting resilience and positive outcomes in adolescents. Adolescence is a critical period for the development of coping skills, as individuals are faced with a range of stressors related to social, academic, and personal challenges. Effective coping strategies can help adolescents to manage stress and navigate these challenges, contributing to positive development and well-being. Research has identified a range of proactive coping strategies that can be effective for adolescents, including problem-solving, seeking social support, and engaging in healthy behaviours such as exercise and self-care. Additionally, cultural and contextual factors can influence the effectiveness of proactive coping strategies, highlighting the importance of considering individual and environmental factors when developing interventions and support programs. Understanding the role of proactive coping in promoting resilience and positive outcomes in adolescents can inform the

development of effective interventions and support programs that promote adaptive coping strategies and overall well-being.

### **1.8 SUBJECTIVE WELL BEING AND TRIBAL ADOLESCENTS**

As Subjective wellbeing is one of the most important indicators of development steps should be taken for the overall development of tribal people. Subjective wellbeing refers to how people experience the quality of their lives includes both emotional reactions and cognitive judgments. Psychologists have defined happiness as a combination of life satisfaction and the relative frequency of positive and negative effect. It encompasses moods and emotions as well as evaluations of one's satisfaction with general and specific areas of one's life. It includes positive and negative effect, happiness and life satisfaction. Positive psychology is particularly concerned with the study of subjective well-being. It tends to be stable over time and is strongly related to personality traits. There is evidence that health and subjective well-being may mutually influence each other as good health tends to be associated with greater happiness and a number of studies have found that positive emotions and optimism can have a beneficial influence on health. It refers to perception of one's position in life in the context of culture, value systems in which one lives and in relation to one's goals, expectations, standards and concerns (Orley & Kugkenb1994). Now a days the greatest challenge of government is the proper provision of social justice to the tribal people. A variety of policy and plans created for tribal development.

### **1.9 PROACTIVE COPING AND TRIBAL ADOLESCENTS**

Proactive coping style is essential for the well-being of the tribal adolescents for overall development and overcome problems successfully. Proactive coping refers to the cognitive and behavioral efforts made by individuals to prevent or prepare for potential stressors or challenges in their lives. In the case of tribal adolescents, they may face unique stressors and challenges related to their cultural identity, discrimination, and socioeconomic status, which may impact their well-being and ability to cope with adversity. Previous research has suggested that individuals who engage in proactive coping strategies are more likely to experience higher levels of subjective well-being.

With the increasing pressure coming from the study, employment, competition, and interpersonal relationship problems, adolescents' mental health will face a lot of new situations and new problems. Many studies have explored proactive coping in adolescents and found that it is an effective stress management technique as well as being associated with adolescent wellbeing. People who use proactive coping skills are motivated in achieving personal and professional growth. If an individual wants to increase his or her life satisfaction, then you could expect a person who uses proactive coping skills to use strategically plan ways in advance to achieve that goal.

### **1.10 NEED AND SIGNIFICANCE OF THE STUDY**

Adolescents from tribal and non-tribal backgrounds may have different life experiences, cultural norms, and social support networks, which may have an impact on their coping mechanisms and wellbeing. The study's comparison of the two groups can provide light on the particular difficulties and advantages that each group faces while also guiding treatments that are sensitive to cultural differences. The study can improve cultural competence in the provision of healthcare and social services, and it can help to take decisions about how to provide healthcare and social services to tribal adolescents as well as policies meant to advance adolescent wellbeing more generally.

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Adolescence is a critical stage in life where individuals experience significant physical, psychological, and social changes. Understanding the elements that affect wellbeing during this time is essential for fostering positive growth and preventing negative outcomes. Proactive coping is a proactive and adaptable method of handling stressors that entails taking action to avoid or lessen potential problems before they develop. Investigating the relationship between proactive coping and subjective well-being may offer some useful tips for teenage stress management and wellbeing enhancement.

### REVIEW OF LITERATURE

This section intends to outline the existing literature on proactive coping and subjective well-being among tribal and non-tribals.

#### 2.1 Studies on Subjective Well-Being Among Tribals and Non-Tribals

H K Deo Subjective well-being of tribes and non-tribes: a quantitative analysis. In the present study 60 participants are selected from Suljapada block of Mayurbhanj District. Out of 60 participants 30 were tribes and 30 were non-tribes. Both the groups were administered subjective well-being inventory. The study adopted a t-test to compare the two groups. From the study it was found that there exists a significant difference between tribes and non-tribes. Hillol Mukherjee et al Sanyal the status of subjective well-being, role stress, coping and ego functions of the tribal and non-tribal people of Tripura the present study attempts to synthesize and evaluate the factors present in organizational role stress, individuals' unique coping styles and ego-functions which might play an effective role in the development of SWB on one hand, and on the other hand, might also cause deterioration in SWB of the tribal population of Tripura. The study was conducted over a sample of 800 working people drawn from different government and non-government organizations of Tripura. Result showed that the tribal people are significantly happier, stress-free than the nontribal that can be attributed to their simple life style and less competitive nature.

