

The Influence of Parents' Marriage Relationship on the Positive Psychological Capital of College Students

-- The Mediating Role of Life Satisfaction

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Abstract

The Positive Psychological Capital Questionnaire (PPQ) and Life Satisfaction Scale (SWLS) were used to conduct a questionnaire survey among 1076 college students of South China Agricultural University to explore the relationship between parents' marital relationship, life satisfaction and college students' psychological capital. The results show that: (1) Parents' marital relationship is significantly positively correlated with college students' psychological capital, and positively predicts psychological capital; (2) Life satisfaction is significantly positively correlated with psychological capital, and positively predicts psychological capital; (3) Life Satisfaction plays a partly mediating role in the influence of parents' marital relationship on the psychological capital of college students.

Keywords

Positive Psychological Capital; Life Satisfaction; Parental Marriage Relationship; Mediation Effect.

1. Introduction

With the expansion of the enrollment scale of higher education in our country, the group of college students is becoming larger and larger. They have distinct personalities, active thinking, and rich emotions, but their psychology is not yet fully mature and emotionally unstable, so they are prone to psychological problems. In recent years, some college students have dropped out of school due to psychological problems, and this has even further led to suicide and homicide cases. Psychological capital is the core concept of positive psychology. It emphasizes the inner psychological quality and psychological strength of the individual. Through the research on the psychological capital of college students, seeking ways to improve the psychological capital of college students will help promote the development of college students' mental health and help them make more sense. To live and learn.

The family is the foundation and soil for personal growth, and the marital relationship between parents is the core and foundation of the family relationship. It will also have a continuous effect on the development of children's personality, behavior, and mental health. Based on previous studies, many scholars have done research on the impact of parental marriage on children, but most of them have focused on children from divorced or single-parent families, and there have been few studies on parental marriage and children's mental health in ordinary families. In addition, studies have shown that parents' marital status has an important impact on teenagers' life satisfaction. Life satisfaction is a stable and general cognitive evaluation of an individual's overall life state. It is an important comprehensive index to measure the level of mental health. Satisfied and happy people tend to be healthier.

In summary, this study uses college students as the research group to explore the relationship between parental marriage relationship, college students' psychological capital and life

satisfaction, in order to provide certain theoretical basis and guidance suggestions for college students' mental health development.

2. Literature Review and Hypothesis

As the core concept of positive psychology, psychological capital refers to a positive mental state shown by an individual in the process of growth and development, and it is mainly composed of four elements: self-efficacy, resilience, optimism and hope. A large number of studies have proved that psychological capital has a positive impact on mental health, academic achievement, and happiness. Mental capital status can significantly predict the level of mental health¹. In today's social market, competition is fierce, coupled with the impact of the new crown pneumonia epidemic, college students generally face pressure from academics, employment, interpersonal relationships, etc. The development of positive psychological capital for college students can help students achieve success, gain recognition, and affect college students' cognition and emotions. Will and behavior to promote the overall development of college students' psychological quality².

The family environment is the basic environment for the growth of children. As the most basic layer in the family environment, the parent's marriage relationship affects the atmosphere of the family relationship, the way of family education, and thus affects the child's psychological development process. Studies at home and abroad have suggested that the marriage relationship between parents is related to children's psychological problems such as fear, anxiety, and depression. Studies have shown that the level of children's mental health is significantly positively correlated with the quality of their parents' marriages, and a good marriage relationship is essential to the growth of children's mental health³. In addition, parental role equality is highly positively correlated with children's mental health. Parental role equality is conducive to the formation of a good family atmosphere and democratic education methods, enabling children to develop positive personality characteristics such as self-confidence, independence, and love for exploration, and reduce the occurrence of psychological problems The possibility⁴. Parental relationship also has an important impact on children's self-awareness. Parents have a harmonious relationship, and children who grow up in a harmonious family atmosphere are significantly more optimistic and confident⁵.

Based on the above literature, we propose Hypothesis H1: Parents' marital relationship is positively correlated with students' psychological capital.

