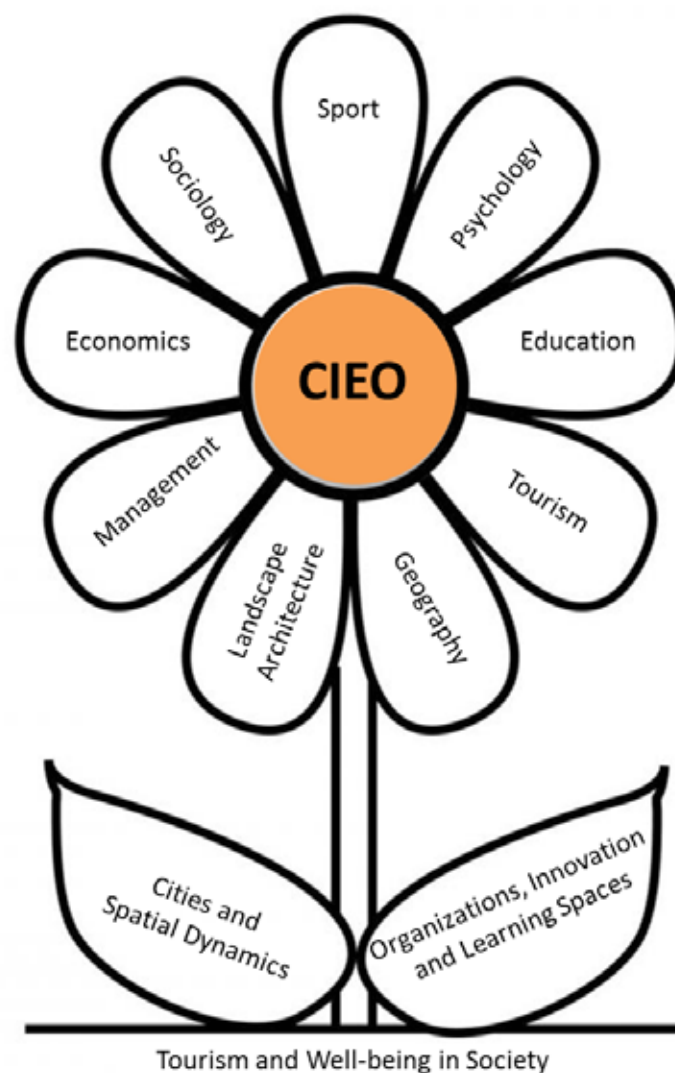


International Congress Interdisciplinarity in Social and Human Sciences

5th - 6th May 2016

Book of Abstracts



University of Algarve
Faro, Portugal

BOOK OF ABSTRACTS

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TECHNICAL INFORMATION

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Alcoholism and Coping Strategies Among IPB Students

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ABSTRACT

This study aimed to assess the alcohol consumption habits and the different coping strategies of a group of students from the Instituto Politécnico de Bragança - IPB (Polytechnic Institute of Bragança) with a sample made out of 126 of its students (n=126). For this study, which is descriptive-correlational and transversal, a socio-demographic questionnaire, the AUDIT (Alcohol Use Disorders Identification Test, Cunha 2002) and the Brief COPE questionnaire (Ribeiro, P. & Rodrigues, A. 2004) were used as evaluation instruments. Findings were that the majority of young students stated they do not have significant life problems, that they have good social supports and they do not consume alcohol in an inadequate way. Similarly, the coping strategies that they indicate as most frequent seem also to be the most adaptive, which may help to explain the fact that most do not perceive significant current problems and do not resort to alcohol in an inadequate way.

Keywords: Coping Strategies, Alcohol, Young Students.

Idiosyncratic Psychological Aspects in Entrepreneurship

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ABSTRACT

Introduction: Entrepreneurship is having the courage to transform an idea in reality and with it achieve personal, financial and recognition satisfaction. The psychological ability to handle failure has proven essential in success.

Goal: Analyse the importance of idiosyncratic psychological aspects in the success of entrepreneurs.

Method: Observational study, using a case study, a group of 20 entrepreneurs from the idea presentation phase to company incorporation during a period of two months.

Results: During the observation period 4 distinct psychological phases of the entrepreneurs were observed, being it possible to describe them as follows: absorption of information and knowledge; application of the gathered knowledge to their specific cases; frustration generated by criticism, namely from investors who don't recognize the value of their projects; realism and implementation of the project.

Having passed more than 6 months after the analysis period, one can verify the entrepreneurs who have travelled the 4 phases and specially reached the realism of

Phase 4, are today developing their projects being that the remaining ones, majority of which weren't able to overcome Phase 3, are in a similar situation as at the end of the initial two months.

Conclusion: The ability to cope with frustration and rejection is a determinant factor in the success of the entrepreneur. The ability to learn from rejection, more than resilience help the entrepreneur to proceed. Therefore, based on the observations, entrepreneurship has a lot to gain if besides technical assistance also coaching assistance is provided.

Keywords: Entrepreneurship, Idiosyncrasy, Coping.