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**THE ROLE OF PERSONALITY AND COPING
ON THE WELL-BEING OF
SOUTH AFRICAN IMMIGRANTS**

**A thesis in partial fulfilment of the requirements
for the degree of
Master of Science
in
Psychology
at Massey University**

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ABSTRACT

This thesis explores and researches the outcome variables of loneliness, depression, well-being and anxiety in terms of immigration. It investigates the impact and relationships of demographics, personality and coping on these outcome variables. The research sample consisted of South African immigrants who had lived in New Zealand for six years or less. The research collected quantitative data through a questionnaire. Participants were acquired through the South African New Zealand Trust (SANZ) and by word of mouth, using a snowballing technique. The questionnaire was distributed by post to willing participants. The questionnaire consisted of six scales: the revised UCLA Loneliness scale, the General Health Questionnaire, the Beck's Depression Inventory, the State-Trait Anxiety Inventory, the NEO-FFI and a coping scale consisting of items from the Cybernetic Coping Scale and the Cope Scales. In addition to the scales it included questions concerning demographics. Overall, these immigrants experienced normal levels of loneliness, anxiety, depression and well-being. Significant differences in the outcome variables were found for gender, marital status, employment status, pertinent job skills/qualifications, being a member of SANZ, involvement in community activities and distribution of friends. Significant differences were also found for demographics in terms of personality and coping. The predictive ability of personality and coping towards the outcome variables was evaluated. Neuroticism was found to be a significant predictor of the outcome variables, whereas the other personality traits and coping were not significant predictors of the outcome variables.