

The Effect of Chinese Students' Family Abuse Experience and Negative Emotion on their Drinking Problem - with a Focus on the Moderating Effect of Resilience

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Abstract

Background/Objectives: The central purpose of the present research is to investigate the effect of resilience on drinking problem, family abuse experience and negative emotion of Chinese students. **Methods/Statistical Analysis:** The subjects were composed of 150 Chinese students who were attending at a university located in Seoul, Gyeonggi-do and Jeolla-do Provinces. PASW 18.0 program, descriptive analysis, Pearson correlation, moderated multiple regression were conducted to explore the issues under discussion. **Findings:** Family abuse experience was found having a negative correlation with resilience, but a positive correlation with negative emotion and drinking problem. The Chinese students' negative experience in their childhood might later lead to a behavioral problem of drinking while studying in Korea. Depression might act as a risk factor for their drinking problem. The Chinese students' high negative emotion might lead to their maladjustment in their lives in Korea. It was also found that resilience can perform a moderating role in decreasing their drinking problem by reducing family abuse experience and negative emotion. Such a finding clearly calls for measures that may help control their negative experiences and emotion and improve their resilience. **Improvements:** The results of the current research are expected to provide a base data that can be used to help the Chinese students to adjust better to Korean university life and culture.

Keywords: Chinese Students, Drinking Problem, Emotion, Family Abuse, Resilience

1. Introduction

The trend of globalization and expanded Hallyu (Korean Wave) along with the government's aggressive policy of attracting foreign students have led to a continuous growth of foreign students studying in Korea. In particular, local universities located in small cities have exerted much effort to attract foreign students with the purpose of solving the problem of decreasing enrollment owing to decreasing number of domestic students and of enhancing their competitiveness through international exchanges. According to the number of foreign students attending at a university in Korea has risen to 84,891: China topped the list at 48,109 (56.7%) followed by Japan (3,806) and Vietnam (3,166)¹. The dominant proportion

of China can be attributable to a combination of such factors as its geographical location, relatively cheap tuition and the recent Korean Wave.

Family abuse experience from childhood may not simply exert a short-term influence but a negative effect throughout adolescence and adulthood². Thus it seems essential that much effort be made to diminish the negative influence of family abuse experience and enhance one's mental health throughout his or her growth process, not to mention intervention at the time of violence. Chinese students at this age, being college students, are now at the late stage of adolescence and suffer from unstable psychological stress just like other youngsters. In particular, in their transition to a new environment of college, they feel much burden and confusion about

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various challenges, tasks and expectation to be produced as future manpower. Such psychological burden and conflict might harm their mental health^{3,4}.

It was found that ego resilience would reduce behavioral problems such as drinking problem⁵⁻⁷. Those who have high ego resilience are not really anxious about problems but rather stable emotionally. They are open-hearted, reliable and adaptive in personal and social relationship⁸. Thus, it should be worthwhile to identify if there is any significant relationship between the Chinese students' resilience on one hand and stress from cultural adjustment and depression on the other and if resilience can alleviate their behavioral problems and social maladjustment.

Most of the previous researches regarding the problems of foreign students suffering from dropouts, psychological and social difficulties have focused on a set of psychological and social factors that might lead to their behavioral problems. The current research deals with a group of Chinese students, who account for the greatest portion of the population of foreign students in Korea. The central purpose of the current research is to identify the effect of their family abuse experience and negative emotion on the behavioral problem of drinking. Also, we intend to identify the mediating role of resilience in the correlation among those factors with a hope that the results of the present research can provide a base data for establishing support policies for them.

2. Methods

2.1 The Subjects

The subjects of the present survey were a group of 150 Chinese students living in Seoul, Gyeonggi-do and Choongcheong-do Provinces. They were all attending a four-year college. 61% of the group of female and 39% were male students. Their ages were almost evenly distributed from 20 to 24. As for their religions, more students reported having 'others or no religion' than any others: Buddhists were 15.4% followed by Christianity and Catholic. To the question of their families' economic status, 60.0 % of the subjects reported belonging to the upper middle class and 23.5% to the upper class^{8,9}.

2.2 Research Tools

2.2.1 Drinking Problem

AUDIT (Alcohol Use Disorder Identification Test) was employed to identify their drinking problems. This tool

was 9's adapted version of WHO's screening tool, which was intended to early detect individuals who might be caught in drinking problem. It consisted of 10 items with three areas: Drinking frequency (consumption, alcohol dependence symptom s(dependence) and drinking-related problems (problems). AUDIT was measured on a five-point scale. An individual with 8 or more points is expected to receive professional diagnosis and evaluation. Cronbach's α for this factor was obtained at .80.

2.2.2 Family Abuse Experience

Straus10's CTSPC (Parent-Child Conflict Tactics Scales) was adopted to measure the students' family abuse experience. A total of eight items were used: Two for emotional abuse, two for physical abuse and four for negligence. The items were constructed with a focus on parental abuse in their childhood. A higher score on a five-point scale was interpreted as greater family abuse. Cronbach's α for this factor was obtained at .92.

2.2.3 Negative Emotion

Five items from 11's standardized scale of happiness were adopted to measure negative emotion. The items include 'I have felt bored in the past two weeks'. Cronbach's α for this measurement tool was obtained at .868.

