

Discussion

The research hypothesized that when the rate of optimism increases, the ability to manage stress also increases. The study also hypothesized that an increase in resilience would lead to a rise in stress management ability. The correlation between resilience and stress management was expected, meaning if one is higher, the other would also be higher. It was hypothesized that gender difference would lead to a difference in stress management, where males have more ability than individuals identified as female or non-binary. Therefore, all the variables were expected to have a positive relationship towards stress management.

The findings from the research about the contribution of optimism to stress management were as predicted. From the results, optimism showed to have a significant influence on stress management. These findings indicated that optimism and stress management have a positive relationship. Some statistics had been provided in different periods and they showed a relation between optimism towards stress management. According to Pathak and Lata. (2018), optimism has a significant contribution towards stress management. Similarly, this study provided a bold relationship between the two variables.

This study was also aimed at finding the contribution of resilience towards stress management. The findings of resilience and stress management were not shocking since they resembled the predictions that were mentioned at the beginning of the study. From the findings in the current study, there was a direct relationship between resilience and stress management. Rosenberg et al. (2019) reported that resilience and stress management were positively related by indicating that individuals can effectively and efficiently manage stress when they have more resilience. According to Yi-Frazier et al. (2017), resilience significantly influences setting goals and making meaning to situations essential to stress management. Pathak and Lata. (2018) indicated that resilience significantly contributes to managing stress, hence showing a positive relationship between the two variables. Therefore, the current study

Commented [PW1]: We were not assessing stress management.

Commented [PW2]: No. Our results had nothing to do with stress management and there is no way to draw these conclusions from the data findings provided.

provided a backup to the previous research by showing a direct relationship between resilience and stress management.

The findings in the current study about gender difference in stress management showed to match the predictions made. Seo et al. (2017) provided a survey that showed gender difference influences the ability to manage stress. The study indicated that men had more ability to manage stress and showed little effort than women or ~~bo~~-binary. According to Kamalakannan. (2017), gender difference can influence stress management. The study showed that women have higher abilities to develop strategies for stress management, which contradicted the current research. The findings from the present study provided a solid backup on works done by Seo et al. (2017). Therefore, there is a direct relationship between the two variables.

Stress management is a very important issue that needs to be addressed. People need to be more optimistic in their lives because it creates flexibility and persistence towards personal achievement. Men and women have different approaches to stress and men tend to have less concern about stress than women. The published articles provided information about stress management and how these factors were contributing. This information was helpful towards the completion of my study since there was a positive relevance. Since men tend to be more affected by stress because they have less concern, they should be encouraged to engage in lifestyle programs. The common chronic diseases associated with stress can be minimized or managed if these factors are considered and put in place. As a result, the issue of stress management will be effectively addressed among individuals.

However, this research is subject to several limitations, such as random recruitment of the participants. Random selection of participants acted as a limitation for the study, which could have easily resulted in unreliable data since there is little information about the individuals involved. The sample size used in the study was insufficient. The sample size was

Commented [PW13]: GRAMMAR – replace these words with "matched"

Commented [PW14]: SPELLING

Commented [PW15]: In fact, the recruitment was not really random since it relied upon the members of the class to recruit people, and they may have recruited people that they thought would complete the study. Their recruitment methods may have been suspect, too.

Had the recruitment been truly random, the research would have been stronger.

not large enough to provide more precise results from the study. There was a limitation in accessing data from respondents in different parts of the world. People from other continents could have different views concerning the variables used in this study. The study had three options for grouping the participants: male, female, or non-binary, which created a limitation to cover all individuals. This limitation requires the future studies should include a diverse identity for specificity. A similar study can be carried out but ensure that there is a balance in major gender identity for more effective results. Additional studies about the techniques that can be used in stress management should be conducted. These studies can also focus on issues related to health and lifestyle.

Commented [PWL6]: Possibly. Can you support this statement with reference to published work on the topic?

Commented [PWL7]: This is certainly true.

Commented [PWL8]: Not sure what this means

Commented [PWL9]: A balance. Do you mean that it would be important to have the number of men and women equal (or nearly so)? You say "major identity" ... does that mean not worrying about having a larger or equal number of non-binary individuals?

References

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Commented [PW10]: Several of these references are not in APA format. See my feedback from the Introduction section for details.