Life satisfaction refers to people's overall assessment of real life in accordance with ideal living standards. As a key indicator of the overall behavioral function and positive mental health status, life satisfaction has a greater impact on the daily life of adolescents in dealing with work and learning problems⁶. The pressure that young people endure from family, school, society and other aspects will reduce their life satisfaction as their lives continue to advance⁷. Studies have shown that the life satisfaction of students is largely affected by the family environment. Students who grow up in a positive family environment are more satisfied with life than students in a negative family environment⁸. Parents' marital status also has an important impact on teenagers' life satisfaction⁹. Disharmonious family atmosphere often makes children experience more negative emotions and negative evaluations of life¹⁰. Life satisfaction has a significant predictive effect on mental health¹¹. Life satisfaction level is the main factor that affects students' mental health. Improving life satisfaction is an important way to improve students' mental health¹².

Based on the above literature, we propose Hypothesis H2: Life satisfaction plays a mediating role between the marital relationship of parents and the level of psychological capital of students.

3. Research Methods

3.1. Research Objects

A random sampling method was used to test 1076 college students in South China Agricultural University, including 314 males and 762 females.

3.2. Research Tools

3.2.1. "Positive Psychological Capital Questionnaire (PPQ)"

This study adopts the "Positive Psychological Capital Questionnaire (PPQ)" compiled by Zhang Kuo et al. (2010) of Nankai University. (15, 17, 19, 21, 23, 25), "optimism" (16, 18, 20, 22, 24, 26), "resilience" (2, 4, 6, 8, 10, 12, 14) four To measure the psychological capital of college students, there are 26 questions in total. Each question is divided into "completely non-conforming", "basically non-conforming", "general" and "basically conforming" according to the degree of conformity using the Likert scale. , "Fully meet" five levels, and scored as 1 point, 2 points, 3 points, 4 points, 5 points for evaluation. The overall Cronbach's α coefficient of psychological capital in this questionnaire is 0.825, and the α coefficients of "self-efficacy", "hope", "optimism" and "resilience" are 0.831, 0.812, 0.789, and 0.756 respectively, which have high reliability and conformity Questionnaire usage standards.

3.2.2. Life Satisfaction Scale (SWLS)

Life Satisfaction Scale (Satisfaction with Life Scale, SLS: Diener, Emmons, Larsen, & Griffin, 1985). The scale is designed to evaluate overall life satisfaction and is compiled by positive psychologist Diener and others. SLS contains 5 items, such as "My life is close to my ideal in most aspects", using a 5-point scoring method, from 1 to 5 indicating "strongly disagree", "disagree", "no opinion", "Relatively agree", "Agree", "Strongly agree". The questionnaire is widely used, has good reliability and validity, and has good reliability in measuring the life satisfaction of the general public.

3.2.3. Demographic Variables

The questionnaire also includes the measurement of demographic variables, family conditions and self-conditions. The parental marital relationship is divided into five levels. Very harmonious is counted as 5 points, relatively harmonious is counted as 4 points, and generally counted as 3 points, which is worse It is counted as 2 points, and very bad is counted as 1 point.

3.3. Data Analysis and Statistics

Use SPSS 22.0 software to input and analyze data.

4. Results

4.1. Correlation Analysis Between Parents' Marital Relationship, Life Satisfaction and Psychological Capital

Correlation analysis of students' scores on the three variables of parents' marital relationship, life satisfaction, and psychological capital shows that (see Table 1) that there is a significant positive correlation between parent's marital relationship and life satisfaction, and that life satisfaction is related to psychological capital. Significantly positive correlation, parental marital relationship and psychological capital are significantly positively correlated, indicating that the more harmonious the parental marital relationship, the higher the student's life satisfaction and the higher the level of psychological capital. It can be seen that the hypothesis H1 holds.

Table 1. Descriptive statistics and correlation coefficients of various variables

	M±SD	Family relations	Life satisfaction	Psychological capital
Family relations	4.11±1.01		.263**	.205**
Life satisfaction	14.30±3.53	.263**		.512**
Psychological capital	88.08±12.15	.205**	.512**	

** . Significantly correlated at the .01 level (two-sided).

4.2. Test of the Mediating Effect of Life Satisfaction in Parents' Marital Relationship and Psychological Capital

Under the condition that the three variables are significantly correlated, further analysis of the mediating effect will be done. According to Wen Zhonglin's test steps for the mediation effect, a sequential regression method is used to test the mediation effect of life satisfaction. The results are shown in Table 2. When the psychological capital level is used as the dependent variable, and the parent marital relationship and life satisfaction are used as predictors, the results show that the parent marital relationship positively predicts the psychological capital level and can independently explain the 4.2% variation in the psychological capital level; life satisfaction is positive Predicting the level of psychological capital can independently explain the 26.2% variation of the level of psychological capital.

