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Gossip Survival Not Specific to Gender

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Abstract

The present research attempted to examine if coping techniques were used by individuals to help reduce stress, did it reduce stress and also if there was a significant difference in usage by males and females. The participants surveyed indicated that there was a general neutral feeling towards using coping techniques. There was not a significant difference between males and females. This suggests that there is not an overall high use of coping techniques or there maybe other methods used by the individuals. Gender did not seem to play a role in using coping techniques when coping with stress brought on by gossip. Further study would need to be made to see what the other methods are with coping with the stress of gossip. The importance of this study is to create awareness for deeper research into gossip and the specific techniques used for dealing with stress, therefore, creating heightened awareness and a better understanding of how gossip is dealt with individually.

Results

Of the participants, 84.6% have been the subject of negative gossip. There is not a significant relationship between being the subject of negative gossip and trying to ignore it. $r(73) = -.12$, n.s. There is not a significant relationship between being the subject of negative gossip trying to stress reliever such as refocusing $r(71) = .07$, n.s. There is not a significant relationship between being the subject of negative gossip and visualizing a positive outcome $r(72) = .02$, n.s.

There is no significant difference between men ($M = 3.37, SD = .99$) and women ($M = 3.43, SD = 1.03$) when each was the subject of gossip and they tried to ignore it $r(67) = .25$, n.s. There is not a significant difference between men ($M = 3.15, SD = .86$) and women ($M = 3.44, SD = .97$) when each was the subject of negative gossip and they tried to refocus $r(65) = .03$, n.s. There is not a significant difference between men ($M = 2.98, SD = .95$) and women ($M = 2.93, SD = 1.15$) when each was the subject of negative gossip and visualizing a positive outcome $r(66) = -.18$, n.s. There is not a significant relationship between age and being the subject of negative gossip and trying to ignore it $r(73) = -.06$, n.s. There is not a significant relationship between age and being the subject of negative gossip and refocusing $r(71) = -.04$, n.s. There is not a significant relationship between age and being the subject of negative gossip and visualizing a positive outcome $r(72) = -.16$, n.s.

Discussion

The anticipated result of the study was to find a significant difference between men and women who use coping mechanisms to reduce stress brought on by being the victims of negative gossip.