



The Impact of College Students' Self-Concept on Mental Health

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Abstract: To further clarify the current status and characteristics of the mental health level of current college students, and the relationship between them and their self-concept. Symptom Self-Rating Scale SCL90 and Tennessee Self-Concept Scale were used to investigate and analyze the mental health and self-concept of 261 college students. The mental health problems of college students are severe. There is a significant negative correlation between various aspects of college students' self-concept and various aspects of mental health. Finally, the mental health of college students and their mental health level were discussed.

Keywords: College Students; Self-Concept; Mental Health

1 INTRODUCTION

With the deepening of China's reform and opening up and the continuous development of the economy, the people's material needs have been basically satisfied, but then there are a variety of mental health problems, and the emergence of such mental health problems will not only affect the psychological level of the individual, but also have a great impact on the individual's physical health, family harmony and social security. According to a survey report, mental health has gradually become the second largest "health killer" in China in addition to cardiovascular and cerebrovascular diseases [1]. As one of the main youth groups in China, college students are also a group with high literacy and knowledge in China, and they play an important role in the development process of China. To a large extent, the development of college students also determines the development of the country to a certain extent, so it is of more vital significance to help them maintain their psychological health [2]. For college students, their mental development is not very mature to a certain extent, and they face the pressure of study, employment, love and other factors, so they often face more mental health problems. This is a concept relative to physical health, and common mental health problems mainly include depression, obsessive-compulsive, etc. [3][4].

Based on the above research background, this study attempts to explore the current situation and characteristics of college students' mental health, and explore the impact of self-concept on mental health. For example, Zhao Yunxuan (2014) conducted a study on the mental health of college students and found that the mental health problems of college students are widespread,

and the biggest psychological problems are the mental health problems in interpersonal relationships, which are manifested in the inability to correctly interact with others or the inability to reasonably express their emotions in the process of interacting with others. Some researchers have also analyzed the mental health problems existing in college students through theoretical analysis, and obtained basically the same research conclusions as the above [5][6], but the difference is that this study found that there are also many psychological problems in the emotional aspect of college students. Emotional changes often cause great distress to college students, so college students also have a lot of psychological problems in terms of emotions [7].

Self-concept is simply the recognition and evaluation of self-characteristics [8]. Because of the importance of self-concept, many researchers have studied the self-concept of college students, and some research results have been found. For example, some researchers have found that there is a certain relationship between college students' self-concept and their coping styles, and positive self-concept can help college students adopt more positive coping styles when facing various setbacks brought about by the environment, so as to help college students better cope with the environment [9] [10].

For example, some studies theoretically believe that correct and positive self-concept represents a correct understanding of self-concept, so self-concept itself should be classified as mental health [11]. Scholars have different perspectives on self-research, and on the whole have different emphases, but scholars generally agree that the self-concept is the sum of perceptions that constitute different aspects of the individual, and they all believe that the environment plays a very important role in the formation and development of the individual's self-concept [12].



From these studies, it can be seen that the connection between self-concept and mental health is relatively clear, both theoretically and practically. However, for college students, they will be relatively more conservative, and their mental health will be relatively affected. Although the link between group self-concept and mental health has been confirmed in a few studies, the number of studies in this area is still relatively small, so it is necessary to further test the research of college students to ensure the reliability of the research results.

2 RESEARCH METHODOLOGY

2.1 SUBJECTS

The object of this study is the college students of Zunyi Normal University, the method of investigation is the questionnaire method, a total of 300 questionnaires were sent, and finally 279 questionnaires were recovered, the recovery rate was 93%, after screening some invalid questionnaires, there were 268 valid questionnaires, and the effective rate reached 90%, finally, the questionnaire subjects of this study were successfully 263 people, that is, 147 males, 116 females, 144 people whose family is located in rural areas, and 119 people whose family is located in urban areas, Their average age was 21 ± 1.22 years.

2.2 SURVEY TOOLS

Symptom Self-Rating Scale SCL90", the scale uses the likert5-point scoring method for scoring.

The Tennessee Self-Concept Scale was revised by United States scholars and revised in the context of Chinese culture, and the revised scale has very good reliability and validity.

2.3 INVESTIGATIVE PROCEDURES

The questionnaire is printed and bound into a book, and the class class meeting and other group activities are used to conduct a unified test with the help of the class teacher. The questionnaire will be issued by the person or the squad leader, and the filling time will be 20 minutes, and after the completion of the questionnaire, the squad leader or the person will collect it uniformly.

