

## COPING, STRESS, JOB SATISFACTION AND MENTAL WELLBEING IN HK

### **Abstract**

Mental health problem is a public health problem, it is important to identify at an early stage to prevent ill health. This study aims to examine the potential associations between coping methods, job satisfaction, perceived stress, and anxiety and depression in the working population in Hong Kong. A total of 430 Hong Kong workers anonymously completed a questionnaire designed to measure self-reported perceived stress, job satisfaction, coping methods, anxiety and depressive symptoms. Results showed that 28.6% of the participants suffered from possible anxiety symptoms and 10.9% of the participants suffered from possible depressive symptoms respectively. Maladaptive coping is positively correlated to mental illness (the levels of anxiety and depression), while adaptive coping is negatively correlated to mental illness. The results also showed that each independent variable (coping methods, job satisfaction and perceived stress) have unique contributions to the dependent variable (mental wellbeing), and hence none of them can be neglected in order to achieve mental health. Psychologists may use these findings to investigate further or design relevant intervention programs to enhance the working population's coping effectiveness, job satisfaction and the levels of perceived stress.

*Keywords: Hong Kong population, mental wellbeing, anxiety, depression, coping strategies, perceived stress, job satisfaction*