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**Title: Stress level and ways of coping among post-50s generation to post-90s generation in Hong Kong**

### **ABSTRACT**

Stress is discussed in lots of researches because stress affects everyone both physically and psychologically. People would use different ways of coping to reduce stress. Besides, it is known that stress level was related to some ways of coping significantly. In Hong Kong, “post-XXs” is a popular local term used to describe a certain age group of people. Different generations are facing different challenges which leading them to feel stress, for example, post-50s generation is facing physical deterioration; post-60s generation is trapped in a difficult situation of raising children together with taking care of old parents; post-70s generation is worried about establishing a family with properties; post-80s generation is developing their career pathway with many uncertainties and post-90s generation is studying hard. A pervious local study, moreover, found that different generations had different coping strategies. So, this study is going to describe and compare the stress level and ways of coping among post-50s generation to post-90s generation, then to determine the relationship between stress level and ways of coping among the five generations individually.

A Chinese version of questionnaire, including demographic part, Perceived Stress Scale 14-item (PSS-14) and Brief Coping Orientations to Problems Experienced (Brief COPE), was be used to collect data via face-to-face structured interviews. For data analysis, one way analysis of variance (ANOVA) and the Pearson correlation statistical tests were conducted. This study found the stress levels among post-50s generation to post-90s generation were at moderate to high levels without significant difference. For ways of coping, all generations used adaptive coping frequently, but post-80s generation used maladaptive coping significantly more than the others. A significant negative relationship between stress level and adaptive coping as well as a significant positive relationship between stress level and maladaptive coping among post-50s generation to post-90s generation were also found. Finally, this study recommends some effective stress coping programmes

should be designed for individuals to reduce stress with desirable outcome, although several limitations were acknowledged.