2.4 STATISTICAL ANALYSIS

Excel 2007 was used to input and process the collected questionnaire datasps. Statistical analysis of the data obtained from the study was carried out.

3 FINDINGS

3.1 THE OVERALL MENTAL HEALTH OF COLLEGE STUDENTS

The results of the mental health of college students in the study are shown in the table below:

TABLE 1 COMPARISON OF COLLEGE STUDENTS' PSYCHOLOGICAL PROBLEMS WITH THE NATIONAL NORM

factor	This study (N=261). M1±SD1	norm (N=1388). M2±SD2	T
Somatization	2.30±0.37	Select size 1.37±0.48	22.42***
Obsessive-compulsive symptoms	Select size 2.88±0.65	Select size 1.62±0.58	17.08***
Sensitive interpersonal relationships	2.60±0.61	Select size 1.65±0.61	13.05***
depression	Select size 2.57±0.55	Select size 1,50±0.59	17.70***
anxiety	Select size 2.56±0.52	Select size 1.39±0.43	20.89***
Hostile	2.40±0.52	Select size 1.46±0.55	16.40***
terror	2.39±0.44	Select size 1.23±0.41	23.49***
bigotry	Select size 2.58±0.57	Select size 1.43±0.57	18.14***
Psychotic	Select size 2.55±0.51	1.29±0.42	22.59***
other	Select size 2.44±0.49	Select size 1.48±0.46	17.93***

Note: ***denotes p<0.001

The results of the data in the table have been released, and the scores of each item on the scale of the survey subjects are obviously higher than the scores of the national normal person norm, which shows that the current mental health problems of college students are more serious.

3.2 CHARACTERISTICS OF THE MENTAL HEALTH STATUS OF COLLEGE STUDENTS

3.2.1 GENDER CHARACTERISTICS OF THE MENTAL HEALTH OF COLLEGE STUDENTS

The results are shown in the table below

TABLE 2 COMPARISON OF PSYCHOLOGICAL PROBLEMS AMONG COLLEGE STUDENTS OF DIFFERENT GENDERS



factor	Male students (N=156). M1±SD1	Female students (N=105). M2±SD2	t
Somatization	2.33±0.40	2.26±0.34	4.55***
Obsessive-compulsive symptoms	2.96±0.68	2.81±0.57	5.74***
Sensitive interpersonal relationships	2.71±0.67	2.51±0.51	7.77***
depression	Select size 2.62±0.59	2.51±0.48	4.85***
anxiety	2.62±0.57	Select size 2.53±0.47	4.11***
Hostile	Select size 2.46±0.56	2.32±0.43	6.50***
terror	2.41±0.48	2.39±0.40	1.08
bigotry	Select size 2.65±0.62	Select size 2.51±0.49	5.88***
Psychotic	2.64±0.58	Select size 2.48±0.41	7.18***
other	2.50±0.54	2.41±0.45	4.34***

Note: ***denotes p<0.001

The data shown in the table shows that there is not much difference between men and women in the horror dimension, but in other dimensions, men score significantly higher than women. This illustrates the fact that among college students, female students have fewer mental health problems than male students.

3.2.2 CHARACTERISTICS OF THE PLACE OF ORIGIN OF THE MENTAL HEALTH STATUS OF COLLEGE STUDENTS

The results of the analysis are shown in the following table:

TABLE 3: COMPARISON OF THE PSYCHOLOGICAL PROBLEMS OF COLLEGE STUDENTS IN DIFFERENT PLACES OF ORIGIN

factor	Rural (N=133). M1±SD1	city (N=128). M2±SD2	t
Somatization	2.25±0.36	2.30±0.42	1.97*
Obsessive-compulsive symptoms	Select size 2.76±0.61	2.90±0.67	3.25***
Sensitive interpersonal relationships	2.48±0.54	2.69±0.71	5.51***
depression	2.46±0.53	2.60±0.63	3.74***
anxiety	Select size 2.49±0.49	2.61±0.58	3.47***
Hostile	2.34±0.46	Select size 2.43±0.57	2.77**
terror	2.34±0.42	Select size 2.43±0.54	3.04**
bigotry	Select size 2.49±0.55	Select size 2.59±0.60	2.58**
Psychotic	Select size 2.49±0.49	Select size 2.56±0.55	2.03*
other	2.40±0.49	2.46±0.53	1.74

Note: * denotes p<0.05,P<0.01,*** denotes p<0.001

In terms of scores in other dimensions, there is not much difference between urban and rural college students, but the scores of urban college students are obviously higher than those from rural areas. It shows that most of the mental health problems come from urban college students.

