

# INTERGENERATIONAL SOLIDARITY 跨世代家庭和睦

## - SUPPORT & COMMUNICATION 支持和溝通



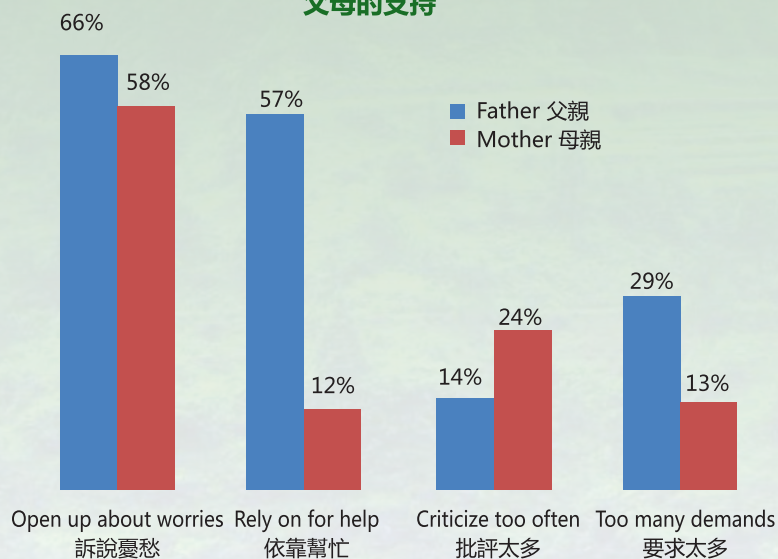
**BACKGROUND** Chinese immigrants encounter many challenges living in the U.S. Since Chinese traditional culture attaches importance to familial values, parent-child relationships become the most important source for social support. Adult children benefit greatly from the emotional, informative, and tangible support from their older parents. However, not all support from parents is positive. Negative social support includes perceiving parents criticize them too often and make too many demands. Both the positive and negative effects of support from parents may impact the well-being of adult children and caregiving practices.

**STUDY RESULTS** Only half of adult children felt they could open up about worries with their parents. More participants felt they could rely on fathers (57%) than mothers for help (12%). Mothers tend to criticize more but fathers demanded more. Only one third of participants seek advice from parents, and only one third of parents proactively provide advice.

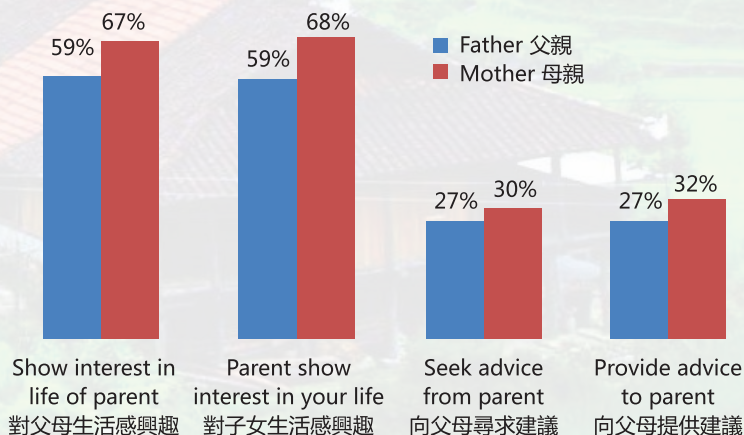
**背景** 在美國華裔居民遇到許多生活挑戰。父母與孩子的關係成為社會支持的重要來源。成年子女受益於父母給他們的情感、信息和實物支持。然而，並非所有的社會支持都帶來正面效益。負面的社會支持包括過多的批評和嚴苛的要求。年老父母提供的社會支持有正面和負面效益，影響成年子女的健康和幸福。

**研究結果** 只有一半的成年子女覺得自己可以對父母敞開心扉訴說憂愁。57%的參與者認為可以依靠父親幫助，而只有12%的人認為可以依靠母親。母親更容易對成年子女批評過多，而父親則要求過多。只有三分之一的參加者向父母尋求意見，也只有三分之一的父母會積極向子女提供意見。

### SUPPORT FROM PARENTS 父母的支持



### INTERACTION WITH PARENTS 子女跟母親的互動



**CONCLUSION** Chinese adult children may lack of meaningful communication with their parents. In particular, adult children have limited contact with parents to seek informative support. Improved access to social services and community resources is imperative so as to build a more diversified support system for Chinese immigrants.

**結論** 有可能華裔子女跟父母缺乏有意義深層溝通。特別值得注意的是，子女很少跟父母尋求意見和建議。提高社會服務和社會資源是必要的，華裔移民可以建立起更多樣化的社會支持系統。