

Study on the Relationship Between Interpersonal Self-reliance and Self-concealment Among College Students

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Abstract

By literature review, this paper selects the relevant research on interpersonal self-reliance and self-concealment in the student group in recent years, and discusses from the aspects of concept analysis, research status, theoretical model, relationship discussion, etc., in order to summarize the current situation of the development of interpersonal self-reliance of college students, and draw people's attention to the development of interpersonal mental health of college students.

Keywords

Interpersonal self-reliance; Self-concealment; College students.

1. Research Status of Interpersonal Independence of College Students

1.1. The concept of interpersonal independence

Chinese scholar Huang Xiting first put forward the concept of interpersonal self-reliance in 1991. Interpersonal self-reliance is one of the two theoretical structures of self-reliant personality. Interpersonal self-reliance is based on Chinese traditional culture puts forward the positive personality quality of Chinese people. Xia Lingxiang et al. defined it as: it means that an individual will not have social anxiety when solving the basic interpersonal communication problems encountered in daily life, and form a comprehensive personality trait with interpersonal communication color from five dimensions, including interpersonal independence, active communication, responsibility, flexible communication and open interpersonal. Interpersonal independence means that individuals can engage in basic interpersonal activities by themselves. Interpersonal initiative means taking the initiative to communicate with others; Interpersonal responsibility is being able to trust others; Interpersonal flexibility means being able to deal with interpersonal problems flexibly; Interpersonal openness is the ability to actively accommodate others in the process of getting along with others.

1.2. Empirical research on interpersonal independence

At present, domestic scholars' research on self-reliant personality and interpersonal self-reliant mainly focuses on the relationship between problem-solving ability and cognitive characteristics, but the specific mechanism is still lacking in scientific research. In the research of Xu Xiaoyan and Xia Lingxiang, it is found that interpersonal self-reliance can effectively prevent some psychological symptoms, anxiety and depression, and maintain mental health. Xia Lingxiang's research on high school students in Wenchuan earthquake-stricken areas found that interpersonal independence, interpersonal responsibility and interpersonal openness in interpersonal self-reliance are protective personality traits of PTSD responses and can significantly predict social support. In the empirical study of interpersonal independence, Meeton et al. found that individuals with a high degree of interpersonal responsibility trait were not easily affected by external situations, and could significantly positively predict individual interpersonal trust behavior.

2. Research Status of College Students' Self-concealment

2.1. Definition of self-concealment

Larson and Chastain define self-concealment as "an individual's conscious and active concealment that makes them perceive it as painful or negative psychological tendency". Personal information refers to the event that an individual evaluates to have negative impact on him or thinks is harmful, and there is a negative interpretation of the event, accompanied by negative feelings and thoughts. Individuals actively avoid talking about relevant information, taking the way of concealment to avoid their own embarrassment and pain. This definition is also the one most frequently adopted by subsequent researchers.

2.2. The theoretical model of self-concealment

According to the literature review at home and abroad, the research on self-concealment mainly focuses on the relationship between self-concealment and negative mental health, and the two show significant positive correlation. From the effects of belief and self-concealment, it is concluded that the level of self-concealment has significant differences in gender and nationality, but has no significant differences in the population of origin and whether the student is the only child. Wang Caikang's research on self-concealment found that the degree of self-concealment varies with gender, and the degree of self-concealment is higher for boys than for girls. It may be because of the personality characteristics of male and female students. At the same time, it is found that the character of middle school students in adolescence is more sensitive and easier to conceal than that of college students whose personality tends to be mature. Qi Ling, Yang Mei et al. concluded from the research status of the relationship between self-concealment and health that the degree of self-concealment can positively predict the negative mental health of individuals, and the higher the degree of self-concealment, the lower the life satisfaction and psychological happiness, and will lead to internalized problems such as anxiety and depression. Research by Cheng Hao et al. found that the prediction of negative emotions is self-concealing. In order to maintain a good self-image, individuals intentionally suppress negative emotional experience. Other researchers have found that people with high self-concealment, in order to reduce others' excessive attention to them, are more inclined to suffer alone and have a lower sense of social support. Zhan Qisheng et al. found that self-concealment not only has a direct effect on mobile phone addiction, but also has an indirect effect on mobile phone addiction through reverse self-esteem, psychological pressure and other ways.

