Study on the Correlation between Mental Health and Level of Interpersonal Communication of College Students in Wuhan City

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Keyword: Wuhan college students; mental health; interpersonal communication; correlation.

Abstract. This research had been finished by using the methods of literature, questionnaires and other research methods, in which the mental health of 400 college students in Wuhan city were studied, and also the relationship between interpersonal skills were studied. In order to provide reference for the mental healthy growth of college students and universities, the results show that: the mental health of the students and interpersonal skills are in different degree of the problem; there is significant correlation between college students' mental health and interpersonal skills. Judging from the existing literature, there are few quantitative studies on the correlation between mental health and interpersonal relationship of college students in Wuhan.

1. Introduction

In twenty-first century, talents are required to have strong sense of cooperation, good communication ability and interpersonal skills, in order to form a harmonious interpersonal relationship,\cite{[1]} college students are gradually becoming the main force in social construction and development. They not only need to develop higher intelligence quotient and abundant knowledge reserves, but also the stronger ability to adapt to society with good psychological quality is needed. However, college students are developing to psychological maturity during his college life along with a lot of pressure and problems. If these pressure and problems can not be properly relieved and guided, they will experience some psychological disorders. According to previous surveys, 23.25% of our college students had psychological disorders in the mid 1980s and, rising to 25% in 1990s and 30% in recent years. The number of people with psychological disorders is increasing by 10% per year\cite{[2]}. A large number of studies shown that the interpersonal issues are in a prominent position among the psychological disorders of College Students\cite{[3,4]}, which mainly shows that they are self abased, timid, shy, introverted, withdrawn, suspicious, indifferent, and poor in communication with people as well as not good at participating in social activities. The highest percentage of these syndromes stand for 83.8% of a student, and the lowest percentage is 38.3\%\cite{[5]}. It turned out that a good interpersonal relationship is based on people's mental health and good psychological quality. On the basis of Wang Xuelian, Xu Nengfeng’s reports\cite{[5]}: The total detection rate of interpersonal problems of College Students was 47.8\%, in which mild interpersonal problems up to 32.1\% and serious interpersonal problems up to 15.7\%. From which we can know that it’s common for college students to have psychological disorders and interpersonal problems. In the existing literature, we can realize that there are more researches about the mental health of college students than the correlation between interpersonal communication and mental health. Therefore, the research of the correlation is of rather important theoretical value and practical significance.

2. Study Objects and Research Methods

2.1 Study Objects

400 college students from four universities in Wuhan city (Wuhan University; Hubei University; Jianghan University; Jianghan University, College of Arts and Science) were selected as objects.
2.2 Research Methods

2.2.1 Questionnaire Survey

The personality questionnaire for college students (UPI) is short for University Personality Inventory.

The scale of comprehensive diagnosis of interpersonal relationship: the scale was compiled by professor Zheng Richang whom teaches in Beijing Normal University. A total of 28 items within it, including four dimensions to measure the ability of interpersonal communication and two choices of “yes” and “no”. Test target (college students) choose their answers according to their own situation by choice of “yes” and “no”: If the item meets their situation, the choice of “yes” will get one point; if it does not meet, select “no” record 0 point. Final score of 0~8 shows that there is no interpersonal problems, and score of 9~14 means mild interpersonal problems, while score of 15~28 shows there are serious interpersonal problems. Score which is more than 3 means mild interpersonal problems in this dimension. The response rate was 96% with 380 valid questionnaires.

2.2.2 Document Research

Researching through the collection of school’s library and surfing the Internet to find out the relevant materials and documents, so that the subject is demonstrated.

2.2.3 Data Statistics

Using SPSS17.0 statistical software package, by inputting the survey data and then collated and analyzed it. (To find out the mean, standard deviation, T test, correlation test, etc.)

3. Research Results and Analysis

3.1 Results and Analysis of College Students' Comprehensive Ability in Interpersonal Communication

Among the tested students: 56.6% of them did not have interpersonal problems, and 43.4% of them had different levels of interpersonal problems, while 8.4% of them had serious interpersonal problems. (See Table 1)

<table>
<thead>
<tr>
<th>Level of interpersonal problem</th>
<th>Interpersonal communication n (%)</th>
<th>Heterosexual communication n (%)</th>
<th>The way one gets along with people; n (%)</th>
<th>Conversation behavior n (%)</th>
<th>total points (TP) n (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>No interpersonal problem</td>
<td>154(40.5)</td>
<td>196(51.6)</td>
<td>209(55)</td>
<td>182 (47.9)</td>
<td>215(56.6)</td>
</tr>
<tr>
<td>Mild interpersonal problem</td>
<td>132(34.7)</td>
<td>134(35.2)</td>
<td>160(42.1)</td>
<td>145(38.1)</td>
<td>133(35)</td>
</tr>
<tr>
<td>Severe interpersonal problem</td>
<td>94(24.7)</td>
<td>50(13.1)</td>
<td>11(3)</td>
<td>53(13.9)</td>
<td>32(8.4)</td>
</tr>
</tbody>
</table>

Results of interpersonal problems showed in four interpersonal dimensions: Interpersonal communication(59.4%) > Conversation behavior(52%) > Heterosexual communication (48.3%) > the way one gets along with people (45.1%). Therefore, most college students can get along well with people, but there are different levels of problem in interpersonal relationship.

