The relations among social support, self-efficacy and life satisfaction in adolescence

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ABSTRACT

The first purpose of the study was to explore the relations among social support, self-efficacy and life satisfaction in adolescence. The second purpose of the study was to examine if the relations between social support and life satisfaction are mediated by self-efficacy.

There were 588 students from ten junior high schools and ten elementary schools. They were from six counties in central part of Taiwan (Miaoli County, Taichung City, Taichung County, Changhua County, Nantou County and Yunlin County). The three measures used in this study were the Child and Adolescent Social Support Scale (CASSS; Malecki, Demaray, & Elliot, 2000), the Children's Self-Efficacy Scale (Bandura, 2006) and the Multidimensional Students' Life Satisfaction Scale (Huebner, 2001).

Descriptive Statistics, Pearson Correlation, Simple Regression Analysis and Multiple Regression Analysis were conducted for the data analyses. Results are summarized as follows: 1. Adolescents' social support, self-efficacy and life satisfaction were associated. 2. Adolescents' social support could positively predict their self-efficacy. 3. Adolescents' social support could positively predict their life satisfaction. 4. Adolescents' self-efficacy could positively predict their life satisfaction. 5. Adolescents' self-efficacy could be a mediator between social support and life satisfaction.

Keywords : social support、self-efficacy、life satisfaction

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