

The Influence of Environmental Factors on Adolescents' Coping Styles

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Abstract

Adolescents' coping styles have attracted considerable scholarly and societal attention, but there is still a lack of systematic reviews examining the influence of environmental factors on adolescents' coping styles. Based on relevant research literature. This paper reviews the influence of family, school, and social environmental factors, and derives a good family atmosphere, a positive school climate, a healthy teacher-student relationship and peer relationship, a safe campus environment and a well-established social support system, which is conducive to the formation of positive coping strategies for adolescents. On the contrary, it is easy to form a negative way of coping. Based on this, this article puts forward the following suggestions: Parents and schools need to build a harmonious and happy atmosphere and a safe and warm environment. Adolescents should establish good relationships with teachers and classmates. Society and the community should provide corresponding resources for the growth of adolescents, and work together to promote the healthy growth of adolescents.

Keywords

adolescents, coping style, environmental factors, family environment, social support

1. Introduction

Adolescence is a critical stage of human development, and adolescent mental health has become a major social concern. Today's social development is changing rapidly, and various factors bring more and more pressure to adolescents. Increasing numbers of adolescents experience symptoms of anxiety and depression, which will have an adverse impact on their physical and mental health [1]. Therefore, research on adolescents' coping styles is particularly important. Coping, that is, the individual's various cognitive and behavioral activities when dealing with stress events, are also the individual's regulatory behavior for changes in the real environment, including the evaluation of emotional events and the adjustment of physical or emotional reactions related to events [2].

Previous studies on adolescents' coping styles, there have been studies to explore their classification, role, the impact of single environmental factors, and the relevant issues of college students' coping styles, etc. Although fruitful results have been achieved, there is still a lack of a more systematic and comprehensive overview of environmental factors. As for the impact of environmental factors on the coping style of adolescents, this article mainly classifies and summarizes the impact of environmental factors on the coping

style of adolescents based on the microsystem in ecological systems theory. The theory divides the factors affecting the development of adolescents into five levels: microsystem, mesosystem, exosystem, macrosystem, and chronosystem [3]. Among them, the microsystem is the innermost environment for individuals to directly contact and participate, and the impact on adolescents is the most direct and significant. This article will integrate the study of family, school, society and other environmental factors on the coping styles of adolescents to provide theoretical support for educational practice.

2. Mechanisms Through Which Environmental Factors Shape Coping Styles

2.1 The Influence of the Family Environment

According to the ecological systems theory, the family is the most important microsystem in the process of individual growth [4]. Family intimacy reflects the emotional connection and support between family members, which is an important factor affecting the way adolescents cope. Many studies have shown that adolescents with high family intimacy are more inclined to adopt positive coping strategies such as proactively solving problems and seeking social support. On the contrary, they are more likely to use negative coping styles such as avoidance and patience [5]. Families characterized by high levels of intimacy can meet the basic needs of adolescents' personal growth and cultivate their autonomy, sense of belonging and other abilities, so as to face problems in life with a more positive attitude. If the family is emotionally lacking, adolescents lack emotional support, their psychological needs are not met, they tend to exhibit lower levels of psychological resilience, and they lack the ability to face problems and solve problems independently, they will use more negative coping styles.

Family conflicts are factors that cannot be ignored in the family environment. Adolescents with frequent family conflicts are more inclined to respond with emotions, such as catharsis or aggressive behavior. A good family atmosphere helps adolescents to regulate their emotions independently and actively solve problems, so as to form a positive coping style. Studies have shown that the contradictions and conflicts in the family environment directly affect the emotional regulation ability of adolescents and the choice of coping strategies. In conflict-prone families, adolescents are more likely to adopt negative coping styles when facing stress. A family environment characterized by recreation and shared leisure activities is more conducive to the cultivation of flexible thinking and coping styles [1].

2.2 The Influence of the School Environment

As an important part of the microsystem, school is one of the core living environments for the development of adolescents, which profoundly affects the psychological development and behavior patterns of adolescents.

2.2.1 Teacher–student Relationships

The teacher-student relationship is one of the key interpersonal relationships in the school environment, which has an important impact on the formation of adolescents' coping styles. A good teacher-student relationship can provide students with strong emotional support and behavioral guidance, and help adolescents adopt positive coping strategies when facing difficulties. Some studies have pointed out that the perception of teacher-student relationship in the school climate significantly affects the development of pro-social behavior of adolescents, that is, when teachers show caring behavior and positive encouragement, students will perceive these interactions as respectful treatment and emotional support, strengthen their confidence in dealing with pressure, improve their ability to face difficulties, and promote the formation of positive coping styles for adolescents [6].

