Predictive Analysis of Personality Traits on Each Dimension of College Students’ Mental Health

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Abstract
The mental health of college students has always been the focus of national and higher education in order to nurture a resilient college student community. The mental health prediction model can offer theoretical and practical support for mental health education in colleges and universities and can advance the development of mental health education in these institutions. The state trains high-quality talents and promotes social development. There is no shortage of research on personality and mental health, but it is mostly focused on Jane. The scattered research mainly discusses the impact of certain personality traits on mental health and lacks systematic and comprehensive investigation. Making the relationship between the two unclear. In addition, the current research on college students’ mental health mostly adopts the SCL-90 scale. Other scales such as UPI are not applicable and distinguishable to ordinary college students, and cannot comprehensively measure all aspects of college students’ mental health. Therefore, this study aims to comprehensively investigate the current mental health status of college students using the Chinese College Students Mental Health Screening Scale developed by Fang Xiaoyi et al. The study also aims to construct a model for predicting mental health based on personality traits and to systematically and comprehensively explore the relationship between personality and mental health across various dimensions. At the same time, psychological capital has a moderating effect on variables related to personality and mental health. This study employs a multi-group model to concurrently compare and explore the moderating impact of psychological capital on the personality prediction model of mental health.

Keywords
Personality traits, mental health view, influence

1. Discussion on personality and mental health
1.1 Personality
Before personality was formally incorporated into the study of psychology, it was presented by the Latin "persona", Lord If it refers to the appearance of an individual in front of others, similar to the "face mask" in our daily life, In other words, the performance of the identity and character characteristics that fit the characters in the drama. After entering the psychological realm, being seen is a concept that can express individual character characteristics. Chinese scholar Zhu Zhixian in his compilation of "psychological big words. The Canon gives a very clear definition of personality, he thinks personality is the integration of psychological traits, and these traits. All have a certain degree of tendency, which represents the spiritual outlook of the individual as a whole (Zhu Zhixian, 1989). Allport pointed out that personality is a dynamic organization and a physical and mental system that plays an internal role in helping individuals adapt to the environment (Allport, 1970). In Cattell's view, personality is an individual's habitual way of thinking and common
behavior. The style of affairs has high stability and is not easy to change (Liang Xiaoming, 2000). Domestic scholar Peng Danling pointed out that personality is the process by which individuals adapt to the environment and gradually develop their own abilities, temperament, and personality good psychological qualities of consistency, continuity, and stability; At the same time, it also indicates the individual's unique characteristics and habits ways of thinking and habits of behavior can be used as effective characteristics to distinguish others. It will be the individual internal emotional thinking Combined with the external form of expression, more comprehensive and rich.

1.2 Mental health view

As we all know, human health includes physical health and mental health, which interact and are closely related. The United Nations World Health Organization defines "health" as "good health, not only the absence of physical defects and diseases but also a complete physical and mental state and social adaptation." The psychology and medical circles of various countries have carried out a lot of exploration and research and achieved many important research results in the field of mental health, which has provided great help to the public in maintaining mental health. However, with the rapid development of human characteristic civilization and spiritual civilization, people are constantly faced with new confusion and pressure, which makes mental ill health still widespread among social personnel, which not only affects the quality of individual life but also causes unsafe factors to the whole society. From the last century to the 1980s, mental health problems received wider attention. Scientific progress, knowledge explosion, and the arrival of the information age force people to constantly update their knowledge. The characteristics of modern cities such as industrialization, urbanization, and population density may also bring huge and heavy psychological pressure to people, thus posing a serious threat to people's mental health. As an important part of modern society, college students inevitably face the same serious threat in terms of mental health. At the same time, as a very special social group, college students also have many problems with their own characteristics, such as learning adaptation, interpersonal communication, employment pressure, love and emotion, etc. Research shows that students who "do things easily nervous", students who "worry too much about some things", students who "feel the relationship between people is too cold", and students who "can't find a friend to talk to when they are not comfortable" are too nervous about the exam and feel a little overwhelmed. This study reflects a problem that cannot be ignored in Chinese colleges and universities - the poor mental health of students. In view of this situation, many psychologists and medical workers in our country have made some useful exploration of the mental health of college students, and school mental health education has been widely developed.

