

# Study on the relationship between mental health level, narcissistic personality and parenting style of poor college students

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**Abstract:** In addition to facing the same pressure as other college students during their schooling, poor college students also bear the economic pressure. This study systematically discusses the relationship between poor college students' mental health level and narcissistic personality, parental rearing style. The results show that poor college students' mental health level is generally good. Negative parenting style has a negative predictive effect on the mental health of poor college students, and positive parenting style has a negative predictive effect on the mental health of poor college students. Explicit narcissistic personality trait is conducive to mental health, implicit narcissistic personality trait is not conducive to mental health, and boys' mental health level and narcissism level are higher than girls'.

**Key words:** poverty-stricken college students; Mental health; Narcissistic personality; Parenting style

## 1. Preface

In recent years, due to the impact of public health events, the economic situation and benefits of all walks of life have declined, and the pressure of social competition faced by college students has further increased. The attention to the mental health of college students has always been the focus of social attention, and poor college students are also one of the groups that colleges and universities attach importance to. According to national statistics, the poverty of college students in the country accounts for about 20%, poor students are a special group, they face intense economic pressure and difficulties, psychologically more prone to sensitivity, inferiority, anxiety and other adverse phenomena, if not timely guidance, will affect the mental health of poor students. The word "narcissism" originated from the Greek mythological figure Nakhos. At present, the structure of narcissism is usually differentiated from the form of narcissism (normal, case), phenotype description (grandiosity, vulnerability), manifestation (dominant, recessive), etc. Yong Zheng and Li Huang studied dominant and recessive narcissism on the basis of WINK's study. In this paper, narcissism is also studied as a personality trait. Parenting style is a comprehensive expression of parents' ideas, behaviors and emotional expression to their children in the process of raising children. It has a relatively stable style, and also reflects the attitude and behavior toward their children. This study mainly explores the relationship between narcissistic personality, parental rearing style and mental health level of poor college students, providing theoretical and practical basis for cultivating rational, peaceful, sunny and active college students, and providing theoretical basis for more effective mental health education.

## 2. Object and method

### 1. Subjects to study

In this study, 300 questionnaires were distributed through online questionnaires by random sampling in some undergraduate universities in China (Yan shan University, Harbin University of Commerce, Mian Yang Teachers' College, Cheng de Medical College, etc.), among which 299 were valid, with an effective rate of 99%.

### 2. Investigative tools

(1) Survey of demographic variables: name, gender, place of birth, subject, grade, family structure.

(2) Mental Health(UPI) questionnaire: The University Student Personality Questionnaire (UPI) was introduced into China and revised by Professor Min fu Fan from Tsinghua University. There are 64 items in the questionnaire. The subjects can choose "Yes" or "no" according to their actual psychological conditions in the past one year, with 1 point for "Yes" and 0 points for "No". The higher the score, the more unhealthy the mental state, and the more psychological problems. The reliability and validity of UPI questionnaire meet the statistical requirements, and UPI questionnaire can reflect the psychological status of college students well.

(3) Parenting Style (PBI) questionnaire: This survey adopts the Parental Parenting Style Scale (PBI), which was compiled by Parker, Tupling and Brown in 1979 and revised by Chinese psychologists Jun Hong Yang and Min Yan Chu. The questionnaire is used to investigate the parenting style of parents before the age of 16, including 23 items of paternal parenting style. The factors are divided into caring, encouraging autonomy and control, and the mother's parenting style also has 23 items, which are also caring, encouraging autonomy and control. The questionnaire was four points, and the internal reliability and validity of the questionnaire met the statistical requirements.

(4) Narcissistic Personality Questionnaire: The narcissistic personality questionnaire compiled by Yong Zheng and Li Huang was adopted. The questionnaire contained 28 items, including 20 items for overt narcissism and 15 items for implicit narcissism, 7 items of which were shared by the two questionnaires. The overt narcissistic personality questionnaire was divided into four dimensions: desire for power, sense of superiority, sense of privilege and self-admiration, while the latent narcissistic personality was divided into three dimensions: susceptibility, sense of privilege and self-admiration. The questionnaire adopts the Likert 5-point scoring method, with 1 indicating completely inconsistent and 5 indicating completely consistent. The higher the score, the more evident the narcissistic traits. The higher the score, the more evident the narcissistic traits. The overall reliability and validity of the scale were good, and the internal consistency coefficient was 0.770.

3. Statistical analysis

SPSS 27.0 software was used for statistical analysis of the research data. The statistical methods mainly included descriptive statistics, non-parametric test, linear regression analysis, correlation analysis, etc.

3. Results

1. Basic information about the subject

In this study, there were 65 boys (21.7%) and 234 girls (78.3%); There were 39 from urban areas (13%), 216 from rural areas (72.2%), 35 from third-tier cities and below (11.7%), 4 from second-tier cities (1.3%), and 5 from first-tier cities (1.7%). 125 freshmen (41.8%), 70 sophomores (23.4%), 99 juniors (33.1%), 5 seniors (1.7%), 53 engineering students (17.73%), 132 science students (44.1%), 85 liberal arts students (28.43%), and 7 art students (2.3%), 22 physical education students (4.3 percent).

