

The factor structure of psychological health in adolescence

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In the present study, the factor structure of psychological health was examined. The adolescent males and females completed the Psychological Health Scale(constructed by revising Hiraishi's(1990) scale items), the Physical and Mental Health Scale(Moroi, 1996), and Rosenberg's(1979) Self-Esteem Scale.

The principal-components analyses(with varimax rotations) of the Psychological Health Scale yielded the sex difference. For males, eight components were obtained and named as follows: social anxiety, fulfillment sentiment, self-actualization, self-disclosure, self-confidence, positive feeling with one's family, acceptance of others, feeling of reality. Six components for females were self-actualization, social anxiety, intrapsychic relaxation, positive feelings with one's family, acceptance of self and others, concern with the opposite sex. The significance of those components in adolescence was discussed. The relations among those components and other measures(physical health, depression, loneliness, self-esteem) were examined by the principal-components analyses.