

Abstract

The present study examined the relationship between hardiness, coping and stress among secondary school teachers in Hong Kong. Two hundred and eighty-four secondary school teachers were each given a set of questionnaires including the Personal Views Survey II (PVS-II), the Ways of Coping Questionnaire (WCQ) and the General Health Questionnaire (GHQ-30). Results indicated that hardy people are better in general health, more likely to use rational problem-solving and support seeking coping strategies, and less likely to use resigned distancing and passive wishful thinking coping strategies. Commitment and control can predicts the use of rational problem-solving and resigned distancing, while only commitment can predicts the use of support seeking and passive wishful thinking. Besides that, resigned distancing is a good predictor for general health among all four kinds of coping strategies. Effect of gender, age, and teaching experience on coping and general health is also found.