



# PERCEIVED STRESS 壓力

## BACKGROUND

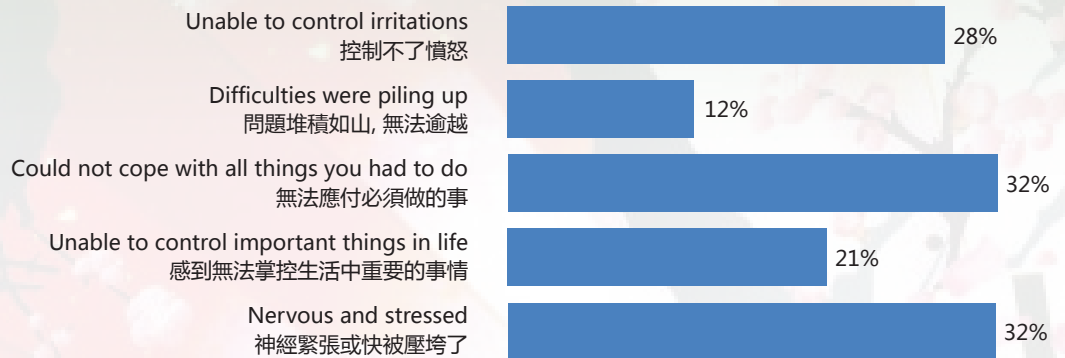
When encountering overwhelming situations, people perceive stress in their lives. Immigrating to U.S. may exacerbate the stress levels of Chinese immigrants due to acculturation, jobs, and family responsibilities. Many barriers, such as English proficiency and immigration status, may inhibit them from obtaining adequate coping resources in the U.S. society. Unmanaged chronic stress is often related to higher risk for health problems, such as heart disease, obesity, headaches, and depression.

**背景** 當人在遇到超過自己處理能力的情況時，便會感到壓力。移民至美國的華人因為文化適應，工作和家庭責任更容易感受到壓力。很多障礙，例如英語水平和移民身份會阻礙華人在美國得到足夠的資源來處理這些壓力。長期的未處理的壓力會增加健康的風險，例如心臟病，肥胖，頭痛和抑鬱。

**STUDY RESULTS** One third of participants (32%) felt that they are nervous and stressed in the last month. Moreover, 32% of them felt that they cannot cope with things they have to do in daily lives, and 28% of them felt they are unable to control irritations in their lives.

**研究結果** 三分之一的受訪者感覺自己在過去一個月神經緊張或快被壓垮了。32%感到無法應對必須做的事，28%感到無法控制憤怒的情緒。

## PERCEIVED STRESS 壓力



**CONCLUSION** It is common that Chinese immigrant children experience stressful events in their lives. Stress overload is associated with a number of cognitive physical and emotional symptoms that can influence overall health and quality of life. The effects of stress tend to build over time. For better stress management, stress coping strategies and resources need to be culturally relevant.

**結論** 華裔成年子女在生活中經歷壓力是很普遍的。過度的壓力會導致認知，身體和情緒方面的症狀，從而影響整體健康和生生活質量。壓力的影響會隨時間而加劇。為了更好的控制壓力，解決壓力的方式和資源需要符合華裔的文化特點。