Proactive coping consists of efforts undertaken in advance of a potentially stressful event to prevent it or to modify its form before it occurs. The purpose of this study was to study the relationship between proactive coping and stress among the managers of textile industry and differences in the research variables among the respondents of different age, gender and experience groups. Questionnaires were used to gather primary data in a non random field survey. Results showed that there was a significant negative correlation between proactive coping and health symptoms, between proactive coping and psychological symptoms and between proactive coping and somatic symptoms. Approximately sixty two percent of the variance of health symptoms was accounted for by proactive coping.