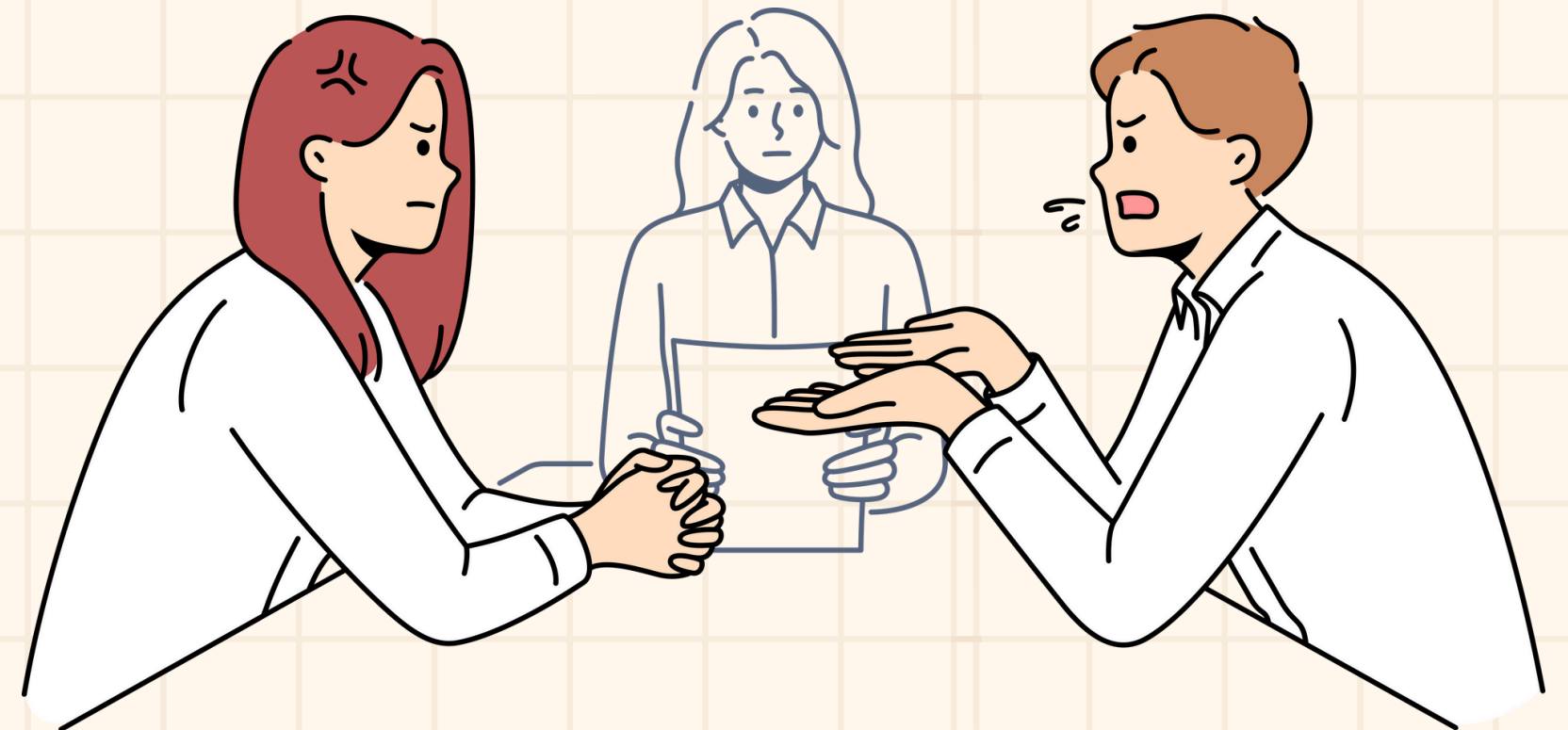
