

Abstract

The current study examined the impact of acculturative stress on the mental health and Mainland Chinese immigrated youths, as well as the moderating effect of various personal and social factors on mental health and well-being despite undergoing adolescent and acculturative stress. The sample of 200 (111 Hong Kong Locals and 89 Mainland Chinese immigrants) target participants were recruited to complete a self-report questionnaire concerning their adolescent stress, mental health, well-being (purpose in life and life satisfaction), and personal and social factors (hope, social competence and social support). Independent t-test gave a surprising result of Hong Kong locals had worse mental health and well-being than Mainland Chinese immigrants. Hierarchical Regression analysis showed significant interaction of adolescent stress and social competence and social support on Hong Kong local teenagers' well-being; hope and social competence had significant moderating effect on Mainland Chinese immigrants' mental health when under adolescent stress; while hope exhibited moderating effect on immigrated youths' mental health and purpose in life when facing acculturative stress. The plausible explanations for the difference of adolescent stress, mental health and well-being between Hong Kong locally born youths and Mainland Chinese immigrants were discussed.

Keywords: acculturation, acculturative stress, mental health, well-being, Hong Kong locals, Mainland Chinese immigrants