

## **DAILY LIFE STRESS AND ITS CORRELATES AMONG HIGH SCHOOLS STUDENTS IN HUALIEN CITY**

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Adolescence is a period of physical, cognitive, social and psychosexual changes. These developmental tasks make adolescents particularly vulnerable to life stress from daily events and to identify its associated factors. A total of 1,195 high school students were selected via stratified cluster sampling method from nine high schools. Data from 1,141 valid answer were analyzed. A self-administrated questionnaire was used to assess student's demographic characteristics, personal traits (self-acceptance, neurotic trait), social support and perceived daily life stress. From principal component analysis, school work, concern with prospects, parent-teen relationships and peer relationship were found to be the main sources of daily life stress perceived, Personalities with high neurotic trait or low self-acceptance, perceived low social support, Chinese Hans and study at regular high school were important related factors. Screening by personality trait and social support questionnaire is suggested to be a routine at school to find out the high risk individuals and give them assistance in coping with stress.