

Psychological Well-Being on International Students in Canada amidst COVID-19: The Role of Mattering, Adaptation, Social Support, and Loneliness



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INTRODUCTIONS

- The global COVID-19 pandemic has generated extraordinary adverse and has negatively influenced on people's physical health and well-being. Quarantine, lockdown and social distancing might increase social isolation, loneliness, and mental health problems (Ochnik et al., 2020). International students as one of the vulnerable population confronted many adversities, less support and networks (Firang, 2020), they need substantial mattering which was related with well-being in general population (Flett, Khanlou, & Su, 2019), adaptation, social support and reduce loneliness and acculturation stress under pandemic breakout.
- This study examined the effects of mattering, adaptation, social support, and loneliness on psychological well-being of international students in Canada during COVID-19.
- The purpose of this study is to examine:
 - The relationships among mattering, adaptation, loneliness, social support, acculturation stress, and psychological wellbeing;
 - The potential moderation effect of social support, loneliness, adaptation, acculturation stress mediated mattering on the predict psychological wellbeing.

SAMPLES

Table 1. Sample Characteristics (n = 186)

Variables		n	%
Gender	Male	97	52.7
	Female	84	45.2
Age	< = 25	121	65.1
	> 25	58	31.2
Education	High school	62	33.3
	Bachelor's degree	48	25.8
	Above Bachelor	13	7.0
	College diploma	57	30.6
Income	Low	90	48.4
	Middle	48	25.8
	High	37	19.9
Religion	No religion	114	67.9
	Religious	52	30.1

METHODS

- Participants were provided the package of the online surveys including the demographics and the following questionnaires.

Table 2. Measurements

Variables	Questionnaires	Ability Domain
Predictors	General Mattering Scale	Mattering
	Multidimensional Scale of Perceived Social Support	Social support
	The UCLA Loneliness Scale	Loneliness
	The adaptability Scale	Acculturation
Moderators	Acculturation Stress Scale	Adaptation
	The World Health Organization – 5 (WHO-5)	Psychological well-being
Outcomes	The Satisfaction with Life Scale (SWLS)	Life satisfaction

RESULTS

- Correlational analyses and hierarchical regression analyses were conducted via SPSS 26.

Table 3. Correlations among Variables

	1	2	3	4	5	6	7
1 = Mattering	1						
2 = Adaptation	.42***	1					
3 = Social Support	.58***	.60**	1				
4 = Loneliness	-.45**	-.29**	-.59**	1			
5 = Acculturation Stress	-.09	-.24***	-.14	.36***	1		
6 = Life Satisfaction	.45**	.46**	.67**	-.58**	-.08	1	
7 = Psycho Well-being	.32**	.33***	.36**	-.39**	-.42**	.41**	1

Note: * $p < .05$; ** $p < .00$; *** $p < .001$

Figure 1. Moderation effect of social support in the prediction of mattering for psychological well-being

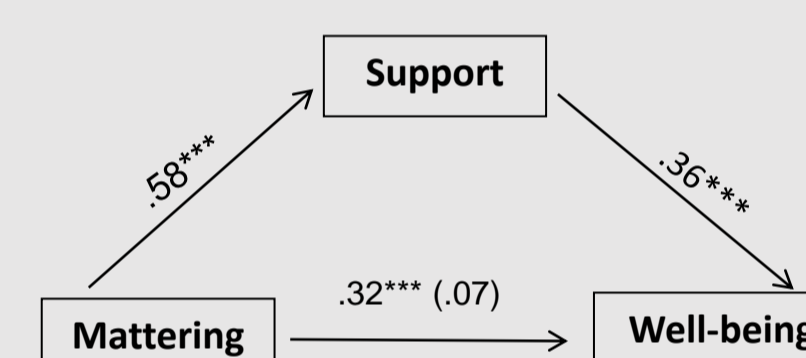


Figure 2. Moderation effect of loneliness in the prediction of mattering for psychological well-being