From Table 2 we can see the mean of mental health of 11.15 is within the normal range, but the maximum value is 40, while distance and the variance is very large, which indicating some students have different level of psychological problems and a few students have serious psychological problems. Schools should pay more attention on these problems and improve the organization of college counseling services by arranging professional counselors to discover and understand the students’ main psychological problems, who can help students to find a reasonable solution in order to help them get rid of psychological problems and get into a harmonious and healthy life.
In the aspect of interpersonal relationship: conversation behavior, the way of getting along with people and the relating to opposite sex belong to three dimensions and its mean is within the normal range. The dimension of interpersonal communication has the mean of 2.06>2, which indicates that it’s common for college students have some problems in interpersonal behavior. The interpersonal communication is the base of human existence, which is also a necessary means of individual survival. So, schools should attach great importance on college students by providing more courses about interpersonal skills which including interpersonal methods and principles as well as encouraging students actively involved into group activity, and finally, help the students accessible to interpersonal communication.

3.2 Statistical Results and Analysis of College Students’ Mental Health

Research of 400 samples of college students in Wuhan city and received 380 valid questionnaires. We can see from the analysis that the score of 24 college students in the first class (over 25) means they have serious mental health problems, which accounts for 6.3% of the valid samples. While the score of 14 college students in the second class (20-25) shows they have general psychological problems, which accounts for 3.7% of valid samples. And the score of 342 college students in the third class (0-20) of no psychological problems, which accounts for the valid samples of 90%. Thus, there are 10% of the students have different levels of psychological problems.

3.3 Results and Analysis of Correlation between Mental Health and Interpersonal Relationship of College Students

Mental health of college students and the four dimensions of interpersonal relationship are of statistically significant correlation (see Table 3). This shows there is great correlation between the mental health of college students and interpersonal skills, which mean that both of them are interrelated, mutually influenced. With good mental health, students will good at interpersonal relationship, and with good interpersonal relationships, students generally have high level of psychological health.

Table 3. Correlation between mental health status and interpersonal relationship of college students (n=380).

<table>
<thead>
<tr>
<th>Mental health</th>
<th>Conversation behavior</th>
<th>Interpersonal communication</th>
<th>The way one gets along with people</th>
<th>Relate to the opposite sex</th>
</tr>
</thead>
<tbody>
<tr>
<td>mental health</td>
<td>1</td>
<td>.314**</td>
<td>.540**</td>
<td>.432**</td>
</tr>
<tr>
<td>Conversation behavior</td>
<td>.314**</td>
<td>1</td>
<td>.345**</td>
<td>.336**</td>
</tr>
<tr>
<td>interpersonal communication</td>
<td>.540**</td>
<td>.345**</td>
<td>1</td>
<td>.266**</td>
</tr>
<tr>
<td>the way one gets along with people</td>
<td>.432**</td>
<td>.336**</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Relate to the opposite sex</td>
<td>.229**</td>
<td>.284**</td>
<td>.282**</td>
<td>.117</td>
</tr>
</tbody>
</table>

* * was significantly associated at the 0.01 level (bilateral, Pearson correlation)
4. Conclusions and Suggestions

4.1 Conclusions

1) Tested College students have a higher proportion in different level of interpersonal problems.
2) The mental health of the most tested college students is of normal level.
3) Mental health status of college students is significantly related to their interpersonal communication.

4.2 Suggestions

In order to improve the level of mental health of college students, measures need to be taken in laying emphasis on interpersonal relationship of College Students: The construction of excellent campus culture, to provide a friendly platform for making friends; The strengthen of interpersonal communication education, to cultivate positive concept of interpersonal communication; The expansion of communication channels, to provide communication opportunities for students; The teaching of strategies and skills about interpersonal communication, to enhance the ability and quality of interpersonal communication. At the same time emphasis should lay on the function of campus mental health counseling agencies, which can help them solve their mental confusion. With the way of mental health and interpersonal mutual promotion, they will lead a better life.

5. Acknowledgement

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