The mediating effect test is shown in Table 3. As the independent variable parent marital relationship and the mediating variable life satisfaction are introduced into the regression equation model, the t test has significant meaning, so it is a partial mediating effect, indicating that the parental marital relationship has an effect on the psychological capital level of students The impact of is achieved through the mediating variable of life satisfaction. The intermediary model is shown in Figure 1. It can be seen that the hypothesis H2 holds.

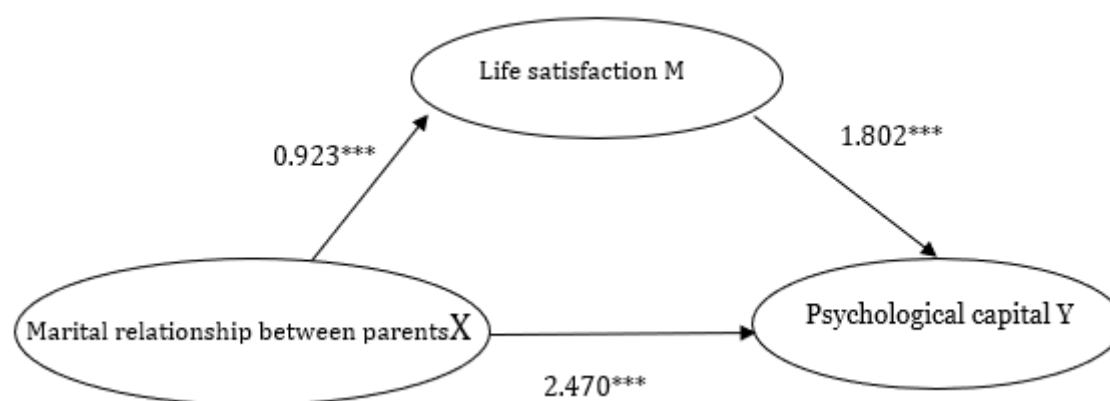
Table 2. Test of the mediating effect of life satisfaction on parents' educational style and psychological capital

Predictor variable	Dependent variable	R	R ²	F	Beta	t
Marital relationship between parents	Psychological capital	0.205	.042	36.653	2.470	6.054***
Marital relationship between parents	Life satisfaction	0.263	.069	62.292	.923	7.893***
Life satisfaction	Psychological capital	0.512	.262	382.217	1.802	19.550***
Family relations	Psychological capital	0.511	.261	147.419	.930 1.669	2.502** 15.728***

*P<0.1, **P<0.05, ***P<0.01, Source: author's self-made

Table 3. Analysis of the mediating effect of life satisfaction on parents' marital relationship and psychological capital

First step	$Y=2.470X$	$t=6.054^{***}$
Second step	$M=0.923X$	$t=7.893^{***}$
Third step	$Y=1.802M$	$t=19.550^{***}$
The fourth step	$Y=0.930X+1.669M$	$t=2.502^{**}$ $t=15.728^{***}$

**Figure 1.** The mediating effect model of life satisfaction between parents' marital relationship and psychological capital

5. Discussion

5.1. The Relationship Between Parents' Marital Relationship and Psychological Capital

The research results show that there is a significant positive correlation between the parental marriage relationship and the psychological capital of the tested students. The more students are affected by a good parental relationship, the stronger their psychological capital, and vice versa, the weaker. The concept of parental relationship is based on the perspective of the children in the family and reflects the children's perception of the relationship between husband and wife in the family. In the family environment, the physical and mental development of children will be subtly affected by the marital relationship of their parents, especially the internal mental health development. The parental marriage relationship is a subjective projection of the child's interpersonal relationship in the adult world when the child is young, and has a profound and lasting impact on the child's future interpersonal communication and psychological growth.

