Gender differences in coping mechanisms among Malaysian youths after disagreements

Abstract

A non-probability sample of 627 youths comprising 190 males and 437 females in their twenties were surveyed for their coping mechanisms after disagreements in the home domain. SPSS was used to analyse data. Results showed that a significant variation. Males do not feel any different after disagreements. They also resort to playing games. Females feel unhappy and sad and opt to sleep, cry, and mope/sulk. They also share feelings. This gender difference imply that their mechanisms were still confined to society norms. The perpetuation of males’ response pattern may indicate that they bottle up their feelings which could lead to stress. Further studies are needed to verify the finding.

Keywords: coping mechanisms, disagreements, gender differences, Malaysians
Introduction

Nature created men and women because of the need to procreate but nature may not be the only reason that can be used to explain how and why men behave differently from women. Culture and environment may also affect the behaviour patterns of young men and women in society. For instance, the western culture is more individualistic and it encourages self expression among their young as a way of developing confidence. In contrast, the collectivistic nature of the Asian culture encourages its young to behave according to society norms. Most Asian youths are also taught to contain their self expression so as to appear respectful and humble. Likewise, in the Chinese culture, men are supposed to be stoic with their emotions but women, deemed as the weaker gender, are allowed to be demonstrative with their emotions. Thus, women are permitted to cry or throw tantrums because these are perceived to be female traits. Men, in contrast, are discouraged from crying even during sadness because such a behaviour is not associated with maleness, especially in the Asian context. Besides upbringing, the environment a child is placed in may also influence how the child behaves or reacts in particular situations. For example, aggressive parenting style may impress upon the child that it is alright to demonstrate anger when angry. Similarly, submissive parenting style may indicate to the child that it would be easier to walk away from conflicts than to deal with them assertively. The behaviourist theory in psychology informs us that children tend to mimic the behaviour of role model parents. Watching how others behave can impact the behaviour patterns of children in adulthood. In addition, the way a society is developing can also affect how its youths behave. For instance, history has depicted in the past that men are supposed to be more powerful than women hence even until today, men are still the dominating force in the political, commercial and financial arena (Almaz Negash, 2006). In other words, men are still behaving like men, that is acting as a strong force within society whilst women continue to behave like women of the past that is abiding to be submissive as women of the past used to do. If this behaviour continues to influence our future and younger generations, it is possible that the real sense of globalisation may never ever fulfil its mission which is to get women and men to the point where they can serve their countries as equals. Both women and men need to reach a compromise where some behaviour changes can materialise to affect this. Nonetheless, this can only be accomplished if there is sufficient evidence to prove that men and women both need to change in their behaviour patterns including in the context of coping with emotional frustrations such as those experienced in disagreements in the home domain.

In 2004, John Gray produced a book, ‘Men are from Mars and Women from Venus’ to inform the general public about major gender distinctions. Gray’s (2004) book generally describes how men and women differ in the way they behave and express themselves in relationships. This information, however, has been challenged by Carothers and Reis (2012) in their article, ‘Men and Women are from Earth’ which claims that both genders are the same. The authors assert that it is society that has been emphasising on the differences and these differences have inevitably become more distinctive when viewed from a cross cultural perspective.

Research shows that men and women are naturally different; for instance, the brain structure of men is larger than women’s by 10% and heavier by 11 to 12% (Rucker, 2010). Men also have larger muscle mass and body, thereby requiring more neurons to control these muscles (Rucker, 2010). Men are more left-brain dominated, poorer in communication but good in mathematical skills (Diamond, 2003). In contrast, women are equipped with the capacity to balance the use of the two hemispheres in their brain, making them good communicators (Rucker, 2010). Research has also identified women to have more linguistic flair, having a high capacity to
Men, in comparison, left less disagreements in the home domain. It specifically investigate. This study was developed based on the need to understand Malaysian youths’ ability in coping with disagreements in the home domain. It specifically investigates what kind of coping

**Aim**

This study was developed based on the need to understand Malaysian youths’ ability in coping with disagreements in the home domain. It specifically investigates what kind of coping
mechanisms were applied by both Malaysian males and females. The study provides responses which encompass facets of the feelings they were likely to experience and the actions they would adopt after disagreements. Although the study is based on perceptions only, the findings reflect the social reality of young Malaysian men and women in their daily lives as they attempt to adjust themselves within the home domain. The findings may also demonstrate how social construct and differences in perspectives can affect the way Malaysian youths cope with disagreements.

