

Positive Psychology, Happiness, Mindfulness, and Wellness

April 28-29, 2023 | Webinar

Volume : 13

Perceived Stress profiles, college adjustment, and well-being among freshman in China: A latent profile analysis

Xiaoyan Bi

School of Education, Guangzhou University, Guangzhou, China

The COVID-19 pandemic poses a major challenge for freshmen' learning and has become a potential stressor, with a profound influence on their college adjustment and well-being. We aimed to determine the effect of perceived stress under the current pandemic on undergraduate freshmen' subject well-being, psychological well-being, and college adjustment. A sample of 909 participants from a Chinese college completed the questionnaires online. We found three distinct profiles of perceived stress: high perceived stress (HPSS), moderate perceived stress (MPSS), and low perceived stress (LPSS). College adjustment and well-being (subject well-being and psychological well-being) were significantly different across the three PSS profiles, with LPSS individuals adjusting the best to college adjustment and having the highest well-being, whereas HPSS individuals adjusted the worst to college adjustment and had the lowest well-being. These findings provide insight into how perceived stress impacts college adjustment and well-being and have implications for the development and assessment of perceived stress based interventions. Our results could help universities identify systemic and individualized strategies to facilitate students' college adjustment and well-being in this era of challenges and uncertainties.

Keywords: mindfulness meditation, stress and coping, higher education, college students, mental health

Biography

bixiaoyan2019@163.com

Abstract received :February 9, 2023 | Abstract accepted: February 10, 2023 | Abstract published : 09-05-2023