

## **Family Factors and Stress Management: How Does Family Factors Affect Chinese International Students in the U.S Navigating Stress in College?**

This study investigates the influence that family dynamics have on the stress management strategies utilized by Chinese students who are studying abroad in the United States. According to the research published by Open Doors (2021), Chinese students made up 34.7% of all overseas students enrolled in educational programs in the United States in 2020 and contributed \$14.357 billion to the economy of that country. However, Chinese overseas students frequently struggle with issues relating to their academic and non-academic performance, as well as acculturation challenges, language limitations, and cultural differences. Studies have shown that the process of transcultural adjustment, relationship issues, pressures, and coping methods can all have an impact on the mental health of Chinese students who are studying abroad in another country (Ching et al., 2017; Zhang & Jung, 2018). A survey conducted at Yale University in 2009 reported that 45% Chinese international students reported depressive symptoms and 29% reported anxiety symptoms (Han et al., 2013). When things are tough, many Chinese people turn to their families for both emotional and practical help because they see their families as the primary and most important source of social support in their lives. Chinese international students tend to seek help from family and friends more frequently compared to professional counseling services (Zi et al., 2020).

Chinese culture emphasizes family and filial piety, which might influence Chinese parents' parenting styles. This affects Chinese students' stress management and family support while studying abroad. The one-child policy and family structure have shaped Chinese families' and Chinese students' views on family. Due to being away from their families and exposed to other cultural standards, Chinese students studying abroad may feel homesickness and have difficulties adapting to new social conventions, which can affect their mental health and well-being. Chinese students studying in the US face academic, financial, and emotional strain. Communication and cultural differences may contribute to acculturative stress and mental health issues. According to several studies, Chinese students studying abroad have higher rates of mental health concerns and use fewer psychological resources. After graduation, Chinese students may have trouble finding a job that will provide them with a working visa. Some students may fear returning to China after graduation. Therefore, it is essential to gain an awareness of the role that family variables play in stress management in order to recognize and address the specific stresses that Chinese international students confront and to support the mental health and well-being of these students.