

Study on the Relationship between Social Support, Sense of Psychological Control and Mental Health Based on a Positive Psychological Perspective

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Abstract: In order to explore the relationship between social support, sense of psychological control and mental health, we can start from the perspective of positive psychology to measure and analyze the adults who participated in mental health assessment. The final results show that social support and psychological control have a profound impact on mental health. The lower the level of social support is, the lower the subjective well-being of people with external psychological control tendency is, and the mental health level will also decline. At the same time, the research also found that the internal and external sense of control has a certain impact on the level of social support, among which the group with a stronger sense of internal control is more likely to receive social support. Therefore, on the basis of understanding the current research status of positive psychology, this paper discusses the relationship between social support and sense of psychological control and mental health, so as to provide effective basis for solving psychological barriers and psychological mechanisms.

1. Introduction

Since people began to pay attention to the analysis of the relationship between social environment and health, most domestic and foreign researchers based on positive psychology, deeply explored the impact of social psychological stimulation on human physical and mental health.^[1,2,3] According to the analysis of the positive psychology structure shown in Figure 1 below, since the influence of social psychological stimulation on physical and mental health is relatively complex, individual mental health is directly related to the time, frequency and intensity of stimulation, as well as affected by other factors. Under the same conditions, some people will develop more severe psychological stress, but some people will develop milder adjustment problems, and some people have no problems at all. In this process, social support and individual sense of control are the most influential factors. From the perspective of positive psychology, the relationship between locus of control and mental health has always been the focus of researchers. Rotter first proposed the concept of locus of control, mainly to explain and analyze why some people can actively respond to difficult situations, while others show negative attitudes. Internal control sources suggest that the outcome of events is directly related to their own efforts; External control sources, on the other hand, believe that the outcome is not based on personal control. Some researchers put forward in practice that individuals with excessive external control are more difficult to correctly deal with stressful events in daily life, and their mental health level is too low.

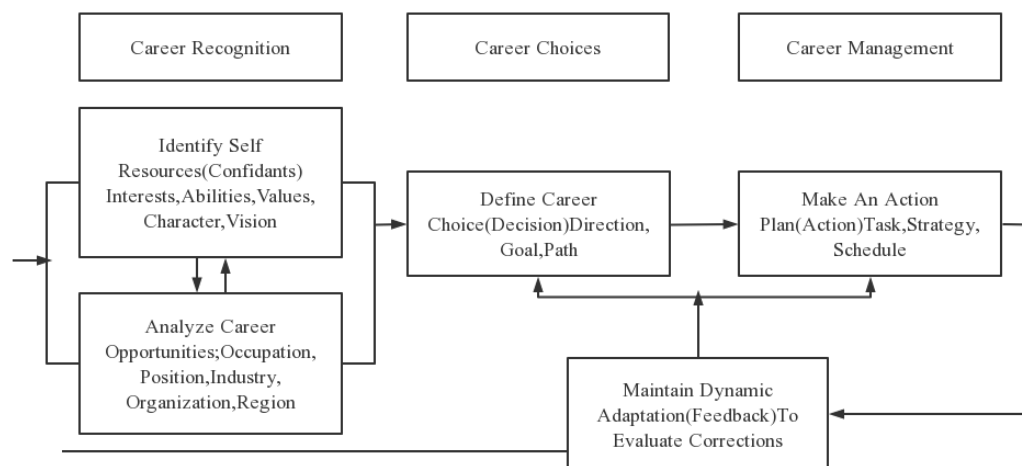


Fig.1 Structure of Cognitive Psychology

Therefore, this paper mainly studies the influence of social support and sense of psychological control on mental health. Locus of control has been a major topic in American psychology in recent decades, and relevant theoretical knowledge and measurement tools have been widely used in psychological studies of other cultures. Foreign studies on college students' psychological control sources are mainly shown in the following aspects: on the one hand, some foreign studies still study specific psychological control sources, such as healthy psychological control sources, which mainly prove that there is a positive correlation between internal control of health and their own behavior; On the other hand, the relationship between locus of control and other psychological factors will be explored. For example, when studying the relationship between psychological factors such as obsessive thoughts, external control has a direct proportional relationship with it, while internal control has a direct proportional relationship with positive emotions. As the research scope of positive psychology continues to expand, people's attention to social support gradually shifts from the traditional relationship between physical health to the relationship between happiness, as shown in Figure 2 below. For example, Lepers, Clark Lempers et al. proposed in their study that different relationships have various social support effects on adolescents. Just as they get emotional encouragement and instrumental support from their parents, so parental affection and enthusiasm can build a more positive parent-child relationship. Others have proposed in the study that such close family relationships are the main influence variable, which can lead to a stronger sense of well-being among adolescents. Cui Chunhua, Li Chunhui et al. investigated 958 normal university students' psychological well-being and found that social support was directly proportional to their psychological well-being. Social support played a positive role in improving psychological well-being and could provide effective basis for actual prediction. At the same time, Ryan et al. found differences in happiness between endogenous goals and exogenous goals after sorting out and grasping the research samples of Russians, which proved that there was a positive proportion relationship between endogenous goals and happiness indicators, while there was a negative correlation between exogenous goals and happiness indicators. Cui Chunhua et al. found in the investigation of Normal university students in China that locus of control can be used to predict and analyze psychological well-being, and the happiness of individuals with strong internal control will exceed that of those with external control.^[4.5.6]