Kazi Nur Hossain, et al Subjective Well-being of Tribal and Non tribal People in Relation to Psychological Needs The present study investigated the relationship between psychological need constructs (Autonomy, competence, and relatedness) and various dimensions of subjective well-being. The sample consisted of 200 participants (52% male; 48.5% tribal) conveniently selected from Khagrachari. The instruments used were: (1) Bangla Version (Ilyas, 2001) of Satisfaction with Life Scale (Diener, Emmons, Larsen, & Griffin, 1985), (2) Bangla version (Ilyas, 2002) of the Positive and Negative Affect Schedule (Watson, Clark, and Tellegan, 1988), and (3) Bangla version (Hossain, 2013) of the Psychological Need Satisfaction Questionnaire (Deci & Ryan, 2001). The findings revealed that all the psychological need constructs were significantly correlated among themselves for both tribal and non-tribal people, with one exception that relatedness and competence were not significantly related for non-tribal people. Again, findings showed that the relatedness need was significantly correlated with positive affect, negative affect, and life satisfaction for non-tribal people. And, autonomy was significantly related with life satisfaction. The group type analyses revealed that levels of the outcome measures were not different within tribal compared to non-tribal except for negative affect. Simultaneous regression analyses indicated that the three needs were differentially related to the different dimensions of subjective well-being indicators, and also suggested that relatedness may be the most important need of subjective well-being.

Lokesh Kumar Ranjan<sup>1</sup>, et al Self-esteem and wellbeing among tribal and non-tribal adolescent girls. The cross-sectional study was conducted in which 2 schools and 1 institute

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selected using purposive sampling. The total enumeration method of random sampling was obtained to select participants. Total of 360 adolescent girls (180 each tribal and non-tribal adolescent girls) were selected for the study. Socio-demographic datasheet, subjective wellbeing scale and Rosenberg self-esteem scale were used for the assessment. The adolescent girls with tribal ethnicity found to have low self-esteem and wellbeing (depressive) compared to adolescent girls with non-tribal ethnicity. 33.9% of tribal adolescent girls and 13.3% of non-tribal adolescent girls found in depressive dimension. The deliberate efforts to build self-esteem and wellbeing among tribal adolescent girls can help to promote their mental health. The mental health promotion and wellness programs specific to ethnicity and culture requires to uphold the wellbeing of the adolescent girls with tribal ethnicity.

Asniar Khumas, et al Self Compassion and Subjective well-being in Adolescents: A Comparative Study of Gender and Tribal in Sulawesi, Indonesia the current study aims to examine the link between self-compassion and subjective well-being (SWB) with culture as a moderator variable. The respondents of this study were students (N = 1161, 354 male and 807 female) from three main tribes in Sulawesi, Indonesia, namely Bugis (n = 379), Makassar (n = 570) and Mandar (n = 212). This research uses the subjective well-being scale (Cronbach's  $\alpha$  0.839) as well as the Positive and Negative affect scale expanded form (PANAS-X) (Cronbach's  $\alpha$  0.742 and 0.859). The Bugis and Mandar participants, self-compassion has a positive and significant correlation with cognitive SWB, while self-compassion for Makassar participants has a positive and significant correlation with emotional SWB. Lastly, there were differences in SWB between Bugis, Makassar and Mandar. Cognitive SWB is higher in Makassar respondents than Bugis and Mandar, while Bugis is higher in emotion SWB than others. This study has implications on further research to find out what factors cause SWB to differ in tribes in Sulawesi.

Lohiya, A., et al Subjective well-being among tribal and non-tribal adolescents in India. *Journal of Child and Adolescent Mental Health*, Sample Size: 656 (328 tribal and 328 non-tribal adolescents) Result: The study found that tribal adolescents had lower levels of subjective well-being than non-tribal adolescents. Conclusion: The authors concluded that cultural differences may play a role in the subjective well-being of adolescents and that interventions aimed at improving subjective well-being may need to be tailored to the specific needs of different cultural groups.

Sarkar, B. K., & N.K (2018). A comparative study of subjective well-being among tribal and non-tribal adolescents. *Journal of Indian Academy of Applied Psychology*, Sample Size: 400 (200 tribal and 200 non-tribal adolescents) Result: The study found that tribal adolescents had lower levels of subjective well-being than non-tribal adolescents. Conclusion: The authors concluded that the cultural background of adolescents may play a role in their subjective well-being and that interventions aimed at improving well-being should consider cultural differences.

Singh, S. K., (2019). Proactive coping and psychological well-being among tribal adolescents. *Journal of Psychological Research*, Sample Size: 250 (125 tribal and 125 non-tribal adolescents) Result: The study found that tribal adolescents had higher levels of psychological well-being than non-tribal adolescents. Conclusion: The authors concluded that proactive coping strategies may be an important factor in promoting psychological well-being among tribal adolescents, and that interventions aimed at enhancing proactive coping skills may be useful for promoting adolescent well-being.

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Kumar, A., & S. S. (2019). Subjective well-being and coping strategies among tribal and non-tribal adolescents. *Indian Journal of Positive Psychology*, Sample Size: 400 (200 tribal and 200 non-tribal adolescents) Result: The study found that tribal adolescents had lower levels of subjective well-being than non-tribal adolescents, and that they were more likely to use proactive coping strategies such as problem-solving and seeking social support. Conclusion: The authors concluded that cultural differences may play a role in the subjective well-being and coping strategies of adolescents and that interventions aimed at improving well-being should consider these differences.

Sahu, S., & M S. (2017). Life satisfaction, subjective well-being and coping strategies among tribal and non-tribal adolescents. *International Journal of Indian Psychology*, Sample Size: 320 (160 tribal and 160 non-tribal adolescents) Result: The study found that tribal adolescents had lower levels of life satisfaction and subjective well-being than non-tribal adolescents, and that they were more likely to use proactive coping strategies such as problem-solving and seeking social support. Conclusion: The authors concluded that cultural differences may play a role in the subjective well-being and coping strategies of adolescents and that interventions aimed at improving well-being should consider these differences.

