

# PSYCHOLOGICAL RESILIENCE, STRESS COPING STRATEGIES AND MENTAL WELL-BEING AMONG MALAYSIAN JUVENILES

## *Ketahanan Psikologi, Strategi Menangani Stress Dan Kesejahteraan Mental Dalam Kalangan Juvana Malaysia*

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### **Abstract**

The study is to determine the psychological resilience as a mediating factor between stress coping strategies and mental well-being among Malaysian juveniles. The research samples comprised juveniles in Malaysia Henry Gurney School at Melaka, Sabah, and Sarawak. Based on previous literature and underpinning models and theory, this study proposed a framework relating to mental well-being. Subsequently, the independent variables, namely stress coping strategies, were employed, followed by a mediating variable, psychological resilience. Accordingly, these variables are associated with positive or negative mental well-being. Four hypotheses were eventually proposed based on the outlined conceptual framework.

**Keywords:** *Psychological resilience; Stress coping strategies Mental well-being; Juvenile; Henry Gurney*

### **INTRODUCTION**

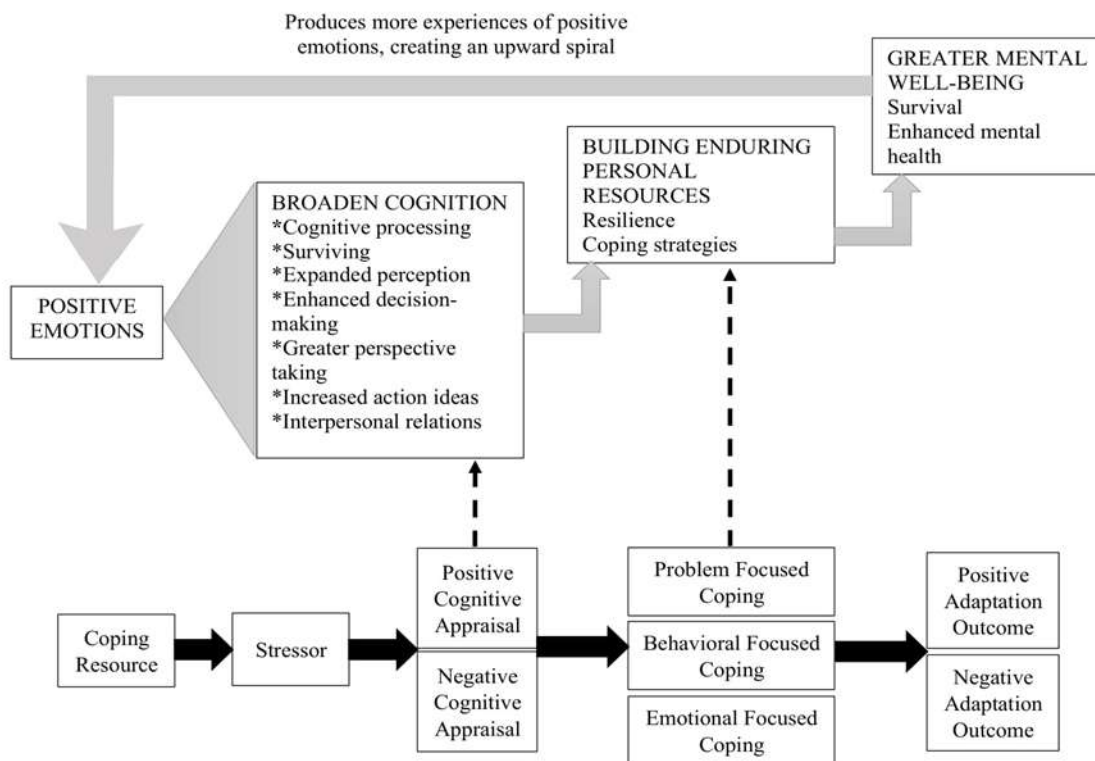
Juvenile delinquency has become a significant social, economic, and individual challenge in our country and around the world. Juveniles in the justice system have an unusually high rate of mental health problems. As a result, health care providers' awareness of delinquent juveniles' mental, physical, and social difficulties can make a significant contribution to prevention and rehabilitation efforts (Golzari et al., 2006). Assault, theft, rape, and the sale and purchase of substances are the most common reasons for arrest. In Turkey, for example, police arrest over 100,000 children each year. Instead of punishing juveniles, the juvenile justice system emphasises rehabilitation and prevention measures (Mears et al., 2014).

