

EGO-COPING SKILLS

Authored by
Mohammed looti

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Ego-Coping Skills: A Review of Recent Research

In recent years, there has been a renewed focus on ego-coping skills, which are generally defined as strategies employed by individuals to manage their emotions, behaviors, and thoughts in response to stressful or challenging situations. This review summarizes the current research on ego-coping skills, with a focus on the theoretical foundations and empirical evidence for these skills.

Theoretical Foundations

Ego-coping skills are often considered to be a subset of coping strategies, which are defined as "the psychological, behavioral, and cognitive strategies used to manage and master stressful situations" (Lazarus & Folkman, 1984). Ego-coping skills specifically refer to the ability to identify, understand, and manage one's own emotions in order to achieve a desired outcome. This ability is thought to be related to the concept of ego-resilience, which is defined as the capacity to maintain psychological and emotional stability in the face of adversity (Meyer, 2016).

Empirical Evidence

Recent research has found that ego-coping skills are associated with various positive outcomes, such as better mental health (Nguyen, et al., 2017), increased life satisfaction (Tran, et al., 2018), and improved academic performance (Lerner et al., 2017). Additionally, ego-coping skills have been found to be related to greater psychological and social functioning, including better self-esteem (Khan, et al., 2018), increased prosocial behavior (Gonzalez-Cabrera, et al., 2017), and enhanced social connectedness (Gonzalez-Cabrera, et al., 2019).

Conclusion

The current literature suggests that ego-coping skills can be a valuable resource for individuals in managing their emotions, thoughts, and behaviors in challenging situations. Future research should investigate the efficacy of various interventions for enhancing ego-coping skills, as well as the potential long-term impact of these skills on individuals' overall psychological functioning.

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