

marriage views of the same degree, the degree of identity to marriage; the expectation of marriage refers to the future marriage life, the degree to which a marriage partner is positive.

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Li Huan, магистрант

332261545@qq.com

Крестьянинова Т.Ю., доцент, кандидат биологических наук

auta@bk.ru

ВГУ имени П.М. Машерова, г. Витебск, Республика Беларусь

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ИССЛЕДОВАНИЕ ВЗАИМОСВЯЗИ МЕЖДУ ЦЕННОСТЯМИ И ПСИХИЧЕСКИМ ЗДОРОВЬЕМ

Статья посвящена анализу состояния исследований взаимосвязи между ценностями и психическим здоровьем по данным литературных источников.

Ключевые слова: ценности здоровья; психическое здоровье; студенты частных университетов; прогнозирование психического здоровья.

RESEARCH ON THE RELATIONSHIP BETWEEN VALUES AND MENTAL HEALTH

The article is devoted to the analysis of the state of research on the relationship between the marital relations of parents and the views of college students on marriage and love according to literary sources.

Key words: health values; mental health; private university undergraduates; mental health prediction

Introduction. In recent decades, China's rapid economic development, in the state's good policies, the National People's living standards are getting better and better. This was a happy situation, but the rapid economic development, People's quality, cultural construction and economic development did not complete the positive match, coincidentally, a variety of problems. Many people have enjoyed the state policy, the dividends of the common people, and made a lot of money in the economic aspect, but their ideological quality can not keep up with it, and various kinds of corruption and embezzlement have occurred; some people's psychology has been distorted, and their values have been biased, psychological "Disease",

large to state officials, business elite, small to ordinary people, ordinary migrant workers, students, teenagers and so on [1].

Under the background of economic globalization, the cultural conflicts among various countries and nations are becoming more and more serious, which makes all kinds of ideas spread to all corners of the world through network technology. As high-quality talents, students can actively participate in national construction and social reform and provide strong support for the realization of Chinese Dream Dreams only when they set up correct values and possess healthy psychology. In the network era, the values of college students have diversified characteristics, easy to occur values conflict, to the psychological health of college students. It is necessary for us to analyze the relationship between the correct values and the emotional feelings-the mediating effect of psychological adjustment on mental health from the practical situation, so as to point out the direction for college students to establish the correct values, to ensure the healthy development of contemporary college students [2].

The purpose of the work - research on the relationship between values and Mental Health.

Material and methods. Theoretical methods were used (analysis of psychological literature on the research problem, its generalization and systematization). Through the statistical analysis method to explore the relationship between the above two variables, to variable values-mental and emotional health relationship analysis.

Results and discussion. Values are cognition, understanding, judgment or choice based on people's certain sense of thinking, which is a kind of thinking or orientation that people identify things and decide right and wrong So people have what kind of values, will make what kind of decision or judgment. Interpersonal relationship is an important part of People's life, is also an important factor affecting individual mental health. The subjects of college students are mainly about campus, entertainment, personal growth and so on, and their interpersonal relations are mainly manifested in rich forms of communication, emotional communication and utilitarian communication, there is a gap between social reality and social expectation, the need of opposite sex communication is stronger, self-centered communication is more, some students find it difficult to find true friends, etc. . In universities, interpersonal problems are more common among students with developmental problems, and with the normalization of social networking, more students become more dependent on their cell phones or feel more lonely, it has also exacerbated interpersonal problems and has even had a serious negative impact, which is an area of urgent concern for schools and their staff [3].

Before August 28, Qi Tai Lei was the top 2023 in the rural area of Fengqiu County, Henan province. He had a phd in materials science and was an elite young man with a love of cooking and occasional difficulties. After the 28th, he was arrested by the US police for the murder of his Chinese mentor, Yan Zijie. It is reported that Yan Zijie already knew that Qi tailei had psychological problems, once discussed this problem with a friend, and hoped that Qi tailei graduates as soon as possible. Qi came from a poor family and scored 624 points with his younger brother at the end of the college entrance examination in 2010. He was admitted to the Wuhan University and Xi'an Jiaotong University respectively. After graduating from college, he worked in two different institutes in China. He then went on to study for a master's degree in American Louisiana State University and a phd in University of North Carolina. In the last three years, his parents died one after another in his hometown, but he didn't come back. Roommate, the former Wuhan University of Qi tailei, told Red Star News that when he was in college, he was very withdrawn and did not chat with his classmates. He did not get along well with everyone for a while, so he switched dormitories with his classmates, but behind the relationship with roommates did not do

well, the new dormitory students have gone two. University period, Qi Tai Lei stayed a grade, undergraduate course on 5 years [4].