Gen Y Generation

The media has been reporting that the Gen Y people (those born in 1980 or after) are people which most countries would depend on for their future. Unlike their grandparents or parents who were born as baby boomers, the Gen Y generation are not only more technology savvy but also tougher in their ability to deal with change (Mujtaba, Manyak, Murphy, & Sungkiawan, 2010). Raised by more generous parents who have more disposable incomes, the Gen Y generation are exposed to modern technology, have wider world experiences and access to global mass media more readily than before. With this exposure, the Gen Y generation are also more updated with information as they resort to modern communicative modes like the internet, SMS, emails, Facebook, twitter and instagrms. They are constantly in the know. The Gen Y people have been described as a generation that is more willing to take on transformation, a step which most nations are currently subscribing to by brain-picking on the expertise of their younger generation. Gen Y people are expected to transform their countries, just as is happening now in some countries. Nevertheless, with advancement in technology, Gen Y people are also faced with more challenges. In their bid to survive successfully in a competitive life, they have to compete with more people and find the means to better accommodate other things in their life such as higher costs of living, unemployment, crime, corruption, cronynism, conflicts, demanding educational needs, family responsibilities, marriage commitment, interpersonal relationships, work stress and the evergreen problem of financial management. If the Gen Y generation, as a younger set of population, can cope with these challenges well, it would mean that they are mentally fit and physically resilient. This possibility can be interpreted as being beneficial for nation building. In contrast, if they were mentally unfit, physically vulnerable and unable to cope with these challenges, it could suggest that they have less tenacity to deal with life’s challenges. In other words, they would be more prone to stress and anxiety which could ultimately, lead to depression and other mental illnesses. Consequently, this can threaten a country’s human capital development as well as affect its economic development, financial stability and political status.

Reports have shown that when the younger generation are unable to cope with various challenges in life such as love relationships, debts, or loss of identity, they fall into depression or suicide modes (Khadijah, Fariza, Wan, Shamsul, Kahirani, Noor, Aida & Raynuha, 2013; Noorbala, Mohammad, Yasamy & Mohammad, 2001). Other reports seem to imply that the younger generation could be doomed for suicides if they are constantly weighed down by such problems.

Suicide and young Malaysians

Suicide rate is on the rise in Malaysia with many resorting to taking their own lives (The Star, June 2, 2012). Of the 1,156 people who committed suicide over the three-year period, it was reported
that majority were aged between 24 and 44. The report also mentions that a ratio of three men to one woman was involved. Among the ethnic groups, the Chinese had the highest number of suicides (48%) followed by the Indians (21%), Malays (18%) and other races (13%).

Claiming that suicide has become an epidemic in Asia, Kok, Gan and Goh (2011) say that suicide rates in several highly populated countries also account for the greater part of the world’s suicides, making it an issue that needs to be arrested quickly and swiftly. Their study investigated how Malaysian youths talked about causes of suicide revealing that suicide was more acute among the young. Participants aged between 15 to 24 years old were found to be mostly seeking help from friends. The study concluded that several main factors could induce suicide among the young and this includes their ability to cope with interpersonal relationships such as boy-girl relationships, family issues and stress arising from school work demands. The study also disclosed that more males indicate that relationships with the opposite sex was a contributing factor to the suicide problem. The Chinese students involved in the study further reported that school work was a main factor. A high percentage of the participants also revealed that their life was self-determined, implying that the younger generation make most of their own decisions without consulting others. This admittance shows that issues affecting the younger generation need to be addressed quickly since the stress they experience in relationships and family issues can be of grave concern (see Khadijah et al., 2013; Tam & Lim, 2009).

