

Abstract

The aim of this study was to investigate the relationship between trust level and adjustment among college students in Hong Kong. The sample consisted of 140 Chinese college students. Instruments of Interpersonal Trust Scale and College Adjustment Scale were used to measure the trust level and adjustment level. No significant difference of trust level means was found between genders. Trust was found significantly correlated with anxiety, academic problem, depression, family problem and interpersonal problem for all students. In addition, the mean scores differences between high trusters and low trusters on anxiety, academic problem, career problem, depression, family problem, interpersonal problem were significant. A positive relationship between trust and college adjustment was found i.e. higher trust associated with better adjustment. It was suggested that trust could be a predictor of college adjustment.