



BACKGROUND Social support brings about many benefits for both physical and mental health. A higher level of social support means that a person has more assistance available from their social networks. Social support can be emotional, tangible, and informational and come from many sources, such as family, friends, and organizations. Cultural differences affect social support. Compared with their Western counterparts, people from Asian backgrounds may be less likely to seek help from social relationships.

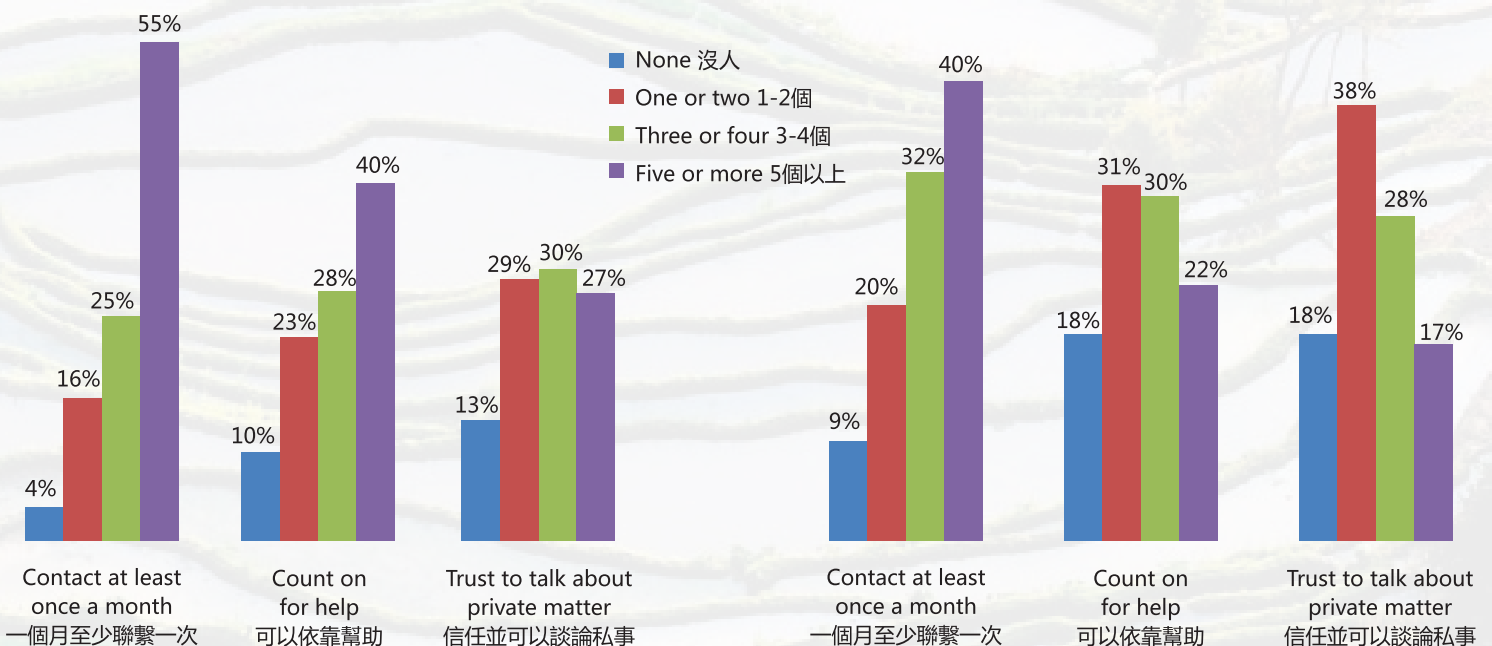
STUDY RESULTS One in ten participants felt they have no relative whom they can count on for help (10%) or talk to about private matters (13%). More than 18% of participants reported they don't have a friend whom they can count on for help or to talk about private matters with.

背景 社會支持有益身體和心理健康。社會支持較高的水平意味著一個人可以從他的社交網絡中獲得更多的幫助。社會支持可以是情感，實物，和信息的支持。這種支持可以來源於家庭，朋友，和組織。文化差異很大層面上影響社會支持。與西方人群相比，亞裔群體傾向於把煩惱給自己，而不是尋求其社會關係的幫助。

研究結果 每十個受訪者中有一個感覺他們沒有可以依靠的親戚 (10%) 或是可以談論私人事務的親戚 (13%)。約18%的參與者認為他們沒有可以依靠的朋友，或者可以放心談論私人事務的朋友。

SUPPORT FROM RELATIVES 親人的支持

SUPPORT FROM FRIENDS 朋友的支持



CONCLUSION Participants in our study may not be able to obtain adequate support from their relatives and their friends. Although many Chinese adult children may maintain contact with some relatives or friends monthly, there are fewer people who they can rely on for help, or trust to talk with about private matters. Preserving the quantity and quality of social networks are essential to social well-being of Chinese immigrants in the U.S.

結論 研究參與者從親戚和朋友那裡獲得的社會支持不足夠。儘管很多參與者往往有與親戚朋友保持每月聯繫，但是他們只有很少的親戚或朋友可以依靠幫助，或是放心談論私事。維繫社會網絡的質量和數量對於華裔移民的社交健康是至關重要的。