

## *Resilience Moderates the Impact of Daily Hassles on Positive Well-Being in Chinese Undergraduates*

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*The moderating effect of resilience (a composite of optimism, self-esteem, and mastery) on the impact of daily hassles on psychological well-being was examined in a group of 237 Chinese undergraduates in Hong Kong. Positive and negative well-being were operationalized using the 30-item General Health Questionnaire. The effects of hassles and resilience on the two indices of well-being were examined separately using hierarchical multiple regression analysis. Results showed that positive well-being of resilient participants was not negatively affected by an increase in daily hassles in comparison to their less resilient peers. A similar interaction*

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*effect was not observed for negative well-being, although higher resilience predicted higher positive and lower negative well-being. These findings clearly demonstrate the mental health benefits of resilience in a relatively young and healthy population in the context of minor daily stressors, and pinpoint the mechanisms whereby resilience is translated into better health.*

*Keywords: resilience, daily hassles, positive well-being, negative well-being, Chinese undergraduates*

心理彈性調節日常困擾對中國大學生積極的心理健康的影響

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摘要

心理彈性(樂觀,自尊和掌控力的綜合體)作為調節日常困擾影響心理健康的作用,在一組共237名在港中國大學生中進行了檢驗。積極和消極的心理健康由30個項目的綜合健康問卷運算。困擾和心理彈性對心理健康的兩項指數的作用,經階層式多元回歸分析分別檢驗。結果顯示,相比缺乏心理彈性的同輩來說,具備心理彈性的參與者的積極心理健康沒有受到與日俱增的日常困擾的負面影響。雖然更高的心理彈性預計會導致更多積極的和更少消極的心理健康,但是類似的交互作用並沒有出現在消極的心理健康。這些發現清楚地顯示出在一個相對年輕和健康的人群中,在日常壓力下,心理彈性對心理健康的益處;並突出了經由心理彈性帶來更好的心理健康的作用過程。

關鍵詞:心理彈性、日常困擾、積極心理健康、消極心理健康、中國大學生