The need to conduct studies involving young Malaysians was echoed by the Health Ministry of Malaysia (October, 11, 2012) which reported that young Malaysian students including those 15 years and below are suffering from stress. The report blamed parents for their lack of interaction with their children due to work. Apparently, the number has risen from 13% in 1996 to 20% in 2011 (Health Ministry of Malaysia, October 11, 2012). The Health Ministry stated that it would be making efforts to tackle the problem including preparing a national strategic plan on mental health and increasing the number of Community Health Centres within the country.

Depression, anxiety and stress among Malaysian university students

Khadijah et al. (2013) examined Malaysian students and their stress level. It was found that older Malaysian students (18-24) had higher stress levels with the greatest stress showing up during the latter years of tertiary education. The fear of failure was stated as the most stressful. This study revealed that females had higher stress levels which supports what Vrana and Lauterbach (1994) say about females having higher stress level because of higher self-expectations. Both sets of reports seem to perceive females as overreacting in over-reporting medical and psychological symptoms. Consequently, it appears as if female participants had coped with stressful events through expressing their feelings.

Traditional female traits have also been studied and verified by Conner (2008) who noted that women dealt with their emotions by sharing and discussing their problems with others. Conner (2008) claims that women treat this opportunity as a way of exploring and deepening their relationship with others. He says that women were more concerned about how a problem is solved whereas men were more concerned about solving the problem. Conner (2008) also says that men appear to view their ability to solve problems as a personal strength as long as it is solved effectively and how the problem is solved is not as important (Conner, 2008). This implies that gender difference prevails in the way men and women deal with problems. The current study aims
to confirm that Malaysian youths are able to deal with their disagreements differently, thereby suggesting that they have progressed to a different level of development.

**Emotions**

Emotions are any strong feelings such as joy or fear (Collins Cobuild Advanced Learner’s English Dictionary, 2006). Strong emotions, when experienced, can cause a person to act in ways in which a person normally might not. Viewed from the psychological perspective, emotion is any complex state of feeling that results in physical and psychological changes that can affect the person’s thoughts which then influences his/her behavior. Meyers (2007) states that human emotion can involve changes such as physiological arousal, expressive behaviors, and conscious experience.

Disagreements are not emotions but disagreements can create emotional experiences which can lead to a change in behaviour, feelings and thoughts. It is these changes that can offset the individual’s behaviour. Some people argue openly when disagreeing and others may resort to silence or sulking. Disagreements are common in our daily interaction with others and they are inevitable because people have personal orientations towards certain issues. While the western society may appreciate direct confrontations during disagreements, Malaysians tend to avoid confrontations. This is more notably visible in certain ethnic groups (see Asrul, 2003), a trait which can be attributed to the Malaysian behavior that has been described as a “high-ambiguity-tolerant culture” where people “don’t feel threatened by unknown situations” (Devito, 2008, p. 39). Such a community, according to Devito (2008), accepts that uncertainty is a way of life and that rules which dictate communication and relationships may not always be the practice with others. Since most Malaysians are tolerant of such uncertainties, it would seem that maintaining social harmony is their priority (Asrul, 2003). Some communication strategies among Malaysians (see Jawakhir, 2006; Kuang & Jawakhir, 2010) have been identified and one of them is the indirect way of speaking (see Asmah, 1995; Jamaliah, 2000; David & Kuang, 1999, 2005; Thilagavathi, 2003). Kuang, Wong and David (2011) also found that Malaysians tend to avoid confrontations by resorting to silence. However, this only applies in the context of specific issues like money (see Wong, Kuang & David, 2010). The use of indirectness and silence may be interpreted as attempts to maintain social harmony but they may also be interpreted as participants lacking in effective communication skills that can deal with confrontations since there are two sides to a coin. A poor ability to express oneself during conflicts is also an indication that negative feelings are being suppressed.

