

## **ABSTRACT**

### ***The Relationship Between Resilience and Coping Strategies in Early Adulthood***

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*This study examines the relationship between resilience and coping strategies in emerging adulthood, a transitional period marked by emotional, social, and economic challenges. This study aims to understand how resilience is related to individuals' coping strategies. Using a quantitative approach, data were collected from 419 emerging adults through the Brief COPE and CD-RISC instruments. The analysis revealed a significant positive relationship between resilience and both problem-focused and emotion-focused coping, while dysfunctional coping showed a weak contribution to resilience. Subjects with high resilience tended to use adaptive coping strategies, whereas those with low resilience often resorted to maladaptive strategies. The study concludes that resilience plays a crucial role in enabling emerging adults to effectively tackle life challenges, with adaptive coping strategies contributing to enhanced resilience.*

**Keywords:** *Resilience, Coping Strategies, Young Adults*

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