

PERCEIVED SOCIAL SUPPORT, COPING AND MENTAL HEALTH

WEN-YAU HSU

*DEPARTMENT OF PSYCHOLOGY
NATIONAL CHENG-CHI UNIVERSITY*

MEI-CHUN WANG

818 MILITARY PSYCHIATRY CENTER

Using the panel study and cross-lagged correlation, this research detected the relationship of three kinds of perceived social support—equity, reciprocity, and perceived consistency. The other goal of this research is to assess the function of perceived social support in relationship to stress, coping and well-being. The results of this research are: When individual perceived the equity and reciprocity in giving and gaining support, the effect of social support that he assessed would be consistent with the supporter assessing. For cross-lagged correlation, there existed the mutual realtions of equity, reciprocity and perceived consistency of social support. When individual assessed the higher equity, reciprocity and percieved consistency, he had fewer religious activities and coped his stress less with avoidance and denial. But no significant relationship existed between these three kinds of perceived social support and well-being. Cross-lagged correlation also detected that if individual had more psychological symptoms, then he would use more the coping style of avoidance and denial, and used less the promble-solving strategy in the future. Generally, the assessment of cost and benifit in interpersonal interaction will influence the effect of social support. In the same way, exchange of cost and benefit in coping process will also influence the selection of coping style and well-being.

Keywords: perceived social support, coping, mental health