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# Coping and family relationships in stress resistance: a study of job satisfaction of nurses in Singapore

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### Abstract

This study examined the role of coping strategies and family relationships in mitigating the negative effect of work stress on nurses. The findings indicated that nurses who adapted to work stress with high job satisfaction were more inclined to adopt approach coping methods (problem orientation, ability enhancement, and change of perspective) than those who reported low job satisfaction under high work stress. The stress-resistant nurses were also distinguished by a less frequent use of defensive or avoidance coping in handling of their emotional reactions to stress. They perceived greater family support than did the distressed nurses. Implications of the findings and limitation of the study were discussed.





## Keywords

Coping; Family support; Job satisfaction; Nurses

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recover from stress and disillusionment, in accordance with the established law enforcement practice, the subject of the political process shifts the business risk.

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