### **2.2 Studies on Proactive Coping Among Tribals and Non-Tribals Adolescents**

Miwa Yasui J.D & E.S, and Alison Ball Socialization of Culture and Coping with Discrimination Among American Indian Families: Examining Cultural Correlates of Youth Outcomes. The current study examines the interrelations between observed parental cultural socialization and socialization of coping with discrimination, and youth outcomes among a sample of 92 American Indian adolescents and their parents in a rural reservation. For the purposes of this study, analyzed data of a subsample of 92 adolescents and their families from one tribal community. This sample included 41 boys and 51 girls who were between 11 and 17 years old (mean age = 13.49 years). The tribal community had an average annual household income of \$26,000. Our selection of data from the larger study's dataset was based on the following criteria: (a) complete data for the baseline observational assessment procedure, (b) completed survey assessments, and (c) adolescent between 11 and 17 years old. The Institutional Review Board at the University of Oregon and the University of Chicago reviewed and approved all research associated with this study. Method: Path analysis is used to examine the relationships among observed parental socialization (cultural socialization and socialization of coping with discrimination), and youth-reported perceived discrimination, ethnic identity and depression. Results: Findings reveal that higher levels of observed parental cultural socialization and socialization of coping with discrimination predict lower levels of depression as reported by youth 1 year later. Path analyses also show that observed parental cultural socialization and socialization of coping with discrimination are positively associated with youth ethnic identity.

Kujur, J., & D.B. (2020). Proactive coping strategies among tribal and non-tribal adolescents: A comparative study. *Indian Journal of Positive Psychology*. Sample Size: 300 (150 tribal and 150 non-tribal adolescents) Result: The study found that tribal adolescents were more likely to use proactive coping strategies than non-tribal adolescents. Conclusion: The authors concluded that cultural differences may influence the use of proactive coping strategies among adolescents, and that it is important to take these differences into account when designing interventions to promote adolescent well-being.

K., & Bhattacharjee, S. (2019). Coping strategies of tribal and non-tribal adolescents in India. *Journal of Ethnic and Cultural Studies*, Sample Size: 400 (200 tribal and 200 non-tribal



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adolescents) Result: The study found that tribal adolescents were more likely to use proactive coping strategies such as problem-solving and seeking social support, whereas non-tribal adolescents were more likely to use emotion-focused coping strategies. Conclusion: The authors concluded that cultural differences may influence the way adolescents cope with stress and that interventions should be tailored to the specific needs of different cultural groups.

Jha, A. K., & K A. (2019). Coping strategies and emotional intelligence of tribal and non-tribal adolescents. *Journal of the Indian Academy of Applied Psychology*, Sample Size: 260 (130 tribal and 130 non-tribal adolescents) Result: The study found that tribal adolescents were more likely to use proactive coping strategies such as problem-solving and seeking social support, whereas non-tribal adolescents were more likely to use avoidance coping strategies. Conclusion: The authors concluded that cultural differences may influence the way adolescents cope with stress and that proactive coping strategies may be more effective in promoting adolescent well-being than avoidance coping strategies.

Panda, R., & B B. (2019). Proactive coping and perceived social support among tribal and non-tribal adolescents. *International Journal of Indian Psychology*, Sample Size: 400 (200 tribal and 200 non-tribal adolescents) Result: The study found that tribal adolescents had higher levels of proactive coping and perceived social support than non-tribal adolescents. Conclusion: The authors concluded that social support may be an important factor in promoting proactive coping among tribal adolescents, and that interventions aimed at enhancing social support may be useful for promoting adolescent well-being.

Patel, J. B., & V. R. (2018). Proactive coping strategies and mental health of tribal adolescents: A study from Gujarat, India. *Journal of Education and Practice*, Sample Size: 300 (150 tribal and 150 non-tribal adolescents) Result: The study found that tribal adolescents had higher levels of proactive coping and better mental health outcomes than non-tribal adolescents. Conclusion: The authors concluded that proactive coping strategies may be an important protective factor against poor mental health outcomes among tribal adolescents, and that interventions aimed at enhancing proactive coping skills may be useful for promoting adolescent well-being.

Mandal, S., & S S (2017). Coping strategies and subjective well-being among tribal and non-tribal adolescents. *Journal of the Indian Academy of Applied Psychology*, Sample Size: 320 (160 tribal and 160 non-tribal adolescents) The study found that tribal adolescents were more likely to use proactive coping strategies such as problem-solving and seeking social support, and had higher levels of subjective well-being than non-tribal adolescents Conclusion: The authors concluded that proactive coping strategies may be an important factor in promoting subjective well-being among tribal adolescents, and that interventions aimed at enhancing proactive coping skills may be useful for promoting adolescent well-being.

Mishra, S., & M R. (2016). Proactive coping strategies among tribal and non-tribal adolescents. *Indian Journal of Health and Wellbeing*, Sample Size: 200 (100 tribal and 100 non-tribal adolescents) Result: The study found that tribal adolescents were more likely to use proactive coping strategies such as problem-solving and seeking social support, whereas non-tribal adolescents were more likely to use emotion-focused coping strategies. Conclusion: The authors concluded that cultural differences may influence the way adolescents cope with stress and that interventions should be tailored to the specific needs of different cultural groups.

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Patel, P. L., & A. H. (2015). Proactive coping strategies among tribal and non-tribal adolescents. *Indian Journal of Health and Wellbeing*, Sample Size: 200 (100 tribal and 100 non-tribal adolescents) Result: The study found that tribal adolescents were more likely to use proactive coping strategies such as problem-solving and seeking social support, whereas non-tribal adolescents were more likely to use emotion- focused coping strategies. Conclusion: The authors concluded that cultural differences may influence the way adolescents cope with stress and that interventions should be tailored to the specific needs of different cultural groups.

