

Stress and Coping Strategies among University Freshmen in Hong Kong: Validation of the Coping Strategy Indicator

Chi-Fai Lo^{1,2,3}

¹Institute of Theoretical Physics and Department of Physics, The Chinese University of Hong Kong, Hong Kong, China

²Department of Psychology, Sociology and Politics, Sheffield Hallam University, Sheffield, UK

³Social and Human Sciences Section, SCOPE, City University of Hong Kong, Hong Kong, China

Email: edcflo@gmail.com

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Abstract

This study has examined the validation of the Coping Strategy Indicator (CSI) with the 12-item General Health Questionnaire (GHQ-12) as a criterion for a sample of Chinese university students in Hong Kong, which consists of one hundred and ninety-four freshmen from the local universities. The relationship between freshmen's coping efforts and adjustment to university life in the Hong Kong context has been investigated, using the CSI as the measure of coping and the GHQ-12 as the screening instrument for mental health. The results indicate high internal consistency of the three CSI coping scales, implying that the CSI can be a valid instrument to assess the coping efforts of university students of Hong Kong. Moreover, the samples of freshmen are found to prefer positive coping strategies, and female students are more willing to seek social support than males in coping with stress.

Keywords

Stress, Coping Strategies, Avoidance, Problem Solving, Seek Social Support, University Freshmen, CSI, GHQ-12

1. Introduction

For the past few years Hong Kong has witnessed an increasing number of students committing suicide: 71 cases between 2013 and 2016 (Cheung, 2017; Erickson, 2017; Wong, 2017). Within the first six months of the academic year 2015-16, twenty-two students committed suicide in Hong Kong, and ten of them were university students (Cheung & Chiu, 2016). According to the director of the University of Hong Kong's Centre for Suicide Research and Prevention,

Coping With Hong Kong

WJ Hussar



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