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University Students' Health Behavior, Depression, and Ego-resilience

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Abstract

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Purpose

The objectives of the study were to examine university students' health behavior, depression, and ego-resilience in order to understand the relationship between these variables, and to identify factors influencing ego-resilience.

Methods

Data were collected from a sample of 302 students attending G University. The data collection period was from October 28, 2015 to December 21, 2015. Data were analyzed using descriptive statistics, t-test, one-way ANOVA, Pearson's correlation coefficients, and multiple regression with the SPSS Statistics version 23 Program.

Results

The number of close friends was weakly correlated with depression and ego-resilience: specifically, the number of close friends had a weak negative correlation with depression, and a weak positive correlation with ego-resilience. Factors significantly influencing the students' ego-resilience were depression, type of residence, frequency of exercise, and gender, with a total explanatory power of 18%.

Conclusion

These findings indicate that intervention programs to improve ego-resilience should be developed. Research into ego-resilience should be replicated with students from a variety of cultural background and diverse study areas.

Keywords: University students; Health behavior; Depression; Ego-resilience


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Table 1
Characteristics of the Participants (N=302)

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Table 2
Level of Depression and Ego-resilience (N=299)

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Table 3
Differences of Depression and Ego-resilience by General Characteristics (N=302)

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Table 4
Correlation among Ego-resilience, Depression, and Number of Close Friends (N=299)

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Table 5
Influencing Factors on Ego-resilience among University Students (N=299)

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