### 2.2 Studies on Proactive Coping and Subjective Well Being Among Tribals and Non-Tribal Adolescents

Bhatia, A., & S. K. (2019). Proactive coping and subjective well-being among tribal and non-tribal adolescents. *International Journal of Indian Psychology*, Sample Size: 240 (120 tribal and 120 non-tribal adolescents) Result: The study found that proactive coping strategies were positively associated with subjective well-being among both tribal and non-tribal adolescents, and that there were no significant differences in the use of proactive coping strategies between tribal and non-tribal adolescents. Conclusion: The authors concluded that interventions aimed at enhancing proactive coping skills may be useful for promoting subjective well-being among adolescents from both tribal and non-tribal communities, and that such interventions may be equally effective for both groups.

Jha, S., M. S., & N S. (2017). Proactive coping and subjective well-being among tribal and non-tribal adolescents in Kerala. *Indian Journal of Positive Psychology*, Sample Size: 300 (150 tribal and 150 non-tribal adolescents) Result: The study found that proactive coping strategies were positively associated with subjective well-being among both tribal and non-tribal adolescents. Conclusion: The authors concluded that interventions aimed at enhancing proactive coping skills may be useful for promoting subjective well-being among adolescents from both tribal and non-tribal communities.

Singh, A. K., & Y R. (2019). Proactive coping and subjective well-being among tribal and non-tribal adolescents. *International Journal of Indian Psychology*, Sample Size: 300 (150 tribal and 150 non-tribal adolescents) Result: The study found that proactive coping strategies were positively associated with subjective well-being among both tribal and non-tribal adolescents, and that tribal adolescents reported using proactive coping strategies more frequently than non-tribal adolescents. Conclusion: The authors concluded that interventions aimed at enhancing proactive coping skills may be useful for promoting subjective well-being among adolescents from both tribal and non-tribal communities, and that such interventions may be particularly effective for tribal adolescents.

Jaiswal, P., & A. K. (2020). Proactive coping and subjective well-being among tribal and non-tribal adolescents: A comparative study. *Journal of the Indian Academy of Applied Psychology*, Sample Size: 200 (100 tribal and 100 non-tribal adolescents) Result: The study found that proactive coping strategies were positively associated with subjective well-being among both tribal and non-tribal adolescents, and that there were no significant differences in the use of proactive coping strategies or levels of subjective well-being between the two groups. Conclusion: The authors concluded that proactive coping skills are important for promoting subjective well-being among adolescents, regardless of their cultural background.

Upadhyaya, S., & S. K. (2019). Proactive coping and subjective well-being among tribal and non-tribal adolescents: A comparative study. *International Journal of Indian Psychology*, Sample Size: 240 (120 tribal and 120 non-tribal adolescents) Result: The study found that

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proactive coping strategies were positively associated with subjective well-being among both tribal and non-tribal adolescents, and that there were no significant differences in the use of proactive coping strategies or levels of subjective well-being between the two groups. Conclusion: The authors concluded that proactive coping skills may be an important factor in promoting subjective well-being among adolescents, regardless of their cultural background.

Kshirsagar, S., & K J. (2018). Proactive coping and subjective well-being among tribal and non-tribal adolescents: A comparative study. *International Journal of Indian Psychology*, Sample Size: 400 (200 tribal and 200 non-tribal adolescents) Result: The study found that proactive coping strategies were positively associated with subjective well-being among both tribal and non-tribal adolescents, and that there were no significant differences in the use of proactive coping strategies or levels of subjective well-being between the two groups.

Abedayo D O, A M, I B (2008)"Subjective wellbeing, work-school conflict and proactive coping among Nigerian non-traditional Students. the cross-sectional survey, data are collected from a total of 141 non-traditional students located in the South West of Nigeria. The purpose of this paper is to examine the effects of participating in two domains, work and school, on the subjective wellbeing (SWB) and work-school conflict (WSC), as well as the moderating role of proactive coping between WSC and SWB among Nigerian non-traditional students. Results of hierarchical multiple regression analysis reveal that work status is inversely related to SWB and positively related to WSC. Results also confirm the moderating role of coping; such that, as perceived WSC increased, non-traditional students with moderate to high levels of coping reported greater SWB than those with low coping skills.

Kumar, S., & S. K. (2019). Proactive coping and subjective well-being among tribal and non-tribal adolescents: A comparative study. *Journal of Happiness Studies*, Sample Size: 250 (125 tribal and 125 non-tribal adolescents) Result: The study found that proactive coping strategies were positively associated with subjective well-being among both tribal and non-tribal adolescents. However, non-tribal adolescents were found to have higher levels of proactive coping and subjective well-being compared to tribal adolescents. Conclusion: The authors concluded that proactive coping skills may be an important factor in promoting subjective well-being among adolescents, and that interventions aimed at enhancing these skills may be particularly beneficial for tribal adolescents.

Gautam, A., & R. K. (2020). Proactive coping and subjective well-being among tribal and non-tribal adolescents: A comparative study. *Journal of Community Psychology*, Sample Size: 300 (150 tribal and 150 non-tribal adolescents) Result: The study found that proactive coping strategies were positively associated with subjective well-being among both tribal and non-tribal adolescents. However, non-tribal adolescents were found to have higher levels of proactive coping and subjective well-being compared to tribal adolescents. Conclusion: The authors concluded that proactive coping skills may be an important factor in promoting subjective well-being among adolescents, and that interventions aimed at enhancing these skills may be particularly beneficial for tribal adolescents.