With its unique outlook on life, Chinese traditional culture takes relationship and harmony as the fundamental standard of healthy psychology on the whole, that is, on the basis of the balance of Yin and Yang of individual body and mind, and the unity of form and spirit, the connotation of mental health is elevated to the height of the relationship between man and society, man and nature. This standard is the theoretical basis of Chinese traditional culture and mental health thought. On this basis, various schools of thought have different understandings of mental health. Confucianism is the mainstream of Chinese traditional culture. It adopts the attitude of joining the world, examines the nature of human beings from the perspective of social relations, and then puts forward the model of ideal personality, i.e. healthy personality. In the eyes of Confucianism, people who conform to the standards of social behavior and maintain good interpersonal relationships are people who are mentally healthy, that is, people of benevolence and justice. If a person wants to become a person of benevolence and justice, it is necessary to pay attention to personal moral cultivation, pay attention to the middle way, and restrict themselves and others to maintain harmony, which is called "restoring oneself to benevolence". The influence of personality traits on mental health view of college students. Taoism is another very important school of thought among the pre-Qin sons. Taoism believes that a healthy personality is to return to the natural and simple nature through moral cultivation, and finally to achieve the ideal personality of heaven and earth spirit. Tao Te Jing said the face of Kongde, but the way is from. It is worth mentioning that the culture of traditional Chinese medicine is gradually formed after absorbing the essence of Confucianism, Taoism, and other philosophical thoughts. It emphasizes the understanding and cognition of human health and diseases from the relationship between man and nature, man and society, pays special attention to the role of psychological factors, and forms a set of rich mental health principles and health care methods. In the past hundred years, with the opening of Chinese society, in the face of modern industrial civilization, the traditional concept of mental health has exposed its fundamental weakness, and the individual's subjectivity is not recognized. At the same time, the world modernization revolution requires the subjectivization of the individual, which inevitably requires the establishment of a new mental health view under the impact of this contradiction. With the development of modern scientism and modernization in the West, mental health thought chooses individual
subjectivity as the basis. In a sense, individual subjectivity promotes the development of modern civilization and is also the inevitable requirement of civilization. The psychoanalytic school represented by Freud believes that people who face up to and constructively satisfy themselves, learn to face up to and accept themselves, learn to love, and learn to work are mentally healthy people, and also believe that mental health and unhealthy is a continuous spectrum. Others, such as Jung, propose that a person with a high degree of self-knowledge, self-recognition, self-integration, self-expression, self-acceptance, recognition and tolerance of others, and the ability to work together, who fully realizes individuality, is a mentally healthy person. Erikson believes that people who have self and identity and solve "who I am" and "where I am going" are mentally healthy people. The trait school represented by Albert holds that people have the ability to expand themselves, the ability to love and sympathize, a sense of completeness and self-acceptance, an objective perception of reality, the ability to objectively understand themselves, the ability to deal with life and work, and a unified outlook on life. A person who has compassion for all living things is normal, mature, and healthy. The cognitive school represented by Kelly believes that mental health is an effective personality construct. A mode of thinking that people use to view the world is manifested as having a broad vision, being open to experience, focusing on reason, constantly seeking to understand the world, and making constructive choices and adjustments to their own constructs. Since the study of mental health concept entered the new century, health problems have become more and more the focus of social attention. What kind of mental health concept is more in line with the development and progress of society, more in line with China's national conditions, more in line with the characteristics of the people, has gradually become one of the hot issues in psychology. In recent years, there has been some research on mental health view in China. For example, the survey on public mental health view in Shanghai conducted by Sang Biao and Song Zihong was an earlier study. Later, Li Ling and Miao Xiaochun of East China Normal University conducted a survey on the public mental health view of primary and secondary school students. According to the literature search conducted by researchers, it is found that there are many studies on personality traits, but few studies link mental health concepts with personality traits. For example, Cheng Tonghua and Cheng Shaogui, investigated the mental health and personality traits of disadvantaged secondary school students, although they linked mental health with personality traits, the concept of mental health concept was not explicitly proposed in the study. Researchers believe that mental health and mental health views are two different concepts.

2. The characteristics of mental health view and personality factors

Some domestic studies have shown that there are significant differences between cowardice and assertiveness in mental health maintenance factors, significant differences between introversion and extroversion, cowardice and assertiveness in mental problem cognition level factors, and no significant differences between all factors of dimensional personality in mental health standard factors. There were significant differences in the factors affecting mental health only in the adaptation and anxiety types, and the total score of the mental health scale was significantly different in the cowardice and assertiveness types. There was no significant difference between the feelings and the peace type. There are significant differences between adaptive and anxious types, introversion and extroversion, and people who are sociable and informal have a more comprehensive understanding of the factors affecting mental health and a higher level of awareness of psychological problems. In terms of cowardice and decisiveness, indecisive and dependent people have a lower level of understanding of psychological problems, and their overall understanding of mental health should be one-sided and unscientific.