2.2.2 Peer Relationships

Peer relationships constitute one of the most important interpersonal contexts during adolescence. From the perspective of social stratification, some studies have explored the impact of family socio-economic status on adolescents' peer acceptance and the role of peer relationships in the healthy growth of adolescents [7]. Research results show that adolescents with high peer acceptance are more inclined to adopt positive coping styles, while adolescents who suffer from peer exclusion and even bullying are more likely to adopt negative coping styles such as avoidance [7]. When adolescents lack the emotional support of their peers or are excluded, it is difficult to learn how to get along with others, observe the way others face problems and challenges, etc.

If they lack a sense of group belonging and social interaction, which affects the socialization process of adolescents, they will lack psychological resilience, so that they may have difficulty coping with challenges independently. While they are easy to rely on external help, they are more inclined to choose negative coping styles.

2.2.3 School Climate

School is the core environment of adolescents' daily life. Its atmosphere is closely related to the mental health status of adolescents. A good school climate can enhance the protective effect of coping with problems on mental health. Studies have shown that the psychological atmosphere of schools is significantly related to students' mental health, and the good psychological atmosphere of schools will also affect the mental health level of students [8]. A negative school climate will undermine adolescents' subjective well-being, which is not conducive to cultivating students' social and emotional ability. Therefore, the level of mental health is low and the risk of mental health problems increases, especially in terms of interpersonal sensitivity, depression and paranoia. Compared with students in schools with a good psychological atmosphere, students in schools with a bad psychological atmosphere have more serious problems [8].

2.3 The Influence of the Social Environment

2.3.1 Improvement of the Social Support System

The overall social environment includes social and cultural background, value orientation, community environment and other dimensions, which has a systematic impact on the formation of adolescents' coping styles. Some studies have pointed out that with the concerted efforts of the five levels of the country, medicine, school, family and individual, a path to cope with the healthy development of adolescents has been built. In addition, the development of the social support system directly affects the ability and way of adolescents cope with stress. A good social environment can provide necessary resources and protection for adolescents [9]. Adequate social support and social resources can provide a more comprehensive growth environment for adolescents, effectively alleviate the psychological pressure of adolescents with disadvantaged socioeconomic backgrounds, and promote the formation of positive coping styles for the youth group.

2.3.2 Community Resources

The community environment is an important place for adolescents to live and grow. The optimization of the community environment is an important part of promoting the healthy development of adolescents. Communities can provide healthy educational resources, places for sports activities, etc. When adolescents' family resources are insufficient, community resources can play a role in making up for and buffering in a timely manner, providing a basic guarantee for the healthy growth of adolescents, which is conducive to their cultivation of sound personality, reducing the probability of psychological crises, and helping adolescents establish a positive response model [10]. At the same time, the community and home and school can work together to establish a multi-dimensional support system to provide more comprehensive growth support for adolescents.

3. Recommendations

Based on the above analysis, it can be seen that the formation of adolescents' coping styles requires multi-dimensional collaborative support. In the family environment, intimacy can be enhanced by increasing the interaction between family members and creating a caring and happy family atmosphere. At the same time, constructive conflict resolution methods can be adopted, that is, benign arguments arising from the same goal but different methods, rather than mutual attacks, so as to reduce the pressure and negative emotions brought by the family to adolescents. In the school environment, teachers can establish an equal caring teacher-student relationship. Teachers and students can respect each other, deal with the emotions of both parties in advance before dealing with problems, so as to achieve the common growth and development of teachers and students, and promote students' all-round development through diversified activities and cultivate their sound personality; At the same time, schools can advocate non-violent communication to promote understanding and connection among students. From the perspective of the social environment, a three-dimensional system of family-school-community collaboration can be built to ensure that adolescents can effectively identify and utilize the available support resources in society and establish a relatively sound social support system; The

community can provide psychological counseling services, equipped with corresponding facilities, integrate family, school and community resources, and form an accessible and sustainable support network. In the end, families, schools, communities and adolescents should work together to ensure the healthy development of adolescents.

4. Conclusion

In summary, the impact of family environmental factors, school environmental factors and social environmental factors on adolescents' coping styles is multidimensional and multilayered. A good family atmosphere, a positive school climate, a healthy teacher-student relationship and a peer relationship, a safe campus environment and a perfect social support system have an important impact on the formation of positive coping strategies and psychological well-being for adolescents, while poor school climate, tense teacher-student relationships and peer relationships, social pressures and other factors are easy to encourage adolescents to adopt negative coping styles. In the future, we should further strengthen the in-depth study of the impact of family, school, society and other aspects on the mental health of adolescents, and provide theoretical support for mental health education among adolescents.

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Conflicts of Interest

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