2.2.4 Resilience

12's Resilience Scale for the Youth was adopted to measure this factor. It consisted of 14 items for the areas of trust, problem-solving ability, tolerance of negative emotion and academic competence^{10,11}. A higher score was supposed to mean higher resilience. Cronbach's α for this measurement tool was obtained at .86.

2.3 Data Analysis

In order to identify the effect of the Chinese students' family abuse experience, negative emotion, and resilience on their drinking problem, Pearson's product-moment correlation analysis was used for technical statistics and the relationship among the factors. Also, multiple regression analysis was conducted to identify relative influence of family abuse experience, negative emotion and resilience on their drinking problem. The moderating effect of resilience on the relationship among the factors of family abuse experience, negative emotion and drinking problem, in turn, was analyzed by MMR (Moderated

Multiple Regression). The data was analyzed by the statistical program of PAWS 18.0 version.

3. Results

3.1 Correlation among the Factors

The correlation among the factors of family abuse experience, negative emotion, resilience and drinking problem is illustrated in Table 1. Cultural adjustment stress was found having a negative relationship with ego resilience ($r = -.241$, $p < .01$), but a positive one with depression ($r = .318$, $p < .001$), drinking problem ($r = .253$, $p < .01$) and social maladjustment ($r = .218$, $p < .01$). It was also found that depression had a negative correlation with ego resilience ($r = -.226$, $p < .01$), but a positive one with drinking problem ($r = .258$, $p < .01$) and social maladjustment ($r = .287$, $p < .001$). Ego resilience, in turn, had a negative correlation with drinking problem ($r = -.332$, $p < .001$) and social maladjustment ($r = -.507$, $p < .001$). Drinking problem, as expected, showed a significantly positive correlation with social maladjustment ($r = .357$, $p < .001$). Therefore, greater social maladjustment and depression are more likely to be related with less ego resilience, whereas less ego resilience with greater drinking problem and social maladjustment.

Table 1. Correlation of variables

	1	2	3	4
1. Family abuse experience	1.000			
2. Negative emotion	.28***	1.000		
3. Resilience	-.23***	-.26***	1.000	
4. Drinking problem	.27***	.31***	-.35***	1.000

*** $p < .001$

3.2. The Influence of their Family Abuse Experience, Negative Emotion and Resilience on their Drinking Problem

Table 2 illustrates the influence of their family abuse experience, negative emotion and resilience on their drinking problem. MMR (Moderated Multiple Regression) was conducted to analyze the reciprocal interaction effect of resilience on drinking problem of the Chinese students. First, the characteristics of the subjects were input: Gender, family abuse experience, negative emotion and resilience. Then, the interaction item of the factors was input: family abuse experience, negative emotion and resilience.

Table 2. Influence acculturative stress, depression and ego resilience on drinking problem

Dependant	Independent	B	β	R ²	F
Drinking problem	Constant	2.53	-.17*	.12	14.87***
	Sex	-.19	.20**		
	Acculturative stress(a)	.23	.23***		
	Depression(b)	.26	-.19**		
	Ego resilience(c)	-.21			
	Constant	3.09	-.14	.19	23.14***
	Sex	-.15	.15*		
	Acculturative stress(a)	.16	.18*		
	Depression(b)	.20	-.18*		
	Ego resilience(c)	-.19	-.23***		
	(a)×(c)	-.28	-.27***		
	(b)×(c)	-.30			

Model 1 contained the data for gender, family abuse experience, negative emotion and resilience and its explanatory power was 12%. More drinking problem was found with male students and those with greater family abuse experience and negative emotion and those with less ego resilience¹².

Model 2 was designed to identify the interaction between the factors of family abuse experience, negative emotion and resilience, and its explanatory power was 19%, an increase by 7% point, exhibiting significant influence. Such a result might mean that the ego resilience of these Chinese students played a mitigating role in the effect of family abuse experience and negative emotion on drinking problem.

4. Conclusion

It was found that these Chinese students had reported much experience of family abuse. High negative emotion had a significant influence on drinking problem but high ego resilience would reduce their drinking problem by decreasing family abuse experience and negative emotion. The findings of the current research can be summarized as follows.

First, it was found that their family abuse experiences in their childhood were significantly correlated with their drinking problem. The Chinese students' negative experience in their childhood might later lead to a behavioral problem of drinking while studying in Korea. Thus, educational and therapeutic intervention sublimating such negative experiences would help them lead a successful student life.

Second, it was found that depression might act as a risk

factor for their drinking problem. The Chinese students' high negative emotion might lead to their maladjustment in their lives in Korea. Therefore, efforts to manage and solve the problem of negative emotion can help them escape from drinking problem and enhance their social adjustment.

Third, it was found that resilience had a significantly negative effect on drinking problem, which might mean that it can help reduce drinking problem. It was also found that resilience had a significant moderating effect on family abuse experience, negative emotion and drinking problem. Such a finding clearly calls for measures that may help control their negative experiences and emotion and improve their resilience.

The present research has found that the focus of intervention should be on the mutual interaction among an individual, his or her health, environment and culture. In dealing with these foreign students, the focus should be shifted from their problematic behavior or psychosocial maladjustment to their strengths, potentials and internal resources. Finally, we should admit that one of the limitations of the present study might be that the seriousness of their drinking problem was not taken into consideration in exploring the issues under discussion.

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6. References

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