

Abstract

The main purpose of this study was to explore the relationship among junior high school student's life stress, coping strategies and self-injurious behavior. We aimed to (1) know the prevalence of self-injurious behavior in junior high school, (2) investigate the differences among life stress, coping strategies and general variables between self-injured experienced and unexperienced students. The method adopted was survey research. Seven hundred and thirty three subjects were randomly selected from four junior high schools in Macau. The findings of this study were summarized as follows:

1. The prevalence of self-injurious behavior among students from the four junior high schools was 10.1%.
2. According to life stress aspects, there were significant differences between self-injurious experienced and unexperienced adolescents in the total stress scores, "lack of confidence", "parent-child alienation", "lack of learning ability", "academic anxiety" and "family conflict".
3. According to coping strategies, there was significant difference between self-injurious experienced and unexperienced adolescents in "emotional catharsis".
4. There were no significant differences between self-injurious experienced and unexperienced students in the gender and the grade level.
5. There were significant differences between self-injurious experienced and unexperienced students in the parenting styles and the peer who had self-injurious behavior.

Based upon the above results, discussions and suggestions were presented.

Key words: Junior high school student; Life stressor; Coping strategies; Self-injurious behavior