

Internalizing and Externalizing Problems as Predictors of Student Wellbeing

Authors : Nai-Jiin Yang, Tyler Renshaw

Abstract : Prior research has suggested that youth internalizing and externalizing problems significantly correlate with student subjective wellbeing (SSW) and achievement problems (SAP). Yet, only a few studies have used data from mental health screener based on the dual-factor model to explore the empirical relationships among internalizing problems, externalizing problems, academic problems, and student wellbeing. This study was conducted through a secondary analysis of previously collected data in school-wide mental health screening activities across secondary schools within a suburban school district in the western United States. The data set included 1880 student responses from a total of two schools. Findings suggest that both internalizing and externalizing problems are substantial predictors of both student wellbeing and academic problems. However, compared to internalizing problems, externalizing problems were a much stronger predictor of academic problems. Moreover, this study did not support academic problems that moderate the relationship between SSW and youth internalizing problems (YIP) and between youth externalizing problems (YEP) and SSW. Lastly, SAP is the strongest predictor of SSW than YIP and YEP.

Keywords : academic problems, externalizing problems, internalizing problems, school mental health, student wellbeing, universal mental health screening

Conference Title : ICBSMH 2023 : International Conference on Behavioral Science and Mental Health

Conference Location : Taipei, Taiwan

Conference Dates : March 06-07, 2023