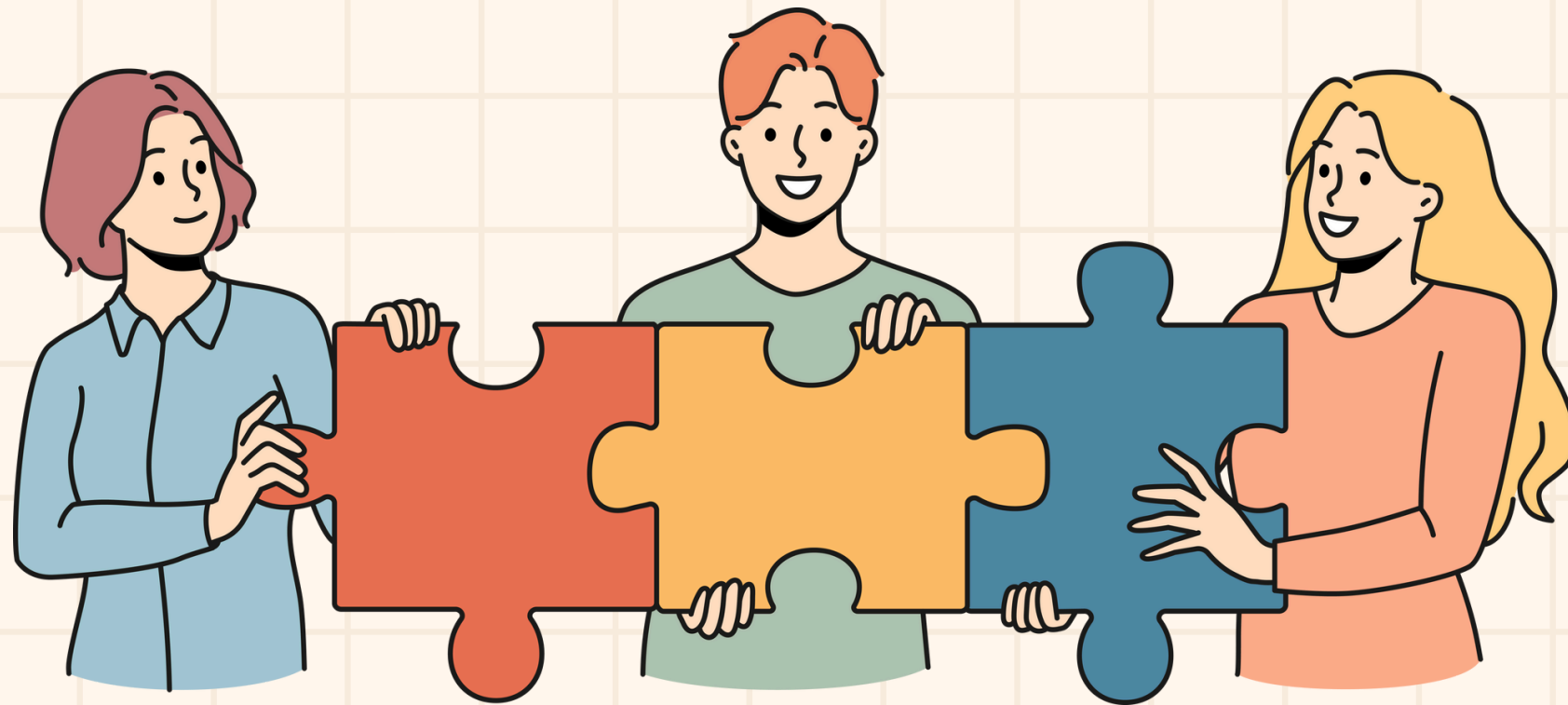