3.2.3 THE MENTAL HEALTH OF COLLEGE STUDENTS IS WHETHER THEY ARE ONLY CHILDREN

The results of the analysis are shown in the following table:

TABLE 4 COMPARISON OF MENTAL HEALTH PROBLEMS AMONG COLLEGE STUDENTS WITH ONLY CHILDREN

factor	Only child (N=168).	Not an only	M2±SD2	t
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	M1±SD1	child (N=93).		
Somatization	Select size 2.45±0.36	2.10±0.42		3.69***
Obsessive-compulsive symptoms	2.69±0.62	2.31±0.67		4.28***
Sensitive interpersonal relationships	2.68±0.53	2.15±0.73		4.09***
depression	2.65±0.52	2.30±0.62		3.59***
anxiety	Select size 2.69±0.48	Select size 2.45±0.55		3.56***

Hostile	2.61±0.43	2.33±0.60		3.69***
terror	2.74±0.41	2.41±0.53		3.78***
bigotry	Select size 2.81±0.53	Select size 2.52±0.63		4.12***
Psychotic	Select size 2.89±0.51	2.36±0.53		4.03***
other	2.70±0.43	Select size 2.43±0.54		5.74***

Note: *** denotes p<0.001

In the table, the score for only children is significantly higher than for non-only children.

3.2.4 *WHETHER THE MENTAL HEALTH OF COLLEGE STUDENTS IS IN DIFFERENT GRADES*

The results of the analysis are shown in Table 5 below:

TABLE 5 COMPARISON OF MENTAL HEALTH PROBLEMS OF COLLEGE STUDENTS AT DIFFERENT GRADES

factor	Daiichi (N=55)	Sophomore (N=62).	year	Junior (N=71).	Senior (N=73).	F
	M±SD	M±SD		M±SD	M±SD	
Somatization	3.16±1.11	3.14±1.09		3.13±1.12	3.11±1.13	1.21
Obsessive-compulsive symptoms	3.17±1.11	3.20±1.13		3.18±1.09	3.14±1.11	1.32
Interpersonal sensitivity	3.63±1.09	3.12±1.08		3.13±1.06	3.61±1.11	6.87***
depression	3.25±1.12	3.26±1.11		3.27±1.13	3.31±1.16	2.12
anxiety	3.23±1.12	3.24±1.12		3.22±1.10	3.24±1.13	1.03
Hostile	3.25±1.11	3.27±1.21		3.26±1.12	3.27±1.13	0.85
terror	3.27±1.12	3.26±1.32		3.26±1.13	3.28±1.14	0.78
bigotry	3.25±1.12	3.21±1.21		3.22±1.16	3.23±1.13	1.21
Psychotic	3.25±1.12	3.26±1.11		3.27±1.13	3.31±1.16	1.32
other	3.23±1.12	3.24±1.12		3.22±1.10	3.24±1.13	1.43



Note: *** denotes p<0.001

It can be seen from the table that there is a significant difference in the scores of interpersonal sensitivity among college students in different grades, and after further post-hoc multiple comparisons using the LSD method, it is found that the scores of freshmen and seniors are significantly higher than those of sophomores and juniors, which indicates that first-year and fourth-year students have more psychological problems in interpersonal sensitivity. In other aspects of mental health, there are no significant differences between college students in different grades.

3.3 ANALYSIS OF THE RELATIONSHIP BETWEEN COLLEGE STUDENTS' SELF-CONCEPT AND MENTAL HEALTH

We first analyzed the relationship between college students' self-concept and mental health, using the Pearson correlation analysis method, and the results of the analysis are shown in the following table:

TABLE 6 ANALYSIS OF COLLEGE STUDENTS' SELF-CONCEPT AND MENTAL HEALTH

	Physiological self	Moral self	Psychological self	Family self	Social self	self-criticism	Self-identity	Self-satisfaction	Self-acting
Somatization	-0.31***	-0.32***	-0.33***	-0.37***	-0.33***	-0.32***	-0.33***	-0.37***	-0.33***
Obsessive-compulsive symptoms	-0.37***	-0.27***	-0.28***	-0.34***	-0.34***	-0.27***	-0.28***	-0.34***	-0.34***
Interpersonal sensitivity	-0.35***	0.29***	0.30***	0.37***	-0.31***	0.29***	0.30***	0.37***	-0.31***
depression	-0.31***	-0.31***	-0.32***	-0.34***	-0.37***	-0.31***	-0.32***	-0.34***	-0.37***
anxiety	-0.37***	-0.27***	-0.25***	-0.26***	-0.35***	-0.27***	-0.25***	-0.26***	-0.35***
Hostile	-0.31***	-0.29***	-0.31***	-0.32***	-0.34***	-0.29***	-0.31***	-0.32***	-0.34***
terror	-0.37***	-0.33***	-0.32***	-0.33***	-0.33***	-0.32***	-0.33***	-0.37***	-0.33***
bigotry	-0.35***	-0.34***	-0.27***	-0.28***	-0.34***	-0.27***	-0.28***	-0.34***	-0.34***
Psychotic	-0.31***	-0.31***	0.29***	0.30***	-0.31***	0.29***	0.30***	0.37***	-0.31***
other	-0.37***	-0.37***	-0.31***	-0.32***	-0.37***	-0.31***	-0.32***	-0.34***	-0.37***

Note: *** denotes p<0.001

It can be seen from the table that there is a significant negative correlation between all aspects of college students' self-concept and all aspects of mental health, so it can be shown that the higher the level of college students' self-concept, the higher the degree of college students' mental health.

4 DISCUSSION

In order to further clarify the current situation and characteristics of college students' mental health and the relationship between



it and self-concept, this study investigated college students and finally obtained some research results:

First of all, the results obtained through the analysis of the mental health level of college students show that the score of college students on the mental health scale is higher than that of the general population in China. This shows that the current mental health of college students is at a poor level, and the results of this study are also consistent with the results of previous studies, and the reason for this phenomenon may be because college students need to face not only the pressure brought by life compared to ordinary people, but also the pressure of study, love and other aspects, especially the demand, but the economy is not yet independent, and the media also continues to publicize and report on the employment difficulties of college students. These conditions have led to their current poor mental health.

Secondly, according to the analysis of the mental health characteristics of college students, it is found that after analyzing the mental health of college students of different genders, in addition to the horror aspect, the degree of psychological problems of male college students is generally higher than that of female college students, which may be caused by gender stereotypes, men are often considered to be more capable, so in college, the level of male expectations is also higher, so male college students tend to face more pressure, which in turn leads to their mental health level is worse.

In view of the existing mental health problems, through the comparison of the differences between the psychological problems of college students in different family locations, it is found that the degree of psychological problems of rural college students is obviously lower than that of urban college students, which may also be because urban college students have experienced fewer setbacks since they were young because of the better economic development level of the city, and their self-care ability is not strong. The difficulty of living independently may lead to an increase in stress in them, which in turn can lead to a decline in their mental health.

For non-only children, the mental health problems of only children are higher than those of non-only children, which may be because only children are more pampered than non-only children, resulting in them feeling more uncomfortable when entering the environment of independent living in college, which leads to more serious psychological problems. The analysis of the mental health level of college students in different grades found that the mental health problems of freshmen and seniors in terms of interpersonal sensitivity are more serious, which may be due to the fact that for first-year students, they have just entered the college campus, they do not get along well in interpersonal relationships, they do not have a clear goal, and they do not know how to adapt to the new environment. Seniors, on the other hand, are focused on finding a job, and the current employment situation is tough and stressful, which leaves them with little time to maintain relationships.

Finally, based on the results of the analysis of the relationship between college students' self-concept and mental health level,

it is found that there is a negative correlation between college students' self-concept and mental health, which indicates that college students' self-concept will have a negative predictive effect on mental health to a certain extent, which illustrates a problem, with the improvement of college students' self-concept level, their mental health level will change to a certain extent. The higher the level of self-concept, the higher the mental health level of college students. This finding is also consistent with previous studies [12], which may be due to the fact that as the level of self-concept increases, college students become more self-receptive and develop a sense of self-confidence, which largely eliminates mental health problems.

5 CONCLUSION

The mental health level of college students needs to be improved.

The mental health level of male and only children is worse than that of female students, non-only children and college students from rural areas, and for college students, the mental health level of interpersonal sensitivity of freshman and senior college students will also be significantly worse than that of sophomore and junior college students.

The influence of college students' self-concept can have a positive predictive effect on the mental health level of college students, and the higher the level of self-concept, the higher the mental health level of college students.

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