Research with juvenile offenders also tends to focus on problems, with little emphasis on resilience or protective factors, but despite chronic exposure to childhood adversity, many youths are resilient and develop into healthy adults. The importance of understanding how and why some youth can overcome adversity is emphasised by resilience theory, which has important implications for strength-based approaches that build relationships, opportunities, and support systems that can help prevent behavioural health problems. Positive school environments are important in promoting both academic achievement and emotional health resilience in the face of early adversity (Khambati et al., 2018).

Too much research on this approach focuses on how to reduce or eliminate negative mental health conditions like maladaptation, depression, and suicidal ideation. According to Konaszewski et al., (2021), when investigating individual and environmental links to juvenile delinquency, they frequently focus on risk factors. As a result, the number of studies on juvenile offenders' mental health is limited, and such research has typically focused on negative indicators.

### PROPOSED CONCEPTUAL FRAMEWORK

Based on the literature review, we propose a conceptual framework in Schedule 3. The variable that we will employ is stress coping strategies as independent variable. Meanwhile, psychological resilience is considered the mediator and mental well-being as the dependent variable.



Schedule 2.1: Conceptual Framework

H1:

Stress coping strategies significantly influence the mental well-being among Malaysian juveniles.

H2:

Stress coping strategies significantly influence the psychological resilience among Malaysian juveniles.

H3:

Psychological resilience significantly influences the mental well-being among Malaysian juveniles.

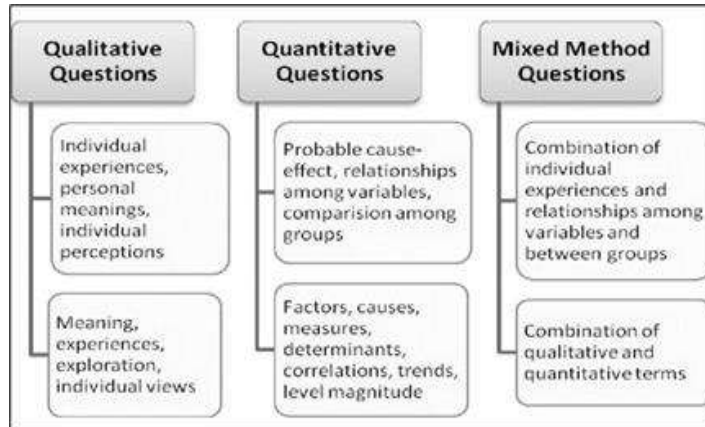
H4:

Psychological resilience mediates the relationship between stress coping strategies with mental well-being among Malaysian juveniles.

## METHODOLOGY

### Research Design

This research will be conducted using quantitative research to test the objective theory by measuring the relationship of the variables.



Schedule 2.3: Strategies to Choose the Research Design

This study will be conducted using questionnaires among Malaysian juveniles in Malaysia Henry Gurney School. Subsequently, the researchers will choose simple random through face-to-face survey because of the high risk of administrating and higher chance of reaching a larger population. A population can be defined as a group which interests the researcher, and the study results will be generalized ideally. Additionally, this method is advantageous for experience, timesaving, and convenience in reaching specific populations.

### Research Instrument

The questionnaires are divided into four sections, where Section A comprises demographic profile questions. Meanwhile, Section B consists of the mediating variable of psychological resilience. Finally, Section C encompasses their stress coping strategies as the independent variable, and Section D includes the condition of their mental well-being.

Table 1.1: Research Instrument

Variable	Questionnaire	Number of Item	Source of Questionnaire's items
Respondent Background	Section A	5	-
Psychological Resilience	Section B	14	Resilience Scale (RS-14)
Stress Coping Strategies	Section C	28	The Brief-COPE Questionnaires

Mental Well-Being	Section D	14	Warwick-Edinburgh Mental Well-being Scale
Total		56	

## CONCLUSION

The study attempts to examine the condition of mental well-being among juveniles in the Henry Gurney School in Malaysia. A conceptual framework is proposed with Psychological Resilience, Stress Coping Strategies and Mental Well-Being as variables of this study. Furthermore, the results are expected to be consistent with previous research and will be the aim of the research output. However, certain limitations become a potential challenge to this type of research, i.e., the cooperation among juveniles. Overall, this study contributes to the well-being of juveniles in the Henry Gurney School in Malaysia. The findings from this study can serve as a reference among practitioners in the juvenile system in order to further understand that the effective action a social rehabilitation centre should take is to diagnose and identify a wide range of juveniles, followed by the development of an appropriate intervention programme based on the information obtained in this research.