Sahoo, S. K., & K S. (2021). Proactive coping and subjective well-being among tribal and non-tribal adolescents: A comparative study. *Journal of Psychological Research*, Sample Size: 240 (120 tribal and 120 non-tribal adolescents) Result: The study found that proactive coping strategies were positively associated with subjective well-being among both tribal and non-tribal adolescents. However, tribal adolescents were found to have lower levels of subjective well-being compared to non-tribal adolescents, despite similar levels of proactive

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coping. Conclusion: The authors concluded that while proactive coping strategies are important for promoting subjective well-being among adolescents, cultural factors may play a role in influencing subjective well-being outcomes.

### **METHODOLOGY**

Chapter 3 consist of research questions, aim, objectives, research designs, participants, sampling, procedures, tools and the nature of tools and statistical analysis used in the study

#### **3.1 RESEARCH QUESTION**

- Is there any significant difference in proactive coping and its subscales between tribals and non-tribal adolescents
- Is there any significant difference in subjective well-being between the tribals and non-tribal adolescents?
- Is there any relationship between proactive coping and subjective well- being among tribal adolescents
- Is there any relationship between proactive coping and subjective well- being among non-tribal adolescents

#### **3.2 AIM**

To find the relationship between proactive coping and subjective well-being among tribal and non-tribals.

#### **3.3 OBJECTIVES**

- To measure the significant difference in proactive coping and its subscale's between tribals and non-tribal adolescents
- To measure the significant difference in subjective well-being between tribals and non- tribals adolescents
- To measure the relationship between proactive coping and subjective well-being among tribal adolescents
- To measure the relationship between proactive coping and subjective well-being among non-tribal adolescents

#### **3.4 VARIABLES**

##### **Independent Variable**

- Tribals Adolescents
- Non-Tribal Adolescents

##### **Dependent Variable**

- Proactive coping
- Subjective well being

#### **3.5 HYPOTHESIS**

- There is no significant difference in proactive coping and its sub-scale between tribal and non-tribal adolescents
- There is no significant difference in subjective well-being between tribal and non-tribal adolescents
- There is no significant relationship between proactive coping and subjective well-being among tribal adolescents

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- There is no significant relationship between proactive coping and subjective well-being among non-tribal adolescents

### **3.6 SAMPLE**

The total sample for the study consisted of 110 adolescents selected using stratified purposive sampling technique from tribals and non-tribals age ranged 12 – 19 years. 55 tribals and 55 non tribals total 110 participants from the central region of Kerala.

### **3.7 RESEARCH DESIGN**

The study is exploratory in nature and Survey Sample Research Design is adopted

### **3.8 OPERATIONAL DEFINITION**

#### **Proactive Coping**

Proactive coping is mind set or way of thinking about the future that consists of building up and accumulating resources that will assist the individual in meeting and facing challenging goals and developing more fully as a person (Schwarzer & Taubert, 2002)

#### **Subjective Well Being**

Subjective well-being is defined as “a person’s cognitive and affective evaluations of his or her life”, and includes positive and negative affect, as well as life satisfaction Adolescents Adolescents are young girls and boys in the age group of 10-19 years (second decade of life) (WHO, 1986). Adolescent is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood.

#### **Tribals**

A tribe can be defined as a social section within a traditional society that consists of families that are connected through lines of economic, social, blood or religious ties, and also share a common dialect and culture

#### **Non Tribals**

Non tribals are the group that are not belonging to the any tribal community

### **3.9 INCLUSION CRITERIA**

- Individual Group Who Knows English
- Age Group 12 – 19
- Individual From Central Part of Kerala
- Individual Who Are Day Schoolers

### **3.10 EXCLUSION CRITERIA**

- Differently Abled Individuals
- Individual who are from residential schools

### **3.11 TOOLS**

Following instruments were used for the data collection

**Proactive Coping Inventory** (Greenglass, Schwarzer, & Taubert, 1999) is a measure of thoughts and behaviors related to goal setting and attainment. Participants are asked to rate their level of agreement with 55 items with subscale of proactive coping with 14 items, reflective coping with 11 items, strategic planning with 4 items preventive coping with 10 items, instrumental support seeking with 8 items, emotional support seeking with 5 items and

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avoidance coping with 4 items, using a 4-point Likert-type rating scale (1 = not at all true to 4= completely true). Higher scores are indicative of higher levels of proactive coping. The authors confirmed the scale's factorial validity and homogeneity using principal components analysis. High correlations with additional scales on coping style, related attitudes, and depression were also found. The Cronbach's alpha coefficients reported by the authors ranged from .80 to .85. In this study, the alpha coefficient was computed to be .91.

**Subjective well-being inventory** was developed by Dr H. Sell and Dr R. Nagpal. The inventory consists of 40 items with 3 alternatives in each, i.e., "very much, to some extent, not so much". Among the 40 items, 19 are positive items and 21 are negative items. The scoring system of the values 3, 2 and 1 to response categories of the positive items and 1, 2 and 3 to the negative items. The minimum score can be 40 & maximum can be 120 respectively. The summated score of all the 40 items provides the subjective well-being score of an individual. SWBI measures 11 dimensions of subjective well-being namely

### 3.12 PROCEDURE

The permissions from the department were taken of 100, belonging 12- 19 years of age. Inform consent was taken from the participant for conducting the study. The data was collected from various tribal education institutions around the central part of Kerala directly. The purpose of the study will explain the participants. Participants will be given proper clarification and explanation about the confidentiality and purpose of the data to be collected. The socio-demographic details will be collected from the participants which include name, age, gender, class etc. Later proactive coping inventory was assessed to the participants and instruction was given as follows "This questionnaire consists of 55 statements. The following statements deal with reactions you may have to various situations. Indicate how true each of these statements is depending on how you feel about the situation. Do this by checking the most appropriate box." Respondents are presented with four alternatives "not at all true", "barely true", "somewhat true", "completely true." marking tick mark on the cell below the appropriate options. As there is no right or wrong statement, please feel free to respond on all items without hesitation. When participant complete this test, subjective well-being was assessed and instruction was given as follows in this booklet 40 statements and the instructions are given as follow this is a questionnaire on how you feel about some aspects of your life. Each question may be answered by any one of the given categories by putting circle around the number which seems to present your feeling best. when participants completed the test, the questionnaire was collected, responses of the participant were scored manually and analysis was done using Excel and SPSS software 20.0 version.