# Friends

## A Source of Happiness or Stress?

The double-edged sword of friendship in our lives



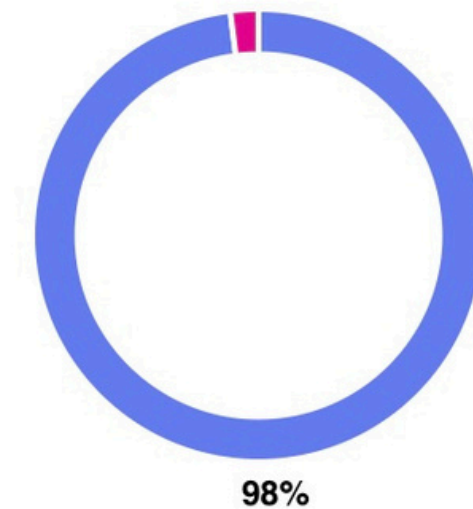
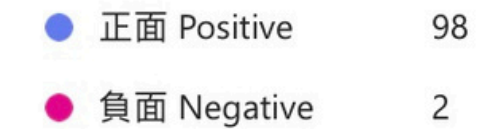
Friends are often our biggest source of happiness  
but sometimes they can also be a source of stress

# IMPORTANCE OF FRIENDSHIP

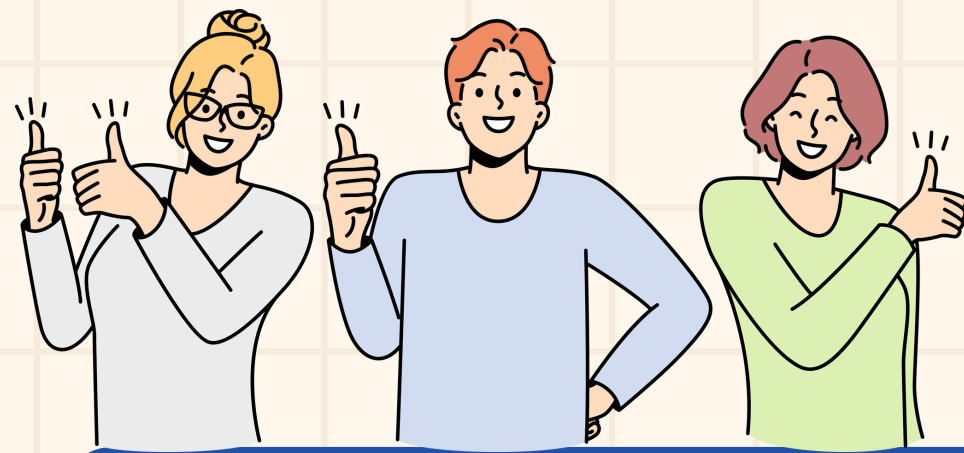
- **Friendships predominantly exert positive influences**
- 98% of respondents indicated that friends have a positive impact



5. 你認為朋友對你的正面影響更多還是負面影響更多？ Do you think friends have more positive or negative impacts on you? [More details](#)



(source : questionnaire)

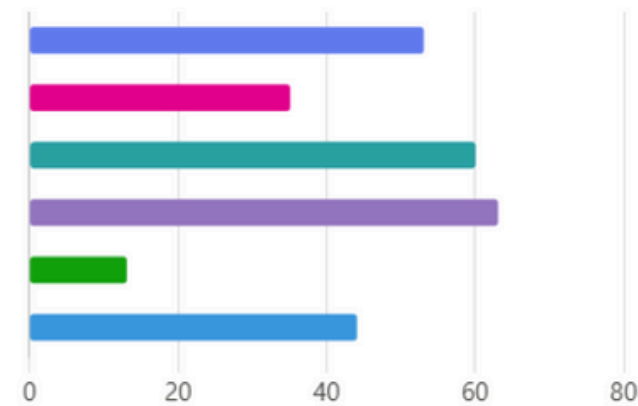


# How positive?



6. 你認為朋友對你的正面影響意義 / 影響是什麼？（最重要的1-3個選項）What do you think are the positive meanings/influences of friends on you? (The 1-3 most important option.)

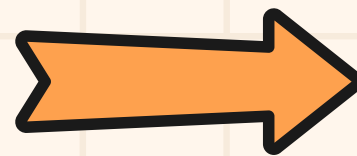
- 幫助你更有效地了解自己和他人 Help you understand yourself and others more... 53
- 可以為未來生活提供實際幫助，擴闊視野 Can provide practical help for future life an... 35
- 能夠提供情感支持 Can provide emotional support 60
- 志同道合、共同成長的夥伴 Have like-minded partners for mutual growth 63
- 激勵你追求夢想，實現自我價值 Motivate you to pursue your dreams and realize you... 13
- 提升幸福感和心理健康 Improves happiness and mental health 44