Disagreements can occur at all levels of communication: between family members, between superiors and subordinates, between people of equal status, and between strangers. Disagreements between a superior and a subordinate (including parents and children) are expressions of power and hierarchy whereby those with the power assert themselves through disagreements while those without or with lesser power succumb by suppressing their feelings. The more outspoken subordinate may react to the disagreements explicitly but this behavior may be attached with a risk and other negative consequences. In that regard, people do need to have varied mechanisms for coping with disagreements. Some of these coping mechanisms used will be the discussion of this paper.

Habermas (1984) mentions that everyday communication is about an exchange of rational ideas between people who are equal and devoid of power. He states that it is a communicatively achieved agreement which has a rational basis for communication to take place. Neither party can
impose on the other, whether instrumentally or through intervention, and whether directly or indirectly. Agreements can be obtained by force, “but what comes to pass manifestly through outside influence or the use of violence cannot count subjectively as agreement because agreement rests on common convictions” (Habermas, 1984, p. 287).

Hovatter (1996) observes that disagreements are induced by one’s personal orientation system (values, needs, interests and intentions) and depending on one’s personality and tolerance level, one can disagree subtly or quietly, or one can disagree vehemently. He asserts that as long as the tolerance level is not overstressed, a disagreement may or may not be conveyed. If it is conveyed, it may be done so in a non-verbal manner suggesting that the individual’s emotion is within control.

**Emotional intelligence and gender differences**

Emotional intelligence is an important aspect of development that can enhance successful social interactions. Possessing a good level of emotional intelligence can help to minimise conflicts and enable individuals to find ways to help them cope with stressful situations like disagreements or other forms of interactional conflicts. Investigating how males and females perceive their own emotional intelligence (EQ) levels, Lim (2011) found no significant gender difference in actual and self-estimated EQ level. However, he notes that both genders seem to perceive that males have higher EQ levels than females. This interesting finding suggests that there is some form of stereotyping taking place in the minds of the local participants.

Najib (2012), however, found that more than half of the male (51.25%) and female (51.55%) students have low scores in emotional intelligence. Nonetheless, there was no significant difference between the two. In another study, Haryani, Sharifah, and Rose (2010) mention that gender is correlated with emotional self-regulation with females having higher emotional self-regulation. This finding implies that females are better able to control their emotions than males.

**Methodology**

The domain of disagreements compiled for the questionnaire was developed based on a survey conducted on a group of young Malaysians who were randomly asked if they experienced disagreements and if so, in what contexts. From their responses, the contexts of disagreements were subsequently grouped as home (with parents, siblings and boy/girlfriends), education (university/colleges – lecturers, classmates and administrative staff), and workplace (bosses and colleagues). For the purpose of this paper, we focussed only on the coping mechanisms or responses used by Malaysian youths after disagreements in the home domain.

Respondents comprise a non-probability sample of 627 Malaysian youths comprising 190 males and 437 females. Majority were between 21-25 years old (Mean age = 23.38, SD = 3.01). All voluntarily participated in the survey which contained fourteen responses scaled at the Likert point of Always (1 point) to Never (5 points) and two open ended questions. The aim of the study was conveyed and all the questions contained in the survey form were explained in detail. The survey forms were administered and collected by the researchers after respondents had completed them within 20 – 30 minutes. Respondents who were unable to complete on time were allowed to take the survey forms home. These were then collected the following week by the researchers at a specific pick-up point. Only 627 forms were found adequate for analysis with the Statistical
Package for Social Science (SPSS) version 20 as fourteen forms were found incomplete.

For the purpose of this paper, we concentrated on the data generated from one of the questions which asks, “How do you normally react after disagreements? You can tick more than one response”. A total of twenty one responses were provided for this question: “go to sleep”, “cry”, “mope/sulk”, “feel unhappy”, “feel depressed”, “feel angry”, “feel that life is unfair”, “feel confused”, “feel sad”, “feel restless”, “cannot concentrate”, “keep feeling to self”, “don’t feel any different”, “share feelings with friends”, “share feelings with parents/siblings”, “share feelings with boyfriend, girlfriend, partner”, “see counsellor”, “listen to loud music”, “listen to soft music”, “write into journal” and “play games”. These responses comprise actions which participants can take in order to cope with their disagreements as well as experiences of certain sensations after their disagreements. The responses, hereby termed as mechanisms, consist of five scaling points of “always”, “frequently”, “sometimes”, “rarely” and “never”. Mann-Whitney U Tests were undertaken to test gender differences in these coping mechanisms.