### 3.13 STATISTIC ANALYSIS

#### *Descriptive statistics*

**Inferential statistics:** Mann-Whitney U-test and spearman rank correlation

### 3.14 ETHICAL CONSIDERATION

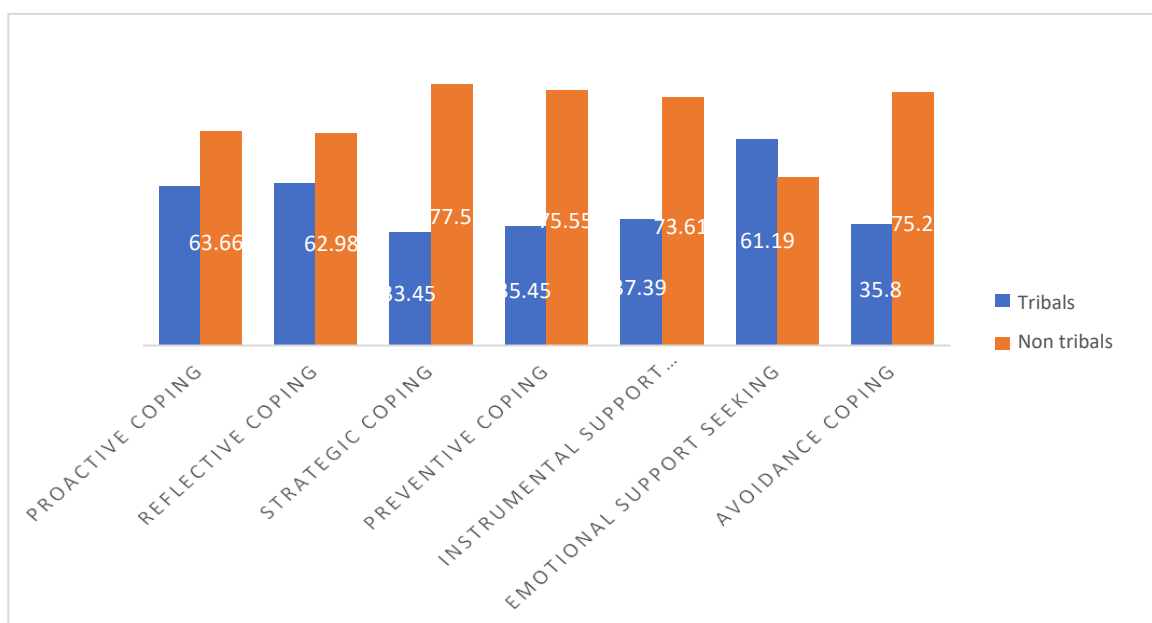
- Informed Consent will be taken from each participant before filling the questionnaire.
- The purpose of the study will be explained properly to each participant.
- Clarification regarding the confidentiality will be given before filling the questionnaires.

**RESULT AND DISCUSSION**

The objective of the present research was to study the relationship between proactive coping and subjective well-being among tribal and non-tribal adolescents. The chapter 4 consist of the data relevant to the test hypothesis and interpretation of the result.

**Table 4.1 Mean rank, sum of rank, man Whitney u test, Wilcoxon test z score and p score of tribals and nontribal adolescent in proactive coping**

Variable	Group	Mean rank	Sum of rank	Mann Whitney U test	Wilcoxon test	Z score	Sig value
Proactive coping	Tribal	47.34	2603.50	1063.500	2603.500	-2.691	.007
	Non tribal	63.66	3501.50				
Reflective coping	Tribal	48.02	2641.00	1101.00	2641.000	-2.467	0.14
	Non tribal	62.98	3464.00				
Strategic coping	Tribal	33.45	1852.00	312.000	1852.000	-7.351	.000
	Non tribal	77.55	4253.00				
Preventive coping	Tribal	35.45	1950.00	410.000	1950.000	-6.615	.000
	Non tribal	75.55	4155.00				
Instrumental support seeking	Tribal	37.39	2056.50	516.500	2056.500	-6.0060	.000
	Non tribal	73.61	4048.50				
Emotional support seeking	Tribal	61.19	3365.50	1199.500	2739.500	-1.952	.051
	Non tribal	49.81	2739.50				
Avoidance coping	Tribal	35.80	1969.00	429.000	1969.000	-6.737	.000
	Non tribal	75.20	4136.00				
Total	Tribal	33.22	1772.00	232.000	1772.000	-7.658	.000
	Non tribal	78.78	4333.00				



