

MASTER'S THESIS

Family relationship: its relation to self-concept and depression among Hong Kong secondary school adolescents

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**Family Relationship: Its Relation to Self-concept and
Depression among Hong Kong Secondary School
Adolescents**

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Abstract

Current research and theory have suggested that the relational domains of family are important to adolescents' psychological development. The present study was to examine how family relationship would relate to Hong Kong Chinese adolescents' psychological development with respect to self-concept and depression. A total of 2706 students from grade seven to nine were included in the present study. Results showed that families of greater cohesion and greater expressiveness among family members were associated with more positive self-concept development (in academic, appearance, social, and general domains). Sex difference was only found in the appearance domain, with boys scoring higher than girls. No grade difference was found. With respect to depression, families with greater cohesion and greater expressiveness among family members were lower in depression. Sex difference was found in the demoralization and worry & despondency dimensions of depression with girls scoring higher than boys. Students in lower grade were less depressive than students in higher grade. Results of regression analyses showed that cohesion was the most significant predictor of different aspects of self-concept and depression, whereas conflict was the least and non-significant predictor. Thus, a cohesive family seems to have an essential condition for the healthy psychological development of an adolescent. The present findings in sum suggest that a family with greater warmth, support and expressiveness among family members is conducive to adolescents' psychological development.

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