

Relationship among Social Support, Parentification and Mental Health in Overseas Chinese College Students

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The main purpose of this study was to examine the relationships among social support, parentification, and mental health in overseas Chinese college students. A total of 637 overseas Chinese college students as subjects, were asked to fill a set of instruments, including Social Support Scale for College Students, Parentification Scale for College Students, and Mental Health Scale for College Students. The obtained data were analyzed by using independent-samples t test, one-way ANOVA, Pearson product-moment correlation coefficient, and stepwise multiple regression.

The main findings of this study are:

- (1) Females had higher ratings than males on social support; and third grade of overseas Chinese college students had higher ratings than first grade students on social support; yet, no birth order or parent's marital status difference was found in social support.
- (2) Females had higher ratings than males on parentification; and first grade of overseas Chinese college students had higher ratings than fourth grade students on the unfairness subscales of parentification; and the overseas Chinese college students of different birth order differed in the experience of parentification; yet, no parent's marital status difference was found in parentification.
- (3) Males had higher ratings than females on mental health; and third grade of overseas Chinese college students had higher ratings than first grade students on the self and target subscales of mental health; fourth grade of overseas Chinese college students had higher ratings than second grade students on the life subscales of mental health; and the overseas Chinese college students of different parent's marital status differed in the experience of mental health; yet, no birth order difference was found in mental health.
- (4) The positive influence of instrumental caregiving and emotional caregiving subscales of parentification on social support was significant; the negative influence of unfairness subscales of parentification on social support was

significant

(5) Emotional support, emotional caregiving, sex, Information support, unfairness, instrumental caregiving can predict mental health of overseas Chinese college students.

Finally based on above findings, some recommendations are proposed and expected it helps for future research.

Keywords : Overseas Chinese college students, social support, parentification, mental health