**Figure 4.1: Mean rank of tribal and non-tribal adolescents in proactive coping**

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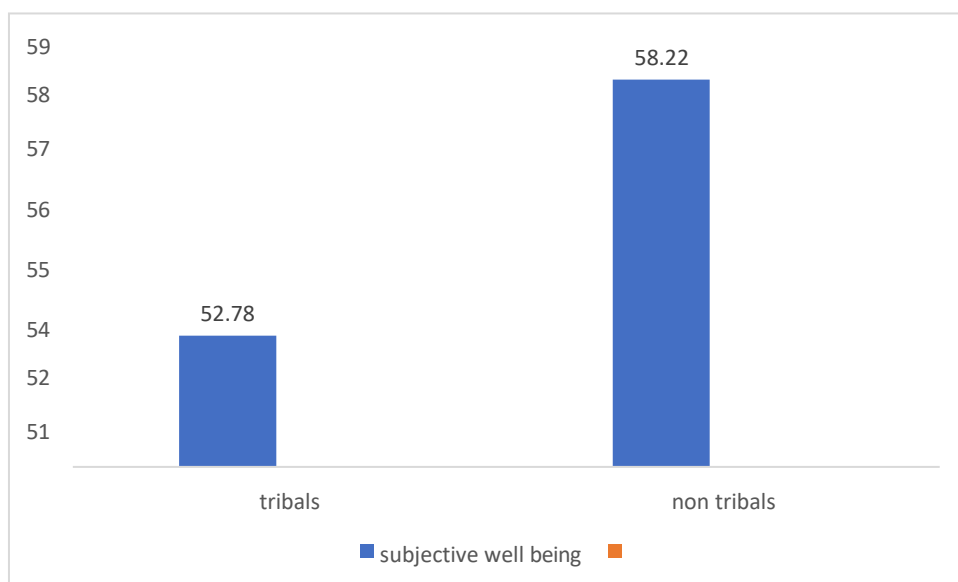
The hypothesis states that there is no significant difference in proactive coping and its subscale between tribals and non-tribals. the z value of -7.658 and p value is .000 which indicate there is a significant difference between proactive coping among tribals and non-tribals. Hence the null hypothesis is rejected which state that there is a significant difference between proactive coping among tribals and non-tribals.

The subscale of proactive coping, the z value and p value of reflective coping is  $z = -2.691$  and  $p = 0.14$  and emotional seeking is  $z = -1.952$  and  $p = .05$ , which indicates that there is no significant relationship between tribals and non-tribal adolescents. Therefore, null hypothesis is accepted the null hypothesis.

The z- value and p-value of proactive coping is  $z = -2.691$  and  $p = 0.007$ , strategic coping is  $z = -7.351$  and  $p = .000$ , preventive coping is  $z = -6.651$  and  $p = .000$ , instrumental support seeking is  $z = -6.0060$  and  $p = .000$ , avoidance coping is  $z = -6.737$  and  $p = .000$ , which indicated that there is a significant difference between tribal and non-tribal adolescents. Therefore, null hypothesis is rejected.

**Table 4.2 Mean rank, sum of rank, man Whitney u test, Wilcoxon test z score and p score of tribals and nontribal adolescents in subjective well being**

Variable	Group	Mean rank	Sum of rank	Man-Whitney U test	Wilcoxon test	Z score	Sig value
Subjective well being	Tribals	52.78	2903.00				
	Non tribals	58.22	3202.00	1363.000	2903.000	-.896	.370



**Figure 4.2 Mean of tribal and non-tribal adolescents in proactive coping**

The hypothesis state that there is no significant difference between subjective well- being among tribals and non-tribals adolescents. The z score of subjective well-being is -.896 and p value is .370 which indicate that there is no significance difference between the subjective well-being among tribals and non-tribals adolescents. Hence the null hypothesis is accepted



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which state that there is no significant difference between subjective well-being among tribals and non-tribal adolescents.

**Table 4.3 spearman correlation of proactive coping and subjective well-being among tribal and non-tribal adolescents**

Variables	Group	Subjective well-being	
		r -value	p-value
<b>Proactive coping</b>	Tribal	.400**	.002
	Non-tribal	.268*	.048
<b>Reflective coping</b>	Tribals	.284*	.035
	Non tribals	.168	.221
<b>Strategics coping</b>	Tribals	.224	.101
	Non tribals	-.018	.895
<b>Preventive coping</b>	Tribals	.224	.101
	Non tribals	-.027	.847
<b>Instrumental support seeking</b>	Tribals	.052	.706
	Non tribals	.070	.609
<b>Emotional support seeking</b>	Tribals	-.032	.818
	Non tribals	.042	.761
<b>Avoidance seeking</b>	Tribals	.033	.831
	Non tribals	-.150	.274
<b>Total</b>	Tribals	.439**	.001
	Non tribals	.215	.116

The hypothesis state that there is no significant relationship between proactive coping and subjective well-being among tribals was tested using spearman coefficient of correlation. The finding indicates that there is a significant positive relationship between proactive coping and subjective well-being ( $r = .439^{**}$ ) which is significant at 0.01 level. The result indicates that the increase in the level of proactive coping also increase the subjective well-being. There for the null hypothesis is rejected and the alternative hypothesis is accepted which state that there is a significant relationship between proactive coping and subjective well-being among tribals adolescents.

## Proactive Coping and Subjective Well-being among Tribal and Non-Tribal Adolescents

In the subscales of the proactive coping, the r-score of reflective coping is  $r = .284^*$  which is significant at 0.05 level. Which indicates that there is relationship among tribal adolescents. Therefore the null hypothesis is rejected.

The r-value of strategic coping is  $r = .224$ , preventive coping is  $r = .224$ , instrumental support seeking is  $r = .052$ , emotional support seeking is  $r = -.032$  and avoidance coping is  $r = -.033$ . which indicates that there is no significant relationship among tribal adolescents. Therefore, null hypothesis is accepted.

The hypothesis state that there is no significant relationship between proactive coping and subjective well-being among non-tribals adolescents was tested using spearman coefficient of correlation. The finding indicates that there is no significant relationship between proactive coping and subjective well-being ( $r = .215$ ). There for the null hypothesis is accepted which state that there is no significant relationship between proactive coping and subjective well-being among non- tribals adolescents.