5.2. The Relationship Between Life Satisfaction and Psychological Capital

The research results show that there is a significant positive correlation between life satisfaction and psychological capital. That is, the enhancement of life satisfaction will promote the increase of psychological capital. College students' positive psychological capital and campus life satisfaction are extremely positively correlated. This result is consistent with the research results of Yongfeng Liang, Liangchun Wang and others (Yongfeng Liang, 2016, Liangchun Wang, 2014). With the development of my country's socialist market economy, the material conditions and spiritual life of college students are becoming more and more abundant,

and the gap in living conditions between students and their own views on life are different. According to individual differences, everyone's life satisfaction evaluation standards are different, but there is inherent consistency between thought and psychology, and the level of life satisfaction will affect the accumulation of psychological capital.

5.3. The Mediating Effect of Life Satisfaction on Parents' Marital Relationship and Psychological Capital

This study found that life satisfaction has an intermediary effect between parents' marital relationship and psychological capital. Parents' marital relationship in the family not only directly affects students' psychological capital, but also has an indirect impact on life satisfaction. The marital relationship of parents plays an important role in the entire family relationship. Especially when students are young, their cognitive and psychological development is still immature. The marital relationship of parents is based on the way the parents get along, interaction, and attitude towards each other. The intuitive form directly affects adolescents. The frequency of parental conflicts is significantly negatively correlated with adolescents' life satisfaction, that is, high-frequency parental conflicts will reduce the adolescent's satisfaction with family life, and long-term life in a tense parental marriage will reduce Children's expectations of life hinder their pursuit of life value. Therefore, the marital relationship of parents further affects the change of psychological capital through the change of life satisfaction.

6. Inspiration

6.1. Improve the Quality of Marriage and Build A Harmonious Family

Parents should recognize the importance of the marital relationship between husband and wife for the development of their children's mental health, attach importance to improving the quality of marriage, and strive to create a happy and beautiful family atmosphere. First of all, parents must learn to manage the marriage relationship, ideologically realize the role of both parties in the harmony and stability of marriage, and face up to each other's value in marriage. Secondly, strengthen the communication between husband and wife, let each other understand their own feelings and needs, respect and appreciate each other in communication, and know how to empathize. In the face of marital conflict, both parties must remain calm, not evade responsibility or shrink back. Actively communicate, seek solutions, use communication to resolve conflicts, instead of adopting other irrational methods, causing harm to each other and trauma to children's hearts. Finally, the society can appropriately intervene in marriage guidance, give play to the role of third party mediation of marriages such as the Women's Federation and social workers, and use professional methods such as psychology to guide marriage management, help improve the relationship between husband and wife, and establish a benign interaction model.

6.2. Improve Life Satisfaction and Enjoy A Better Life

In terms of life satisfaction, research has found that life satisfaction is closely related to the level of psychological capital. As far as improving students' life satisfaction is concerned, the first thing to do is to cultivate the correct outlook on happiness for college students. The goal model theory believes that people's goal pursuits are divided into two categories: endogenous goals and exogenous goals. Intrinsic goals refer to personal growth, goals, praise from others, social support, etc., and extrinsic goals refer more to the material level. Generally speaking, the realization of endogenous goals can give people a greater degree of satisfaction. Establishing a correct view of happiness and paying attention to the pursuit of endogenous goals is an important source of improving life's happiness. Secondly, the school should play the guiding role of the mental health center, detect students' troubles in time, provide psychological

counseling, help them relieve anxiety, long-term loss and other negative emotions, and improve life satisfaction. Finally, strengthen the career planning of college students, guide students to comprehensively analyze and weigh their own interests, hobbies, abilities, and characteristics, determine the career choice direction, help students bid farewell to confusion, and make adequate and effective preparations for career goals.

6.3. Improve Psychological Capital and Shape Positive Personality

Colleges and universities should pay attention to the development and improvement of the level of psychological capital of college students, optimize it from multiple angles, and construct it from the element level of psychological capital formation. Starting with the curriculum, let the role of the curriculum carrier be effectively brought into play, integrate positive psychology into the mental health education of college students, develop individual positive resources, and shape a positive personality. Through physical training, the establishment of mental health courses, and the addition of practical content in the classroom, students can gain successful experience, enhance their sense of self-efficacy, and enhance self-confidence; strengthen group psychological counseling, and cultivate college students' optimistic and tough psychological qualities. Active mental health education and related group mental activities to promote students' mental health.

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