## Positive influences of friends

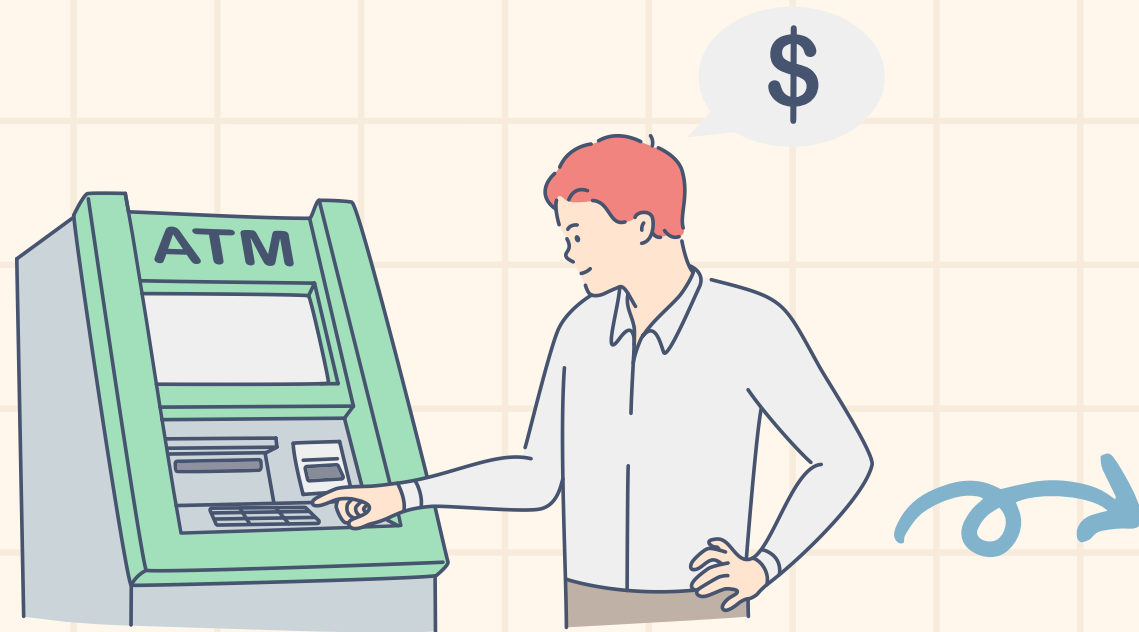
- help us see ourselves more clearly and grow through honest feedback (53%)
- listen, empathize, and help us manage stress (63%)

- **Boost our self-awareness**
- **Provide practical**
- **Emotional support**



**strengthening our  
growth and resilience**

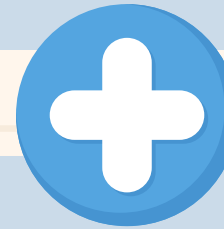
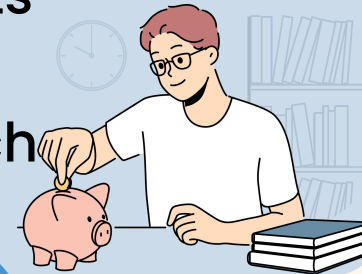
# A Happiness Booster



**Love Bank: Friendship**

## Deposits

- Positive Interactions
- Words of Affirmation
- 1. Acts of Service
- 2. Receiving Gifts
- 3. Quality Time
- 4. Physical Touch



## Withdrawals

- Negative Interactions
- Barriers of communication



**Deposits > withdrawals**

Rich deposits: Happiness

**withdrawals > deposit**

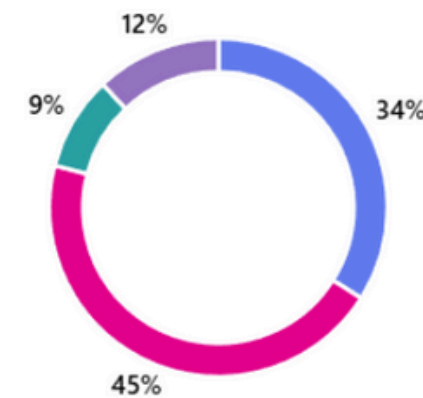
High deficit: Stressful

# What Behaviors Matter Most?

7. 朋友的什麼行為最會讓你的幸福感上升? What behaviors of your friends would increase your happiness most?

[More details](#)

● 情感支持 (傾聽 / 安慰 / 支持你的決定) Emotional Support (Listening / Comforting / Supporting your...	34
● 陪伴參與 (共同參與聚會 & 活動 / 分享日常) Companionship Participation (Jointly participating i...	45
● 細節關懷 (主動提供實際幫助 / 尊重你的界線) Detailed Care (Proactively offering practical help / ...	9
● 價值共鳴 (價值觀契合 / 表示認同) Value Resonance (Alignment of values / Expressing agreement)	12



## Quality Time

- 45% say "Companionship" is the biggest happiness booster
- This is because sharing meaningful experiences and engaging in favorite activities together boosts happiness.