Results

Table 1
Mann-Whitney U Test on Gender Differences on the way Youths React

<table>
<thead>
<tr>
<th></th>
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<th>Mean Rank</th>
<th>U</th>
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</thead>
<tbody>
<tr>
<td>Go to sleep</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>280</td>
<td>372.85</td>
<td>50022.00</td>
<td>3.02</td>
<td>Sig</td>
</tr>
<tr>
<td>Female</td>
<td>411</td>
<td>327.71</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Cry</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>280</td>
<td>445.86</td>
<td>29018.00</td>
<td>11.39</td>
<td>Sig</td>
</tr>
<tr>
<td>Female</td>
<td>409</td>
<td>275.95</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Mope / Sulk</td>
<td></td>
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<tr>
<td>Male</td>
<td>271</td>
<td>387.46</td>
<td>38898.50</td>
<td>6.22</td>
<td>Sig</td>
</tr>
<tr>
<td>Female</td>
<td>395</td>
<td>296.48</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Feel Unhappy</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Male</td>
<td>283</td>
<td>380.27</td>
<td>50864.00</td>
<td>3.28</td>
<td>Sig</td>
</tr>
<tr>
<td>Female</td>
<td>418</td>
<td>331.18</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Feel Depressed</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Male</td>
<td>279</td>
<td>357.73</td>
<td>53922.00</td>
<td>1.39</td>
<td>NS</td>
</tr>
<tr>
<td>Female</td>
<td>411</td>
<td>337.20</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Feel Angry</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Male</td>
<td>279</td>
<td>345.77</td>
<td>57410.00</td>
<td>.139</td>
<td>NS</td>
</tr>
<tr>
<td>Female</td>
<td>414</td>
<td>347.83</td>
<td></td>
<td></td>
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<tr>
<td>Perception</td>
<td>Male</td>
<td>Female</td>
<td>Mean</td>
<td>SD</td>
<td>p-value</td>
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<td>------</td>
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<tr>
<td>Feel that life is unfair</td>
<td>280</td>
<td>401</td>
<td>334.63</td>
<td>54355.00</td>
<td>.73</td>
</tr>
<tr>
<td>Feel Confused</td>
<td>276</td>
<td>407</td>
<td>356.90</td>
<td>52053.00</td>
<td>1.69</td>
</tr>
<tr>
<td>Feel sad</td>
<td>279</td>
<td>408</td>
<td>381.38</td>
<td>46488.00</td>
<td>4.25</td>
</tr>
<tr>
<td>Feel restless</td>
<td>279</td>
<td>398</td>
<td>352.78</td>
<td>51677.00</td>
<td>1.59</td>
</tr>
<tr>
<td>Find that you cannot concentrate</td>
<td>282</td>
<td>400</td>
<td>341.51</td>
<td>56396.00</td>
<td>.00</td>
</tr>
<tr>
<td>Keep the feeling to myself</td>
<td>278</td>
<td>406</td>
<td>350.33</td>
<td>54256.50</td>
<td>.89</td>
</tr>
<tr>
<td>Don’t feel any different</td>
<td>276</td>
<td>386</td>
<td>303.03</td>
<td>45409.50</td>
<td>3.35</td>
</tr>
<tr>
<td>Share your feelings with friends</td>
<td>273</td>
<td>396</td>
<td>370.04</td>
<td>44487.00</td>
<td>4.06</td>
</tr>
<tr>
<td>Share your feeling with others e.g: parents/siblings</td>
<td>272</td>
<td>403</td>
<td>383.44</td>
<td>42447.50</td>
<td>5.13</td>
</tr>
<tr>
<td>Share your feelings with boy/girl friend</td>
<td>271</td>
<td>391</td>
<td>334.89</td>
<td>52063.00</td>
<td>.39</td>
</tr>
<tr>
<td>See a counselor/ academic advisor/ someone I can trust</td>
<td>271</td>
<td>390</td>
<td>324.29</td>
<td>51027.00</td>
<td>.81</td>
</tr>
<tr>
<td>Listen to loud music</td>
<td>273</td>
<td>317.58</td>
<td>49297.00</td>
<td>1.77</td>
<td>NS</td>
</tr>
</tbody>
</table>
The results show that there are significant gender differences in some of the options applied. The mean ranks indicate that male youths tend to significantly differ from their female counterparts in the following ways: Go to sleep, Cry, Mope/Sulk, Feel unhappy, Feel sad, Share feelings with friends, Share feelings with others e.g. parents/siblings and Write into a journal. The results also show that female youths could express themselves after disagreements in subtle as well as expressive manners. In addition, they also like sharing their feelings with others.

