

Study of the Influence of Life Events and Coping Methods on the Mental Health of Medical Students

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Abstract

Between December 2006 and June 2007, we conducted a questionnaire survey on the stress level, mental health, and coping methods among a total of 221 students at the School of Medicine, Faculty of Medicine, Fukuoka University, including 96 first-year students, 81 fourth-year students, and 44 fifth-year students. We conducted a statistical analysis on respective items using Hisata's life experiences scale for university students, the Japanese version of the shortened GHQ (General Health Questionnaire) comprising 12 questions, and Sakata's coping scale (12 questions). As a result: 1. it was revealed that the level of mental health of the medical students was lower compared to their self-awareness of their stress level; 2. stress from inner matters, human relations, and academic performance influenced the mental health of the medical students; and 3. it was found that coping by avoidant thinking as well as by asking for help had a negative influence on mental health, while coping by positive thinking worked positively for social activities.

Key words: Medical students, Life events, Mental health, Stress coping