The Comparisons of Coping Strategies and Psychological Well-Being Between Taiwanese and Australian College Students

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Background:

The impact of mental illness in Australia is significant. Mental illness are found to be most prevalent in the 16-24 year age group, with one in four (26.4%) experiencing a mental health disorder. In Taiwan, suicide also has become the second-biggest cause of death of people between the ages of 15 to 24 in 2014.

Purpose:

The purpose of this study was to compare Taiwanese and Australian college students’ psychological well-being, spiritual well-being, coping strategies, anxiety, depression, and suicidal ideation.

Methods:

This is a cross-sectional research design. The college students were recruited from Australia and Taiwan. Sample of 180 Taiwanese students (Mean age = 19.17, SD = 2.60) and 201 Australian students (Mean age = 25.80, SD = 8.43) were recruited. Structured questionnaires were used to do the data collection. SPSS 23.0 was used to do the data analysis. The descriptive data analysis, Chi-square tests, and independent t-test have been used to examine the research questions.

Results:

There were statistically significant differences of psychological well-being total scores ($t = -2.682, p \leq 0.01$) between Taiwanese and Australian college students including the following subscales: the autonomy ($t = -6.267, p \leq 0.001$), positive relationship with others ($t = -2.313, p \leq 0.05$), and purpose in life ($t = -2.249, p \leq 0.05$). Australian college students had higher scores of psychological well-being than Taiwanese college students’ scores. There were statistically significant differences of Spiritual Well-being subscale (Life Satisfaction and Self-Actualization) ($t = -6.061, p \leq 0.001$). Australian college students had higher scores of Life Satisfaction and Self-Actualization than Taiwanese college students’ scores. Australian college students had higher scores of using Problem Focus Disengagement Coping Strategies ($M = 14.27$, $SD = 2.46$) than Taiwanese college students’ scores ($M = 13.52$, $SD = 2.32$) ($t = -3.06, p \leq 0.01$). Taiwanese college students had higher scores of using Emotional Focus Engagement Coping Strategies ($M = 13.19$, $SD = 2.55$) than Australian college students’ scores ($M = 11.49$, $SD = 2.73$) ($t = 6.29, p \leq 0.001$). Taiwanese college students had higher scores of Depression ($M = 41.37$, $SD = 6.52$) than Australian college students’ scores ($M = 38.48$, $SD = 8.09$) ($t = 3.81, p \leq 0.001$). There were no significant differences between Taiwanese and Australian college students in the scores of Anxiety and Suicidal Ideation, although Australian college
students had higher scores of Anxiety ($M = 35.61$, $SD = 21.93$) than Taiwanese college students' scores ($M = 32.59$, $SD = 21.62$).

**Conclusion:**

The western and eastern cultures influence college students’ coping strategies, life satisfaction and self-actualization, psychological well-being, and depression. Australian college students had higher scores of using Problem Focus Disengagement Coping Strategies and they had higher scores of psychological well-being and life satisfaction and self-actualization. Taiwanese college students had higher scores of using Emotional Focus Engagement Coping Strategies and they had higher scores of depression as well as lower scores of psychological well-being and life satisfaction and self-actualization.

**Title:**

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**Keywords:**

College Students, Coping Strategies and Psychological Well-being

**References:**


**Abstract Summary:**

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Content Outline:

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The impact of mental illness in Australia is significant. Mental illness are found to be most prevalent in the 16-24 year age group, with one in four (26.4%) experiencing a mental health disorder. In Taiwan, suicide also has become the second-biggest cause of death of people between the ages of 15 to 24 in 2014.

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**Professional Experience:** During 2008-2017, I have published 21 journal articles and 13 book chapters. I have presented 13 research studies in the MNRS conferences, 11 studies in the STTI, 9 research studies in the NGNA, 6 research studies in the University of Iowa Hospitals and Clinics, and 10 research studies in the Applied Learning in Higher Education conferences. I have done my presentations in the USA, Taiwan, Hawaii, Canada, Australia, Puerto Rico, and Singapore. My studies focus on family caregiver reactions, psychological well-being, and suicidal ideation among older adults, college students, and patients' with mental illness. 05/02/2017 Received Missouri Western Foundation Dr. James V. Mehl Award for Outstanding Faculty Scholarship. 04/28/2017 Received the Marita G. Titler Conduct of Research Poster Award at Poster presentation at the 24th National Evidence-Based Practice Conference.

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