On the afternoon of March 15, 2020, a 2-year-old child was injured by a university student with a knife in Guiyang, Guizhou province. Yang studied at a university in Guangdong Province, during the school and classmates, roommates, dormitory relations are "Very tense", learning life is very unhappy, he also "Sick leave at home". On the day of the murder, he and his father had a heated argument. During the argument, Yang took a kitchen knife and rushed to the door of the house. In front of a young female neighbor, he pressed her 2-year-old daughter to the ground, with the fastest speed and the greatest strength, he slashed the little girl's head five times with a kitchen knife. The knife was deadly. As he slashed, he shouted, "I'm not a weak person. I want to take revenge on Society!" As the employment situation becomes more and more severe, the competition and challenge faced by college graduates will increase correspondingly, and their cruelty and intensity will also increase accordingly, this will inevitably put a lot of pressure on their hearts and minds. In recent years, it has become common for college graduates to commit suicide because they can not find a job, which gives us a wake-up call. We must do a good job of psychological counseling and humanistic care in the employment of college students, avoid some bad consequences. Therefore, to investigate and study the relationship between health values and mental health, how to fully play the role of mental health education in college students' career planning by establishing healthy and comprehensive values, it is a new research topic that we are facing to help college students to achieve smooth employment and healthy development.

During the rapid changes of Chinese society in the last two decades, various factors such as traditional culture, modern culture and post-modern culture interweave with each other to produce wonderful chemical reactions, individuals break through the geographical, nationality and other restrictions, closer, more autonomous interaction and communication. The macroscopical background of globalization and informationization aggravates the breadth and depth of the interaction of these factors. We can see that many elements of daily life in the reduction or even disappear, and many elements have been re-interpreted to spread, or re-packaged in another form. The rapidly changing and more diversified social environment shapes the values of the new generation of college students, and in the more frequent and intensive exchanges and information exchange, college students constantly understand, study, compare and identify with the concept of differentiation, form their own interpersonal values, and affect the individual in the interpersonal communication of cognitive, emotional and behavioral patterns. Therefore, it is necessary to explore the current situation of college students' interpersonal values in the context of the new era [5]. At the same time, the past health values related research, mainly focused on the early years of this century, researchers through a wide range of research to understand the content of the typical health values of college students, and mainly focus on the means of typical values, such as the attributes of the object of communication to interpersonal values dimensions, such as he (she) strong expression, he (she) is very appealing, and so on, neglecting the individual's needs and motivations in interpersonal communication, such as I can know more people, I feel a sense of belonging and so on. These studies are mainly aimed at the relationship between values and mental health of college students, the object of study is full-time college students, this paper is a full-time private college students of science and engineering. Especially in our country's rapid economic development of the times, the study of the state of student values, because the values of people will change with the changes in the environment. In the days of my parents, very few people got divorced. There was a lot of concern, for example, about the impact on my children, about being laughed at, especially in the countryside. Today, if you look at the divorce rate in rural areas, it's very high, it's very common, it's accepted by people, in large part because people's values have changed, people think divorce is a normal thing.

Conclusion. The contents of this study include : the characteristics of private college students' values and the differences of the factors of life values between male and female college students. The state of mental health of private college students. The difference of life values in different mental health level of private college students. To explore the educational countermeasures to improve the mental health of private college students. Assumptions included in this study: there is a correlation between the values of private college students and their mental health. There are differences in life values among college students with different mental health levels. The mental health status of undergraduates was predicted according to the level of values

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Лепешко К.В., магистр психологии
ksenia.lepeshko@gmail.com
БГУ, г. Минск, Республика Беларусь

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ПСИХОЛОГИЧЕСКИЕ ФАКТОРЫ СОЦИАЛЬНО-СРАВНИТЕЛЬНОЙ РЕВНОСТИ КАК ДЕТЕРМИНАНТЫ ЛИЧНОСТНОГО РОСТА

Анализ научной литературы показал, что существует целый ряд индивидуально-личностных и мотивационно-когнитивных факторов социально-сравнительной ревности, определяющих тенденции личностного роста: низкий уровень самооценки, тревожность и депрессивность, склонность к сильным эмоциональным переживаниям и резкой смене настроения, нейротизм, сензитивность, самоэффективность, локус контроля, мотивация достижения и избегания неудач, мотивация аффилиации.

Ключевые слова: социально-сравнительная ревность, индивидуально-личностные и мотивационно-когнитивные факторы.

PSYCHOLOGICAL FACTORS OF SOCIO-COMPARATIVE JEALOUSY AS DETERMINANTS OF PERSONAL GROWTH

The analysis of scientific literature has shown that there are a number of individual-personal and motivational-cognitive factors of socio-comparative jealousy that determine the trends of personal growth: low self-esteem, anxiety and depression, a tendency to strong emotional experiences and a sharp change of mood, neuroticism, sensitivity, self-efficacy, locus of control, motivation to achieve and avoid failures, motivation of affiliation.

Key words: socio-comparative jealousy, individual-personal and motivational-cognitive factors.