The findings of this study also show that female youths tend to differ significantly more than male youths do in the following reactions: Don’t feel any different and Play games. Male youths not only have less or no emotions to express themselves despite a negative event like a disagreement, they may possibly be suppressing their emotions by not wanting to feel any differently. In addition, results suggest that when they do try to cope by resorting to some mechanism, they would be coping with it via an active manner such as playing games. However, the nature of the game has not been elaborated upon.

There are no gender differences in the following reactions: Feel depressed, Feel angry, Feel that life is unfair, Feel confused, Feel restless, Find that you cannot concentrate, Keep feelings to myself, Share your feelings with boy/girlfriend, See counselor/academic advisor/someone I can trust, Listen to music, Listen to soft music and Paint.

**Discussion and Conclusion**

This paper has reported on the findings of the coping mechanisms used by 627 non-probable sample youths of Malaysian nationality. Our results showed that there were specific differences among Malaysian youths in coping with disagreements where Malaysian males avoided “cry” and “mope/sulk” and they prefer to feel indifferent and may opt to “play games” as a way of coping with their disagreements in the home domain.

In contrast, Malaysian females, besides “share feelings” with others (parents and siblings) also coped with disagreements by resorting to “cry” and “mope/sulk.”. This may indicate that they
were more affected by the event and more in need of expressing their feelings of unhappiness and sadness.

Of the other mechanisms provided, there were no significant gender differences particularly in the various sensations as well as actions provided.

Carothers and Reis (2012) have indicated that men and women are almost the same in all ways. Our findings could not verify their claim but had instead showed that after disagreements in the home domain, Malaysian females were more likely to express themselves and they do what women were expected to do, that is they sleep it out hoping to become better perhaps. They also cry to vent out their feelings and they may choose to mope and sulk as women normally do. As previous studies had shown, women like to communicate and so did our female participants who chose to share their feelings with others after disagreements. These female traits have been verified by researchers (Kilmartin, 1994; Pennebaker, 1995). Additionally, our study also confirmed that male youths behaved like males normally do, that is they kept feelings to themselves although they might resort to intrapersonal outlets to stabilise their emotions and in this case, play games. However, the nature of the game had not been specified in this study thus, this paper is unable to elaborate further.

The information gained from this paper is probably too small to substantiate any greater claims about gender difference but it can assist Malaysian youths to detect their own strengths and weaknesses when dealing with disagreements, particularly in the home domain. They would be able to use this information to recognise their behaviour patterns which could have been induced by their family orientation such as Habermas (1984) and Hovatter (1996) had observed. Perhaps, Malaysian youths are naturally more tolerant and more inclined towards their family norms and values thus, they behaved in the way they were expected to. It is hoped that the findings of this paper can empower them in their interaction with others by allowing them to adjust their behavior patterns whilst dealing with others across different cultures, boundaries and social positions.

Conner (2008), in his article, wrote that when men have explored and come to understand and appreciate that which is feminine, men have also come to understand themselves better. Likewise, when women have explored and come to understand what men are made of, they themselves also become better equipped in understanding their own femininity. For that reason, it is recommended that further research be conducted on younger men and women in other domains such as love and friendship, workplace and education in other regions in order to verify if the distinctions do exist between men and women.
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