

The Relationship between Psychological Capital and Mental Health in Economically Disadvantaged Youth: The Mediating Role of Family Cohesion

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Abstract : Aims: This study investigates the impact of psychological capital on the mental health of economically disadvantaged youth and examines whether family cohesion acts as a mediating variable between psychological capital and mental health. Methods: The sample for the study was drawn from the "Taiwan Poverty Children's Database: Survey on the Living Trends of Disadvantaged Children and Youth." The data analysis methods included descriptive statistics, confirmatory factor analysis, and structural equation modeling. Results: The results indicated that both psychological capital and family cohesion can significantly negatively predict mental health, with psychological capital significantly positively predicting family cohesion. The mediation effect analysis revealed that family cohesion fully mediates the relationship between psychological capital and mental health, meaning that psychological capital influences mental health through family cohesion. Recommendations: Based on these findings, the study concretely discusses the significance of psychological capital and family cohesion for the mental health of economically disadvantaged youth and offers suggestions for psychological counseling, therapy, and future research.

Keywords : psychological capital, mental health, economically disadvantaged youth, family cohesion

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