Behavioral inhibition model holds that individuals actively suppress bad feelings and negative information for a long time, and long-term intentional repression needs to consume a lot of physiological energy in order to maintain self-image. Cause individual physical and psychological discomfort reaction. The self-perception model holds that in order to leave a good impression on others, one-sided and extreme self-perception will lead to guilt and shame, which will gradually internalize into self-belief accompanied by low self-esteem.

The self-determination model holds that people have basic psychological needs such as autonomy, ability and relationship. Conceal oneself, because basic psychological needs can not be met. Lead to psychological or physiological adverse reactions and experience a sense of control, low sense of competence, etc.

Third, the relationship between interpersonal self-reliance and self-concealment among college students

By referring to relevant literature, it is found that there is no research on the correlation between interpersonal self-reliance and self-concealment. The main research focuses on the correlation between self-concealment and interpersonal trust. Some studies have found that interpersonal relationship is an important source of individuals' tendency to self-conceal.

Foreign researchers have found that when individuals have self-concealment personality tendency, the level of self-concealment is a significant positive predictor of interpersonal distance. Larson believes that individuals tend to conceal themselves in order to maintain good interpersonal relationships and avoid negative comments from others. The neglectful and authoritarian parenting styles were negatively correlated with extraversion, agreeableness and responsibility, and positively correlated with neuroticism. Children do not get the care and care of their parents, so that the children form a suspicious, mistrustful, withdrawn personality, poor interpersonal skills, often repressed themselves when communicating with others, dare not reveal their negative information to others, sometimes also show big mood swings. As mentioned in the above study, interpersonal openness, interpersonal initiative and interpersonal initiative dimensions of interpersonal independence are similar to openness, extraversion and neuroticism of the big five personalities respectively. Therefore, it can be predicted that interpersonal independence and self-concealment may have a certain correlation.

Correlation analysis shows that there is a significant negative correlation between interpersonal self-preservation and self-concealment, that is, the lower the level of self-preservation, the higher the degree of self-concealment. Studies on the relationship between interpersonal and self-concealment at home and abroad indicate that self-concealment is often one of the important reasons affecting interpersonal relationships. When individuals encounter negative events in real life, they will actively suppress their negative psychological experience for a long time, consume a lot of psychological energy and produce high psychological pressure. On the one hand, they are limited to interpersonal problems in reality. On the other hand, I hope to get attention and affirmation from others around me and maintain a good image of myself. The current network era for self-concealment high tendency to provide opportunities for the development of virtual network interpersonal relations, anonymity improves the individual's degree of trust in virtual interpersonal, can be depressed psychological experience to each other, in order to compensate for the bad psychological experience in reality, resulting in difficult to engage in basic interpersonal communication in reality, for a long time, easy to form a certain degree of social anxiety phenomenon. It reduces the social aspect of life.

According to the interpersonal response trait theory, everyone has the need to communicate, but due to different personality traits, in order to maintain interpersonal relationship, there will be obvious and hidden differences in interpersonal performance. Extroverted individuals are more willing to show their difficulties or bad places to get support and encouragement from friends and family, and vice versa. Introverts tend to hide from themselves.

Therefore, schools should not only pay attention to students' grades, but also realize that students' "mental health" is also a part of health. In education and teaching, teachers should ensure the subject status of students, constantly scold students in a high manner, and communicate with students with an equal attitude. In addition, schools need to strengthen the attention to students' emotions and problem behaviors, carry out mental health education classes, and regularly organize class counseling. Provide case-by-case counseling. Parents should provide support and emotional care during the growth of students, so that children can open their hearts and communicate equally to reduce the possibility of self-concealment. Attach importance to home-school communication, encourage and guide students, set up a learning example, so that they can establish a good interpersonal relationship, get along with peers happily, improve the level of social support, improve the positive emotional body sense.

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