

The Factors Affecting the Mental Health Status of Chinese Secondary School Students, And Their Coping Strategies

Lu Jing Yi, Ooi Boon Keat

School of Education and Social Sciences
Management and Science University, Malaysia

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ABSTRACT

The purpose of the study was to examine at the factors affecting the mental health condition and coping mechanisms of secondary school students at Ping Mei High School in Chifeng, China's Inner Mongolia Autonomous Region. 147 secondary school students who registered for the national exams were included in this survey. Using the DASS-21 scale and self-report questionnaires for psychological factors and strategies for coping, the study evaluated the mental health state of students. Depression and anxiety were greatly impacted by family and teacher-student relationships. Depression level has been found to be both significantly and negatively connected to depression family and teacher-student relationship. Family factors had an effect on depression ($t = -2.590$, $p 0.05$, $\beta = -0.216$). Relationships between teachers and students had an impact on anxiety and sadness, with $t = -2.175$, $p 0.05$, $\beta = -0.198$ and $t = -2.546$, $p 0.05$, $\beta = -0.220$, respectively. Additionally, the findings imply that students' stress levels are typical, their depression levels are light, and their anxiety levels are moderate. The degree of stress and the student's mental health were significantly negatively correlated with the academic element. Additionally, the study determined how pupils coped with their mental health conditions.

Keywords: Depression, Anxiety, Stress, Mental Health Status