

Gender Role Conflict and Subjective Well-Being of Chinese Teenagers: A Study Based on High School Students from Guangdong and Yunnan

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Abstract : Gender role conflict is a key factor influencing the mental health condition of adolescents. It has a strong connection with the noticeably growing mental health crisis of high school students. This study elucidates the relationship between gender role conflict and reports of subjective well-being of teenagers through mixed-methods empirical research based on surveys conducted in two Chinese cities, namely Shenzhen and Yuxi. These two cities are from two provinces of very distinct economic and cultural backgrounds. We believe a comparison between the two cities reveals the unequally distributed social conditions in China. We found that teenagers who possess a higher degree of gender role conflict tend to exhibit more negative emotions and that this relationship is conditioned upon other important factors such as gender, only child status, and socio-economic factors. Furthermore, we discovered that the social environment that is more progressive and open to various gender roles is correlated with higher levels of subjective well-being of teenagers in Shenzhen and Yunnan.

Keywords : gender role conflict, mental health conditions, subjective well-being, social environment

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