Purpose: This study surveyed students’ psychological wellbeing as predicted by college stress and coping strategies subscales scores. The population in this study were 2018/2019 regular students drawn from three universities (University of Jos, Benue State University Makurdi, and Baze University, Abuja) in north-central Nigeria.

Materials and Methods: The sample used in this study was 375 students (male = 247, female = 128) with a mean age of 24.22 years. College Stress Scale (Li and Boey, 2002), Coping Strategies Inventory – Short (Tobin, 1995) and Psychological Wellbeing Scale (Ryff and Singer, 1998) were used to measure students’ stress, coping and wellbeing respectively. Data analysis used hierarchical multiple linear regression.

Results: The results showed that: (1) college stress is a statistically significant predictor of psychological wellbeing $F(3,371) = 11.09, p = .005$; (2) coping strategies is a statistically significant predictor of psychological wellbeing $F(7,367) = 21.86, p = .001$; (3) after controlling for possible effect of stress, coping strategies predicted a significant amount of variance in students’ psychological wellbeing, $R^2$ change = .21, $F$ change (4, 367) = 27.56, $p < .001$.

Conclusion: Academic and personal hassles domains of stress were positively related to psychological wellbeing, except negative life event, which was negatively related to psychological wellbeing of students, while coping strategies are positively related to psychological wellbeing.

Keywords: College stress, coping strategies, psychological wellbeing, University students, Nigeria.

Biography

Moses Ichongo Ukeh was born on 20th July, 1965 in Tsambe ward of LGA, Benue State. He Attended NKST Primary School Adeiyongo and Christ the King College, Adikpo, all in Benue State. Academic qualifications include BSc (Hons) Psychology from University of Jos, Plateau. He completed his MSc and PhD in Clinical and Health Psychology respectively from Benue State University, Makurdi.

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