

# The Relationships of Life Stress, Leisure Coping, and Mental Health among Undergraduates: The Case of

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## ABSTRACT

The aim of this research was to examine the relationships of life stress, leisure coping, and mental health among undergraduates in Taichung area. The data were collected by paper-and-pencil questionnaires. The sampling methods of this research were simple random sampling (schools), and quota sampling (students). The effect respondents were 529. The data were analyzed by descriptive statistics, reliability test, one-way ANOVA, t-test, Pearson product-moment correlation, stepwise multiple regression analysis, and cluster analysis. The majority of the sample were collected in Feng Chia University, mostly from female, freshman, and commuter students. The results indicated that: 1. There were significant differences in life stress among undergraduates background. (Such as school and grade) 2. There were significant differences in leisure coping among undergraduates background. (Such as school, gender, and part-time job or not) 3. There were significant differences in mental health among undergraduates background. (Such as school and part-time job or not) 4. There was a significant positive relationship between life stress and leisure coping. 5. There was a significant positive relationship between leisure coping and mental health. 6. There was a significant negative relationship between life stress and mental health. 7. Leisure coping had adjust effect on the relationship of life stress and metal health. Finally, according to the findings, discussion was made and recommendations were offered to undergraduates, related organizations, and future studies.

Keywords : life stress、leisure coping、mental health

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