2. Gender differences in mental health level and narcissism level of poor college students

**Table 1: Independent sample T-test of gender and UPI total score, narcissism level and parenting style**

Sex	UPI overall score		Narcissism levels		Parenting style	
	M±SD	T/F	M±SD	T/F	M±SD	T/F
Male	11.7±10.007	-3.153***	67.29±24.287	2.47***	76.593±12.158	0.059
Female	16.6±11.447		60.299±18.86		73.5388±10.545	

\* Means  $p < 0.05$ , \*\* means  $p < 0.01$ , \*\*\* means  $p < 0.001$  (the same below)

Analysis: As can be seen from Table 1, the mental health level of boys is significantly higher than that of girls, and the mental health level of boys and girls is significantly different. The narcissism level of male students is significantly higher than that of female students, and the narcissism level of male students and female students is significantly different.

Overall mental health level of poor college students

**Table 2: Difference test of UPI total score and test value of poor college students**

UPI total score	t	df	M	SD	Test value
	-6.762***	298	15.57	11.319	20

Analysis: As can be seen from Table 2, there is a significant difference between the UPI total score of poor college students and the test value, indicating that there is a 95% probability that the UPI total score is lower than 20, indicating that the overall mental health level of poor college students is good.

4. Correlation analysis of poor college students' mental health with parenting style and narcissistic personality

Mental health level was significantly positively correlated with paternal care, paternal encouragement of autonomy, maternal care and maternal encouragement of autonomy (correlation coefficients of UPI total score were -0.369\*\*, -0.219\*\*, -0.337\*\*, -0.188\*\*). It was significantly negatively correlated with paternal control and maternal control (0.123\*\*, 0.178\*\* for UPI total score), and significantly positively correlated with parenting style (-0.391\*\* for UPI total score). Mental health level was significantly negatively correlated with overt narcissistic privilege, predisposition and implicit narcissistic privilege (UPI total score correlation coefficients were 0.319\*\*, 0.478\*\*, 0.242\*\*). And significantly negatively correlated with narcissistic personality, overt narcissism, and implicit narcissism (0.250\*\*, 0.124\*, 0.379\*\* for UPI total score).

5. Hierarchical regression analysis of poor college students' parenting styles, narcissistic personality traits and mental health

**Table 3: Stratified regression analysis of parenting styles, narcissistic personality traits and UPI scores of poor college students**

Dependent Variable	Independent variables that enter the regression equation	Beta	t	R2	F
UPI overall score	Narcissistic personality	1.569	7.818***	.073	20.571
	Overt narcissism	-1.407	-7.158***	.279	75.255
	Hidden narcissism	.379	7.050***	.143	49.696
	Parenting style	-.214	-3.830***	.318	14.666

Analysis: As can be seen from Table 3, narcissism has a negative predictive effect on mental health level, which can explain 7.3% of the predicted quantity, in which overt narcissism has a positive predictive effect on mental health level, which can explain 27.9% of the predicted quantity, and implicit narcissism has a negative predictive effect on mental health level, which can explain 14.3% of the predicted quantity. Parenting style played a positive role in predicting mental health level, and could explain 31.8% of the predicted amount.

4. Discussion

This study takes poor college students as the object to explore the relationship between parenting style, narcissistic personality traits and mental health. The study shows that the narcissism level of male students is significantly higher than that of female students, and the mental health level of male students is also significantly higher than that of female students, which is contrary to the findings of Xiu qi Lin (2020) that the narcissism level of male students is significantly lower than that of female students. The possible reason lies in the fact that most of the poor college students come from poor mountainous areas or remote rural areas, and the idea of son preference still exists. The narcissism

level of female students is often lower than that of male students, and poor female students are more likely to suffer from psychological pressure and inferiority complex. Positive parenting styles, such as parental care and encouragement, were positively correlated with mental health, while negative parenting styles, such as parental control, were negatively correlated with mental health. Among them, parenting style of poor college students has a positive predictive effect on mental health level. The results of this study are basically consistent with the research results of Qin shang Xiu (2006), Xue Yang (2015) and Lin lin Feng (2023). For poor college students, parents' warmth, care and encouragement of autonomy and other positive parenting styles will make children more psychologically healthy and confident. Explicit narcissism has a positive predictive effect on the mental health level of poor college students, while implicit narcissism has a negative predictive effect on the mental health level of poor college students. Yong Zheng and Li Huang (2005) pointed out that people with explicit narcissistic personality traits are more confident, optimistic and cheerful in life, while implicit narcissism is more related to feelings of inferiority and satisfaction. Explicit narcissism is positively correlated with mental health, while implicit narcissism is positively correlated with mental ill health. These conclusions are consistent with the results of this study.

However, the narcissistic personality level in this study has a negative predictive effect on mental health, which is contrary to the positive predictive effect of narcissistic personality degree and mental health of Yong Zheng, Li Huang (2005) and Xiu qi Lin (2020). This may be related to the lower narcissism level of poor college students than other college students. Although poor college students' mental health level is in a good state, their self-confidence level is relatively low. Poor college students need to overcome more difficulties than ordinary students to live outside, especially when they are economically difficult, and are more sensitive and inferior psychologically.

There are some shortcomings in this study. There is no data comparison between the narcissism level of normal college students and poor college students. At the same time, there is a large gap in the sample size of male and female students. The research objects come from ordinary undergraduate colleges, and the sample size is not extensive enough. The narcissism level of poor college students and ordinary college students has not been deeply discussed, which is the content that needs to be explored in the future research.

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Introduction to the First Author

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