The Moderating Effect of Family Function on the Relationship between Resilience and Perceived Stress among Junior College Students

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Abstract

Stress is a critical element that leads to depression, and affects adolescents’ mental health. However, perceived stress is inevitable during youth life and sometimes led them melancholic and depressive. Resilience is regarded as an ability to adapt to stressful situations and adversity and family care is thought to be helpful to cope with stressful life events. Nevertheless, few studies have explored how the family function moderates the relationship between perceived stress and resilience. This study aimed to understand the effect of resilience toward perceived stress of junior college students in Taiwan, and how the moderating effect of family function on relationship between resilience and perceived stress. Based upon quantitative approach, a cross-sectional research was conducted. A total of 655 valid questionnaires were collected from five junior colleges in Taiwan. Three scales were used to collect data: Resilience Scale (RS), Perceived Stress Scale (PSS), and Family Function Scale (FFS). Structural equation modeling (SEM) was applied for data analysis. Major findings revealed that (a) the resilience significantly had a negative relationship with perceived stress ($\beta=-.140^{**}$), indicating that resilience played a critical factor on relieving stress, accounting for nearly 40% of variability; (b) family function mediated the effect of resilience on perceived stress, it meant high family function enhanced the effect of resilience to cope with stress. The findings support the importance of family function in promoting resilience and mitigating stress among students at junior college level. Parents are suggested to spend more time with their children and responds to their feelings to fortify their resilience to cope with stressful life.

Key Words: resilience, perceived stress, family function

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