

# A Survey of the Current Situation of College Students' Psychological Resilience and its Relationship with Social Support under the Unprecedented Changes in a Century

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**Abstract:** This study uses empirical analysis to explore the current situation of college students' psychological resilience under the great changes that have not occurred in the past century, and the impact of social support on psychological resilience. The results show that the current college students' psychological resilience shows a good level; There are some differences in demographic variables; There is a significant positive correlation between social support and resilience, and it has a significant positive predictive effect on resilience.

**Keywords:** College students; Social support; Psychological resilience

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Xi Jinping pointed out that "mankind is in a special historical period. The global pandemic of COVID-19 has accelerated the evolution of the world's unprecedented changes in a century". Young college students are at the critical stage of the establishment of their outlook on life and world, and at the unbalanced stage of their psychological development, and are easily affected by various external factors. Therefore, in order to improve the ability of young college students to cope with various changes, and thus improve their ability to adapt to the current changing society, it is necessary to understand the current situation of college students' psychological resilience and its influencing factors, so as to provide reference for colleges and universities to improve the level of college students' psychological resilience.

Psychological resilience refers to the process that an individual encounters life events beyond his or her control, plays the corresponding ability, invokes the corresponding social resources, takes appropriate coping methods, and finally successfully responds to life events. During this period, there is a dynamic interaction between the individual's ability, resources and life events<sup>[1]</sup>. Previous studies have shown that psychological resilience is an important protective factor for individual mental health<sup>[2]</sup>, that is, when an individual encounters pressure or adversity, he can still adapt and maintain physical and mental health.

Through comparison with previous studies, it is found that the research on the differences of college students' psychological resilience in demographic variables such as gender, grade, only child, student cadre, etc. has reached different conclusions<sup>[3][4][5]</sup>. The reason for this difference may be that in different historical periods and different social environments, the research on psychological resilience of different groups of college students has different results. Therefore, in this special historical period, it is necessary to study the current situation of college students' psychological resilience under the social situation that has not changed in a century. At the same time, on the basis of previous studies<sup>[6]</sup>, this paper further discusses the impact of social support on psychological resilience. The research results will also point out the direction for colleges and universities to improve the psychological resilience of college students, and then play a certain reference significance for the prevention and control of mental health problems.

## 1. Object and method

### 1.1 Subjects

A random sampling method was used to distribute questionnaires online to young college students. 655 questionnaires

were recovered and 650 were valid, with an effective rate of 99.24%.

## 1.2 Tools

### 1.2.1 Perceived Social Support Scale PSSS

This study uses the "Perceived Social Support Scale" revised by Jiang Qianjin and others. Previous studies have shown that the scale has good reliability and validity and has been widely used in China [7]. In this study, the scale Cronbach  $\alpha$  is 0.980.

### 1.2.2 Connor-Davidson Resilience Scale CD-RISC

This study adopts the Youth Mental Resilience Scale compiled by Hu Yueqin and Gan Yiqun in 2008. Previous studies have shown that the scale has good reliability and validity and has been widely used in China [8]. In this study, the scale Cronbach  $\alpha$  is 0.872.

## 1.3 Data processing

This study uses SPSS20.0 and Amos software for data analysis.

## 2. Results

### 2.1 Common method deviation test

Harman single-factor test was conducted on the collected data. The results showed that after exploratory factor analysis (without rotation) of all items of social support and psychological resilience, a total of 8 factors were found to have a characteristic value greater than 1, and the variance explained by the first factor was 34.87%, which was less than the critical standard of 40%, indicating that there was no obvious common method deviation in this study.

### 2.2 General description of resilience and its dimensions

**Table 1 General description of college students' psychological resilience**

	M	SD	Theoretical median	t	Sig.
Psychological resilience	3.53	0.67	3	20.20	0.000

See Table 1 for the statistical description of the overall psychological resilience of college students. It can be seen from the table that college students' psychological resilience is generally at a good level.

### 2.3 Comparison of psychological resilience of college students of different genders

**Table 2 Comparison of psychological resilience of college students of different genders**

	Male	female	t	p
Psychological resilience	3.37±0.65	3.59±0.66	-3.888	0.000

An independent sample t-test was conducted on the scores of psychological resilience of male and female college students. The results showed that the psychological resilience of female college students was significantly higher than that of male college students. The same independent sample t-test shows that the psychological resilience level of student cadres is significantly higher than that of non-student cadres; There was no significant difference in the psychological resilience between the only child and the non-only child.

### 2.4 Comparison of family rearing patterns on college students' psychological resilience

**Table 3 Comparison of family rearing patterns on college students' psychological resilience**

	More democratic	More mandatory	Laissez-faire	Ruleless	F	p
Psychological resilience	3.62±0.67	3.21±0.45	3.19±0.68	3.08±0.40	17.757	0.000

Single factor analysis of variance showed that there were significant differences in college students' psychological resilience under different educational management modes. After the post-test, it is found that there is a significant difference between comparative democracy and comparative compulsion and rulelessness. The same single factor analysis of variance showed that there were significant differences in psychological resilience among college students from different places of origin, with cities significantly higher than rural areas; There is no significant difference in psychological resilience among college students of different grades.

### 2.5 Correlation analysis of college students' social support and psychological resilience

**Table 4 Correlation analysis of college students' social support and psychological resilience**

	Social support	Psychological resilience
Social support	1	
Psychological resilience	0.545***	1

*Note: \*\*\* $p < 0.001$*

As shown in the above table, there is a significant positive correlation between social support and psychological resilience.

## 2.6 Analysis of the impact of social support on resilience

The study established a model through Amos, used the nonparametric percentile Bootstrap method to carry out the effect test, and randomly repeated 5000 times. The data research results are shown in Table 5. All indicators fit well, and social support can significantly predict psychological resilience positively.

**Table 5 Analysis of the impact of social support on resilience**

	Psychological resilience			
	$\beta$	SE	95% confidence interval	
			lower limit	upper limit
Social support	0.654	0.023	0.161	0.403
$\chi^2/df=1.40$ , RMSEA=0.02, GFI=0.99, AGFI=0.94, NFI=0.99, RFI=0.99				

## 3. Discussion

The survey of the current situation of college students' psychological resilience found that college students' psychological resilience was generally at a good level. At the same time, the study found that the psychological resilience of female college students was significantly higher than that of male college students; The psychological resilience of student cadres is significantly higher than that of non-student cadres; The psychological resilience of rural college students is lower than that of urban college students. This suggests that when cultivating the psychological resilience of college students, we should consciously focus on the cultivation of male college students, non-student cadres, and college students from rural areas.

There are significant differences in college students' psychological resilience under different family education management modes. Family education is the cornerstone of the whole education and has a significant impact on the healthy growth of children. In family education, parents should care for their children, encourage them to be independent, and at the same time avoid over-protecting and over-controlling their children according to their own wishes, which is conducive to cultivating their good psychological resilience.

In order to explore the relationship between social support and psychological resilience of college students, correlation analysis and model regression analysis were conducted. The results showed that there was a significant positive correlation between social support and psychological resilience, and further regression analysis showed that social support could significantly positively predict psychological resilience. This research result shows that an individual cannot obtain enough psychological resilience without social support, because social support will provide sufficient available psychological resources for the individual.

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