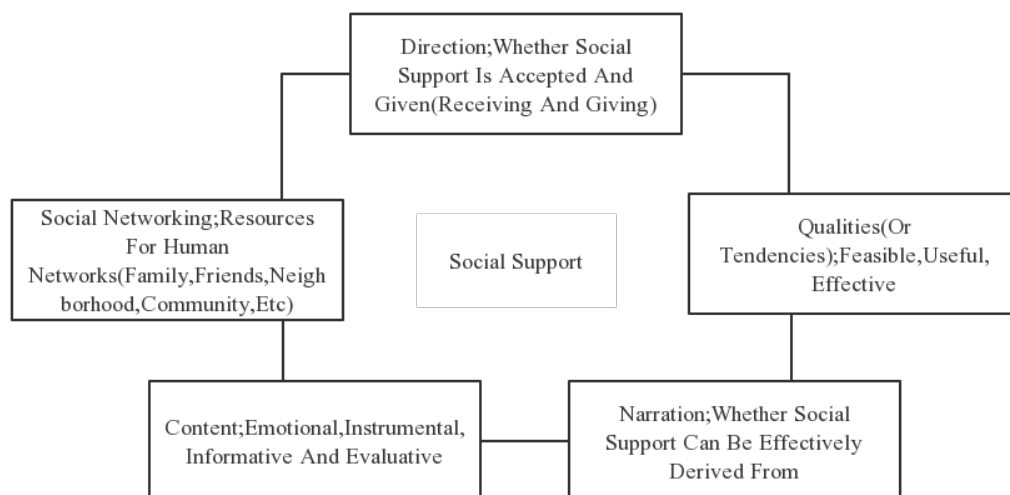


Fig.2 Theoretical Structure of Social Support

2. Method

2.1 Target

In this paper, the primary and secondary school teachers and government officials in a certain area participated in the physical examination of the hospital as an example, a total of 2750 people, the final effective results of 2723 people, including 1624 male, accounting for 59.6% of the total number of people; The number of women is 1,099, accounting for 40.4% of the total population. Participants in the study were between the ages of 21 and 60. 91.3 percent of the respondents were married, while only 8.7 percent were unmarried.

2.2 Methods

All the participants in the relationship study were required to conduct a questionnaire survey, and the measurement tools selected included three contents. First, the social support rating scale prepared by Xiao Shuiyuan was selected, which included four dimensions: subjective, objective, utilization and overall social support. Second, the adult Nowicki-Strickland Internal and external Control Scale (ANSIE), this scale can intuitively reflect the individual's sense of control tendency, the lower the actual score, proving that the tendency is internal control. Conversely, the higher the score is, the more externally-controlled the tendency is. Third, the mental health questionnaire contains a number of scales including general well-being, self-rated symptoms, and Memorial University of Newfoundland well-being. Among them, the overall happiness scale is mainly used to test the overall happiness of human beings. The higher the actual score is, the stronger the happiness is. The Memorial University of Newfoundland Happiness Scale is mainly used to evaluate five dimensions of human body: positive and negative experience, positive and negative emotion and overall happiness. After completing the inspection, all subjects were required to independently complete the questionnaire survey and use SPSS8.0 software to complete statistical analysis of the data.

3. Result Analysis

3.1 Research Results

First, relevance. According to the research results shown in Table 1 below, there is a certain correlation between social support, psychological control and mental health level. Social support has a positive impact on human mental health. The more social support researchers get, the more positive life experience and emotion will increase, and the corresponding negative emotion and

experience will decrease. The higher their overall happiness, the less psychological disorders will occur. There is a negative proportional relationship between the sense of psychological control and mental health. The more significant the tendency of external control is, the less positive emotions and experiences they have, the more negative emotions and experiences they have, the lower the overall happiness, and the more obvious the symptoms of psychological disorders.

