

Examining the Correlation between Parenting Stress and Social Support and Loneliness in Chinese Mothers Living in a Socially Impoverished Community in Hong Kong

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In the context of a socio-ecological model, the purpose of the present study was to identify the major correlates of parenting stress of Chinese parents living in a socially impoverished community in Hong Kong. The sample composed of 549 Chinese parents of a stratified sample of non-clinical school-aged children in Hong Kong. Regression analysis suggested that increased parenting stress was related to low total household income and low parent's educational level. Furthermore, single parents reported a significantly higher level of stress. On the other hand, lower levels of parenting stress were associated with better social support as measured by the following: availability and satisfaction with social support, loneliness as well as carrying sole responsibility of looking after

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children. Findings were discussed in the context of risk and protective factors with implications in the promotion of psychological well-being and the development of intervention programs for parents in socially deprived communities.

香港貧困社區的華人父母的親職壓力

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摘要

本研究的主要目的，是根據社會生態模式的背景，瞭解生活在香港貧困社區的華人父母的親職壓力。樣本共有 549 名華人父母，他們的子女都經分層抽樣、並且是非臨床病者的學齡兒童。多元迴歸分析顯示，高親職壓力水平，與低家庭收入及家長低教育水平有關。除此以外，單身家長的壓力水平，亦顯著地較高。另一方面，低親職壓力水平與較好的社區支援有關；社區支援以以下準則衡量：社區支援的可利用度和滿意度、孤獨感與及單獨承擔養育子女的責任。循危機及保護因素的方向，調查結果暗示，在貧困社區，應提倡心理健康，以及為區內家長發展介入計劃。