## words of affirmation

- 34% say "Support" is the second biggest happiness booster
- Emotional support enhances happiness by words of encouragement when they feel upset or sad

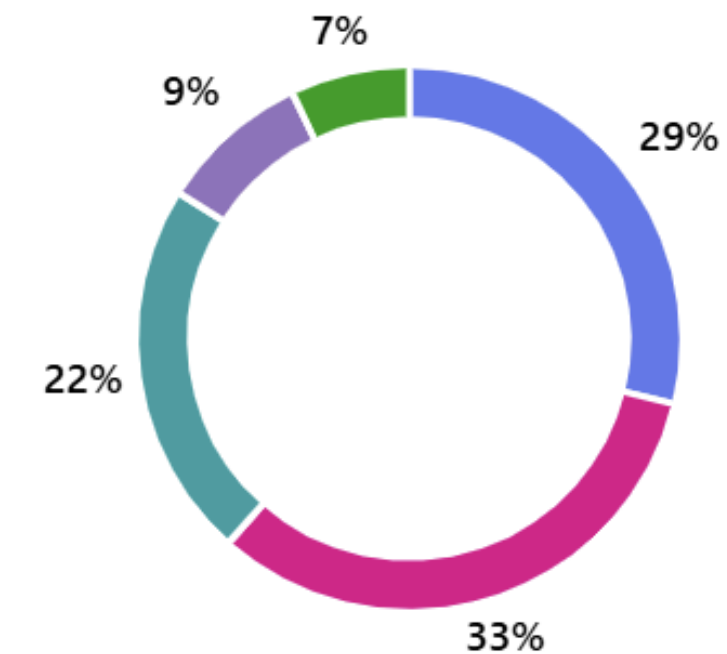


# Vulnerability of Risk Factors

9. 你認為朋友會對你造成負面影響最嚴重的原因是什麼？（最多可選兩個） What reason you think your friends have most negative impact on you? (Maximum of two selections)

[More details](#)

● 比較心理與自我懷疑 (頻繁與朋友比較物質條件/因朋友成就產生嫉妒或自卑情緒/過度在意朋友評價而動...	45
● 社交壓力與從眾心理 (為融入朋友圈而壓抑真實想法/被迫參與不符合個人價值觀的活動/擔心被排斥而勉...	51
● 情緒傳染與人際糾紛 (被朋友的負面情緒持續影響/捲入人際糾紛 / 為維護友誼而勉強接受要求) ...	35
● 行為同化與習慣干擾 (模仿朋友的消極行為 / 盲目跟從朋友的選擇 / 放棄原本目標) Behavioral...	14
● 沒有負面影響 No Negative impact	11



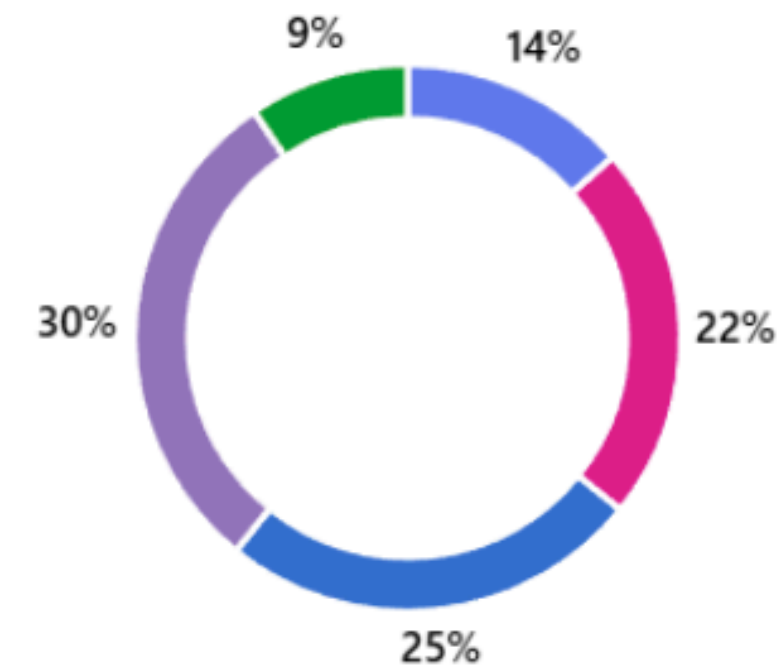
**-> Social Pressure & Conformity ranks highest (33%)**  
**-> Comparative Mentality & Self-Doubt follows closely (29%)**