Table 1 Correlation Analysis Between Social Support, Sense of Psychological Control and Mental Health

Social support	MUNSH				GWB	SCL.90
	Positive emotions	Negative emotions	Positive experience	Negative experience		
Total score	.246*	-.158*	.264*	-.191*	.298*	-.189*
Objective to support	.207*	-.096*	.220*	-.147*	.228*	-.132*
Subjective support	.207*	-.162*	.223*	-.159*	.273*	-.185*
Support utilization	.123*	-.059 Δ	.133*	-.128*	.126*	-0.70*
Sense of psychological control	-.234*	.182*	-.251	.255*	-.366*	.2688
(*D<0.001, Δ D<0.01,The same below)						

Second, the degree of influence. To study social support and psychological control better, the relationship between the mental health effects, need to use support scale and the overall distribution of mental control scale, each selected by 27%, both sides will be involved in the study group is divided into two groups, on the one hand refers to the group with high social support, on the other hand refers to the group with low social support, were analyzed from this, The results are shown in Table 2 below.

Table 2 Influence Degree Between Social Support and Psychological Control

		MUNSH	T	GWB	T	SCL-90	T
Social support	Low N=739	2.60 \pm 4.10	-5.54*	75.17 \pm 10.87	-13.46*	126.65 \pm 35.68	8.46*
	High N=781	3.70 \pm 3.63		82.13 \pm 9.17		113.52 \pm 23.11	
Psychological control	Internal control N=765	4.01 \pm 3.50	8.28*	83.09 \pm 9.26	19.45*	110.28 \pm 20.02	-13.21
	External control N=789	2.37 \pm 4.27		73.58 \pm 10.00		129.34 \pm 35.05	

According to the analysis in Table 2 above, social support, sense of psychological control and mental health are closely related. The study group with high social support had higher positive emotions and overall well-being than the study group with low social support, and the former had better psychological state than the latter. From the perspective of the sense of psychological control, the mental health level of the externally controlled individuals was lower than that of the internally controlled individuals. The externally controlled individuals scored lower in various scales, but higher in the symptom self-assessment scale, and the actual difference could reach a significant level.

Thirdly, the relationship between social support and sense of psychological control. The sense of psychological control directly affects whether people can deal with problems actively and use their own social support network when dealing with problems. At the same time, everyone has a different sense of psychological control, and will choose different attitudes in daily life communication according to their own social support network system. These changes will directly affect individual mental health level. Therefore, only by studying the relationship between the sense of psychological control and social support can we grasp and clarify the differences between them. The group participating in the study was divided into two groups, one was internal control and the other was external control, and their scores of social support were compared. The actual results are shown in Table 3:

Table 3 Comparison Results Of Social Support Levels of Different Individuals

	Internal control(N=765)	External control(N=789)	T
Total Score for Social Support	43.56±8.76	37.84±8.81	12.83*
Objective to support	11.44±3.82	9.64±3.50	9.64*
Subjective support	23.50±5.70	20.55±5.95	9.97*
Support utilization	8.63±1.83	7.65±1.92	10.26*

Combined with the above table, it is found that there are significant differences in the influence of sense of control on social support, and there are significant differences in the utilization of actual support.

3.2 Analysis

Now, about the influence of the relationship between social support and mental health verified, and scientific research scholars, social support is the main variables which affect the stress response, it usually have reduce the positive role of reaction, and stress response is negative correlation between changes, this result also got further validation in the study. Want to more in-depth understanding of social support and psychological control, the relationship between mental health, this paper studies from the perspective of positive psychology has carried on the empirical analysis, this paper specifically discusses from two aspects of subjective well-being and psychological symptoms, the former refers to the expression of human in the society of the important parameters for quality of life, which involves the social support, internal and external control, role playing, etc.; The latter is the main regulating factor of mental health, which directly affects the individual's cognitive evaluation and mental health level during stress. According to the empirical results, the group with a stronger sense of external control is difficult to correctly deal with the stressful living environment, and rarely participates in social activities, and the overall mental health level is not high. It can be seen from the research results that both social support and sense of psychological control have a great impact on human mental health, and play a positive role in the study of dealing with psychological disorders^[7.8.9].

4. Conclusion

In conclusion, the sense of psychological control has a deep influence on the level of human social support, and there is a certain difference in the social support received by the sense of internal and external control. Among them, individuals with a stronger sense of internal control have a higher degree of social support and emotional utilization than those with a stronger sense of external control, because the former are more involved in social activities, put forward their own views and opinions, and have a very flexible way of dealing with them. However, it is necessary to clarify the deep relationship between social support and sense of psychological control, understand how they affect mental health, and build the corresponding causal relationship model. In this way, we can not only grasp more empirical research results, but also put forward effective ways to deal with corresponding problems according to positive psychology. So the research of mental health in the future development, scientific research scholars to attaches great importance to the field of positive psychology, pay attention to from multiple levels of social support and psychological control, makes an empirical analysis with the relations between mental health and master more information about the data of psychological research, thus it can help mankind to solve the psychological barriers, and can be based on age development needs appropriate psychological mechanism is put forward.

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