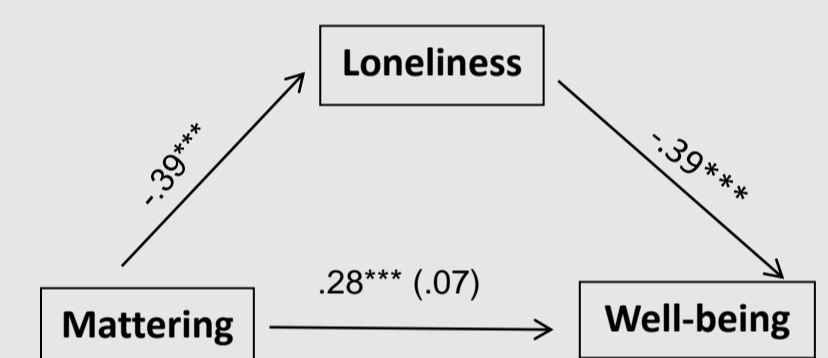


Figure 3. Moderation effect of adaptation in the prediction of mattering for well-being

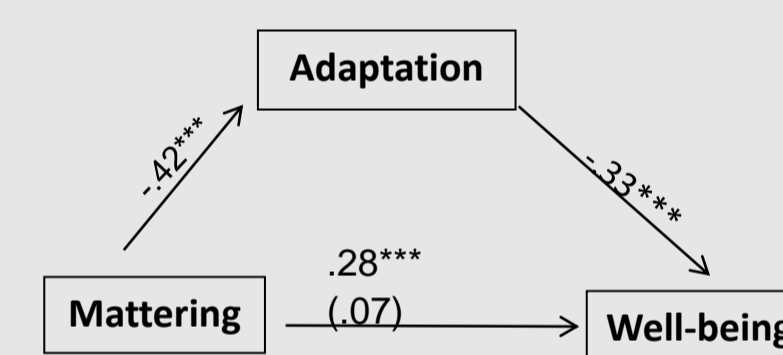
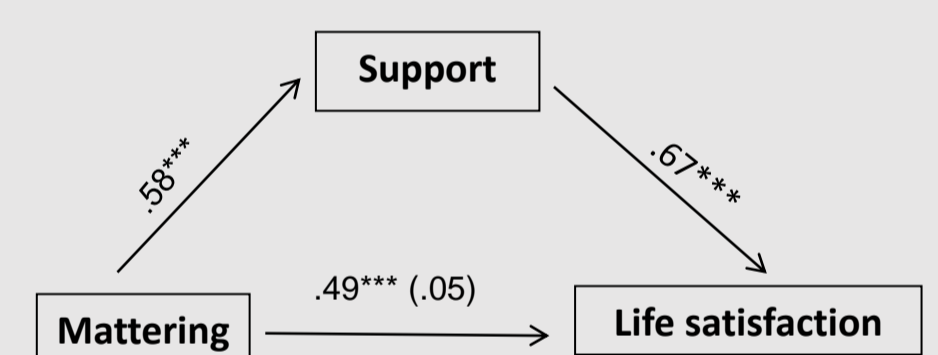


Figure 4. Moderation effect of loneliness in the prediction of mattering for psychological well-being



- Social support fully mediated the effect of mattering on psychological well-being ($Z = 4.23***$) (see Figure1).
- Loneliness fully mediated the effect of mattering on psychological well-being ($Z = 4.03***$) (see Figure2).
- Adaptation fully mediated the effect of mattering on psychological well-being ($Z = 5.53***$) (see Figure3).
- Social support fully mediated the effect of mattering on life satisfaction ($Z = 7.756***$) (see Figure4).

CONCLUSIONS

- During pandemic COVID-19, international students in Canada revealed that their better psychological well-being was associated with higher mattering, higher adaptation, increased social support and lower loneliness and less acculturation stress.
- Mattering positively predicts psychological well-being, but the effect was fully moderated by social support, adaptation and loneliness.
- Social support also fully mediated the effect of mattering on life satisfaction.
- Other findings highlight the challenges associated with adapting to the pandemic. Our discussion focuses on practical suggestion that can help international students feel like they matter and what institutions can do to enhance the experience of their international students when learning abroad.

KEY REFERENCES

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