# Stress Effects in Friendships

10. 你認為朋友會對你造成/產生什麼負面影響？（最多兩個選項） What do you think are the negative influences of friends on you? (Maximum of two selections)

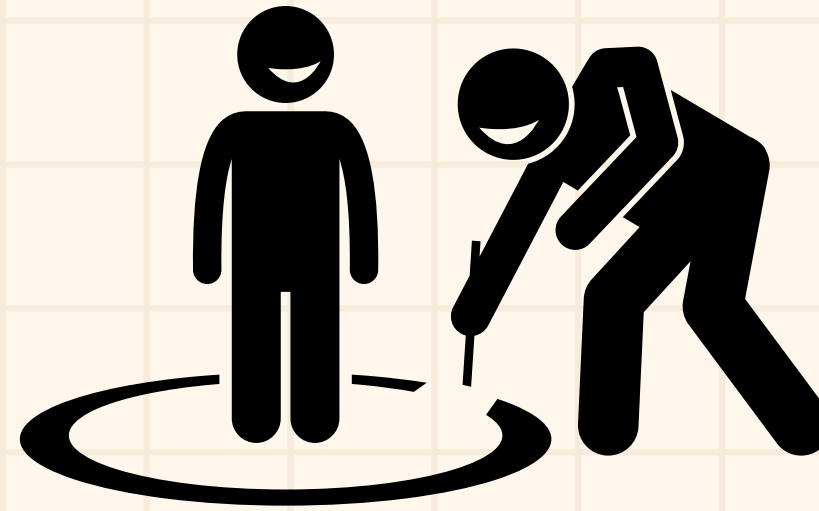
[More details](#)

● 生理健康干擾（生理作息受影響 / 養成不良嗜好） Physical Health Interference (Disrupted daily routine / Bad habits)	20
● 心理認知偏差（自我價值感低落 / 被壓抑真實情緒與想法 / 過度依賴） Psychological Cognitive Bias (Low self-worth / Suppressed emotions and thoughts / Over-dependence)	33
● 行為模式同化（盲目模仿朋友不良行為習慣 / 因迎合他人放棄自身判斷 / 逐漸失去獨立思考模式） Behavioral Assimilation (Blindly imitating friends' bad habits / Giving up one's own judgment to迎合 others / Gradually losing independent thinking mode)	37
● 社交關係束縛 Social Relationship Constraint (因維繫朋友關係被迫應酬 / 為迎合群體壓抑真實社交需求 / ...)	44
● 沒有負面影響 No negative impact	14



1. **Social Triggers (54.7%)**: Forced socialization (29.7%) + behavioral assimilation (25%)
2. **Psychological Triggers (22.3%)**: Decreased self-worth and suppressed emotions
3. **Biological Triggers (13.5%)**: Disrupted routines and bad habits

# Stress from Friendships



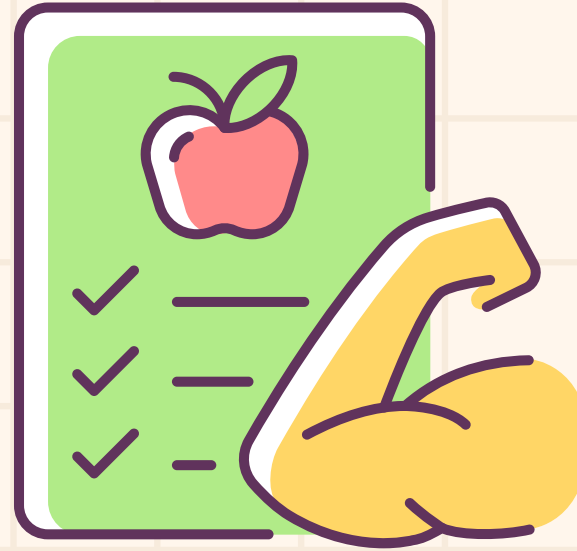
social impacts (54.7%) > psychological impacts (22.3%) > biological impacts (13.5%)



- **Develop boundary-setting skills to manage social pressures**
- **Practice self-validation to protect psychological wellbeing**
- **Create personal routines independent of friend groups**



# What can we do?



It is important to combat stress!

- Physical Exercises
- Healthy Eating
- Cognitive Therapy



# Friends as a Stress Buffer

## Stress Buffer Theory

- Friendships act as a shield against stress
- promoting emotional resilience

- This highlights the critical role social connections play in managing life's challenges