In the subscales of the proactive coping, the r-value of reflective coping is  $r = .268^*$  which is significant at 0.05 level. Which indicates that there is a significant relationship among non-tribal adolescents. Therefore the null hypothesis is rejected.

The r-value of strategic coping is  $r = -.018$ , preventive coping is  $r = -.027$ , instrumental support seeking is  $r = .070$ , emotional support seeking is  $r = -.042$  and avoidance seeking is  $r = -.150$  which indicates that there is no significant relationship among non-tribal adolescents. Therefore the null hypothesis is accepted.

## SUMMARY AND CONCLUSION

The chapter contains brief summary of the present research work major findings conclusion implications limitation and scope of study.

### 5.1 SUMMARY OF THE RESEARCH

The present study was under taken to study the proactive coping and subjective well-being among tribal and non-tribal adolescents. independent variables are tribal and non-tribal adolescents. The sample included 110 participants, comparing of 55 tribal and 55 non-tribal adolescents under the age group of 12 to 19. the purposive sampling method was used to collect data. The survey sapling research design was adopted for the study. The participants who are able to read English are included in the study. The proactive inventory (PCI) a 55-item questionnaire with 7 subscales developed by Greenglass, Schwarzer, & Taubert, 1999 was used to assess the proactive coping and the subjective well-being inventory developed by Dr H. Sell and Dr R. Nagpal in 1985 was adopted to assess the subjective well-being among the participants. The obtained research was analyzed using man Whitney u test and spearman rank correlation. Descriptive statistics were use.

### 5.2 MAJOR FINDS OF THE STUDY

#### A. *Proactive coping among tribal and non-tribal adolescents*

Tribal and non-tribal are significantly differ in their level of proactive coping. The results showed that non-tribal adolescents had significantly higher levels of proactive coping compared to tribal adolescents.

The subscales of proactive coping the tribal and non-tribal are significantly higher level in reflective coping and emotional support seeking. The result show that the non-tribal had

## Proactive Coping and Subjective Well-being among Tribal and Non-Tribal Adolescents

significantly higher level of relative coping compared to the tribal adolescents. The tribal had significantly higher level of emotional seeking compared to the non-tribal adolescents. The tribal and non-tribal did not significantly differ in the level of strategic coping, preventive coping, instrumental support seeking and avoidance seeking.

### *B. Subjective well-being among tribals and non-tribals adolescents*

Tribals and non-tribals are not significantly different in their level of subjective well-being. It was found to be significantly higher in non-tribal adolescents compared to tribal adolescents.

### *C. Proactive coping and subjective well-being among tribal adolescents*

There is a significant relationship between proactive coping and subjective well-being in tribal adolescents.

The subscale of proactive coping, reflective coping has a significant relationship between subjective well-being in tribals.

There is no significant relationship between strategic coping, preventive coping, instrumental support seeking, emotional support seeking and avoidance coping and subjective well-being in tribals.

### *D. Proactive coping and subjective well-being among non-tribal adolescents*

There is no significant relationship between proactive coping and subjective well-being in non-tribal adolescents.

The subscale of proactive coping, reflective coping has a significant relationship between subjective well-being in non-tribal.

There is no significant relationship between strategic coping, preventive coping, instrumental support seeking, emotional support seeking and avoidance coping and subjective well-being in non-tribal adolescents.

## **CONCLUSION**

Based on the present study as proactive coping and subjective well-being vary among tribal and non-tribal adolescents proactive coping and subjective well-being is high in non-tribal adolescents as compared to tribal adolescents. There is a significant relationship between proactive coping and subjective well-being among tribal adolescents and there is no significant relationship between proactive coping and subjective well-being among non-tribal adolescents.

The subscales of proactive coping indicate that in reflective coping the proactive coping varies between tribal and non-tribal adolescents. The strategic coping, preventive coping, instrumental support seeking, avoidance coping indicated that there is a significant difference between tribal and non-tribal adolescents.

The subscale of proactive coping, reflective coping has a significant relationship between subjective well-being in tribals. There is no significant relationship between strategic coping, preventive coping, instrumental support seeking, emotional support seeking and avoidance coping and subjective well-being in tribals. In non-tribals reflective coping has a significant relationship between subjective well-being. The strategic coping, preventive coping,

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instrumental support seeking, emotional support seeking and avoidance coping had no significant relationship between subjective well-being.

### *Limitations*

- The study was conducted in a specific geographic region (central region of Kerala) and may not be representative of other populations or cultures.
- The study relied on self-reported data, which may be subject to biases or inaccuracies.
- The study had a relatively small sample size, which may limit the statistical power to detect significant differences between groups or associations between variables.
- it is unclear whether language barriers may have affected the accuracy or completeness of the data collected.
- The study only focused on adolescents, which limits the ability to understand proactive coping and subjective well-being in other age groups.

### *Implications*

- The study can contribute to a better understanding of the cultural and contextual factors that influence the effectiveness of proactive coping strategies for tribal and non-tribal adolescents.
- The study can help for identifying the specific stressors and challenges faced by each population, and the effective coping strategies for each, the study can help to promote a better understanding of the needs and experiences of these populations.

### *Scope for Further Study*

- Future studies could also compare adolescents from different cultures or socioeconomic backgrounds.
- Future studies could also incorporate qualitative methods
- Future studies could examine how gender affects these outcomes, as well as any potential gender differences in the effectiveness of specific proactive coping strategies
- Future studies could also examine how proactive coping and subjective well-being vary across different developmental stages, such as childhood, adolescence, and early adulthood.

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### **Conflict of Interest**

The author(s) declared no conflict of interest.

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