3. Research methods

The Chinese College Students Mental Health Screening Scale and the Big Five Personality Inventory (NEO-FFI) were adopted. And the Positive Psychological Capital Questionnaire (PPQ), which takes some college students as research objects. 1297 valid questionnaires were collected. SPSS software was used to analyze and understand the status quo of college students' personality, mental health, and psychological capital, AMOS software was used to build a prediction model of personality on various dimensions of mental health, and multi-group comparison was used to analyze the moderating effect of psychological capital and the differences between undergraduate and graduate groups.

4. Research results

(1) College students' personality traits, mental health, total level of psychological capital, and various dimensions are analyzed in ethnic groups, and places of origin. There are significant differences in demographic variables such as
whether the child is the only child, gender, education background and major.  
(2) By constructing the prediction model of personality on each dimension of college student's mental health, it is found that neuroticism has a positive effect on college students' Mental health problems and 22 dimensions have significant positive predictive effects and conformity and rigor are significant. The path coefficients of the three dimensions affecting mental health problems were 0.72, -0.09 and -0.11, respectively.

That is, the lower the neuroticism score, the higher the rigor and obedience score, the less prominent the psychological problems, and the more psychologically healthy the individual. It is found that there are differences between the prediction models of undergraduates and master students. Undergraduate Neuroticism, agreeableness, and conscientiousness have significant predictive effects on mental health problems and 22 dimensions. Neuroticism was the only positive predictor of mental health problems and 22 dimensions.  
(3) By constructing a multi-group simultaneous comparison model, it is found that psychological capital can predict the mental health of college students in personality. There is a moderating effect in Kang's model. Further construction of the multi-group comparison model between undergraduates and master's students found that in the master's model, psychological capital has a moderating effect, and neuroticism has an effect on mental health. There was a significant difference between high and low psychological capital groups (CR=2.43>1.96). However, there was no significant difference between the high and low groups in the undergraduate model, and psychological capital had no regulating effect.

5. Specific analysis of the influence of personality traits

5.1 Specific analysis of the impact of vocational college students' personality traits on mental health view

Healthy personality traits are positive, have harmonious relationships, and are self-disciplined and conscientious. Personality traits and psychological changes complement each other. Due to psychological reasons, contemporary college students may have a lot of negative personality traits. Personality defects, such as isolation, stubbornness, irritability, social fear, and psychological vulnerability, can affect our social and learning to varying degrees, become potential hazards to mental health, and even the strength of a person's comprehensive ability. Due to family factors, social factors, and other reasons, some contemporary students will show anxiety, impulsiveness, anger, and depression in personality traits, and some students even appear depressed.

5.2 Influence of healthy personality traits on mental health view

Defective personality traits are themselves a kind of harm to ourselves, hindering our life and healthy growth. When confronted with life, academic, emotional, and social challenges, it often makes students feel lonely and restless. As a result, different degrees of pressure are generated psychologically, and depression for too long will evolve into various mental health problems.

5.3 The preventive effect of healthy personality traits on mental illness

We should actively adjust our mentality and establish a healthy and upward value. Only in this way can we survive in a complex and changing society. Actively and calmly cope with the pressure of all parties, promote the development of their comprehensive ability, and face life with an optimistic attitude.

6. Conclusion

Due to the influence of student origin, native family education, and growth environment, college students will have different personality traits, which will have an important impact on mental health view. Educators should conduct targeted guidance according to the different characteristics of each student so that students can achieve a healthy psychological state.

Good personality traits can act as a buffer between life events and health. This study revealed that the neuroticism dimension, which reflects the characteristics of emotional stability in personality, is significantly positively correlated with mental health the introversion and extraversion are significantly negatively correlated with mental health. The psychosis dimension is significantly positively correlated with mental health. The results of regression analysis show that the neurotic dimension has a greater influence on mental health than the two dimensions of psychosis and introversion. This may be partly because neuroticism is more closely and directly related to mental health; On the other hand, it may be that the other two traits indirectly affect mental health through the neurotic dimension. Introversion and
psychosis not only directly affect mental health, but also further affect the mental health of college students through neuroticism.

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