

Life Events of Stress, Depression and Related Factors of Adolescents

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ABSTRACT

The purpose of this study was to investigate the statistical discrepancy among stressful life events, social support and depression of adolescents from different backgrounds. The correlation among stressful life events, social support and depression was also discussed, and the predictability based on stressful life events and social support was further analyzed.

The study was conducted through the questionnaire-survey method. Subjects were 860 public secondary school students from north, central and south Taiwan. The collected data underwent Descriptive Statistics, Independent t-Test, Pearson's Correlation, and Multiple Regression via the SPSS 12.0. Also, the good-of-fit of the whole structural model as well as the linear structural relationship between latent variables and observed data was analyzed by means of the AMOS 5.0.

Major findings of this study were as the followings.

1. The main sources of adolescents' pressure were from the school life and career development.
2. There was a notable difference between stressful life events and depression in adolescents from varied backgrounds.
3. There was a significant positive correlation between stressful life events and depression during adolescence while a remarkable negative correlation was found between social support and depression.
4. Stressful life events among adolescents and social support showed apparent predictability to depression.
5. There was a good fit measure result. Stressful life events had positive and direct influence on depression while social support showed negative and direct affection on depression.

Based on the data of literature review and the research conclusion, suggestions were afforded respectively for parents, teachers, educational administrators and future researchers.

Keywords : Depression、Adolescents、Life events of stress、future、taiwan、data、Social Support

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