The Relationship between Self-efficacy, Social Support and Mental Health of Rural College Students in China

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Abstract. In order to understand the relationship among self-efficacy, social support and mental health of rural college students in China. Measurement, interview and sand table techniques were used for quantitative research. The results show that the self-efficacy and social support of rural college students have more significant impact on their mental health than urban college students, and the psychological problems of rural college students can be dredged.

Introduction

Students' Mental Health Problems has always been a topic of research applications in the field of psychology, with further research, internal and external effect factors on mental health is constantly evolving. Self-efficacy as an internal factors affecting the mental health of college students has become a major variable clinical psychology, personality psychology, educational psychology, social psychology and health psychology [1, 4]. In the meantime, social support as part of one of the most active areas of health research, and is considered an important predictor of mental health [3]. Sand play therapy because of its unique nature of the game and its adaptability to individual development, cognitive and behavioral methods set in one, which is particularly suitable for school counseling Circumstances [5]. Its counseling healing effect has a greater potential value than traditional interview-style counseling.

In this study, local colleges and universities located in the northwest of China, for example, the use of questionnaires, interviews combined sand play production, research and analysis to try for rural students self-efficacy, social support and mental health in order to find among contact and interaction, providing useful theoretical support and practical inspiration for the mental health education and early intervention for rural students.

Objective and Study Design

Objective

Rural students understand the characteristics of self-efficacy, social support and mental health characteristics characteristic; Rural students to grasp the specific relationship between self-efficacy, social support and mental health.

Research Subjects

Stratified random sample of 484 college students in Gansu Long-dong University named Surveying object. After a rigorous analysis of the questionnaire and screening, 460 valid questionnaires, of which 324 rural students, 136 cities and towns, the recovery was 95%.

Research Tools

General Self-Efficacy Scale (GSES): prepared by the Schwarzer et al., A total of 10 items in four
scoring method; Social Support Rating Scale: by the water Xiao reference to foreign social support scale, combined with the preparation of the truth (SSRS, 1987) symptom Checklist (SCL-90) [2]; sand play therapeutic tools: sand play 1, sand with 776, digital cameras, tables and other records; self interview questionnaire.

Measurement and Data Analysis

Collective Surveying, excluding invalid questionnaires, using SPSS19.0 software for statistical analysis and data; extracting some students were interviewed; in Psychological Counseling Center on the part of students sand play production analysis.

Results

Comparison of Urban and Rural Students' Sense of Self-efficacy, Social Support, Mental Health Status

T test results showed that urban students' self-efficacy is higher than the average level of rural students, but the difference was not significant; urban and rural students in all dimensions of social support are not significantly different, mean combining visible, lower objective support rural students obtained higher subjective support score; and national norms found that rural students SCL-90 total average scores and factor scores are generally lower than the national youth norm, showing a good degree of overall mental health.

Comparison of Male and Female Students in Rural Self-efficacy, Social Support, Mental Health

T test showed significant difference (p < 0.01) self-efficacy boys and girls, the boys a sense of self-efficacy was significantly higher than girls; male and female students in rural areas in support of the objective and subjective support two dimensions there are differences, and subjective support dimension the difference was significant (p < 0.01). The degree of support in the use of terms the difference is not obvious; male and female students on depression, anxiety and terror three dimensions significantly different (p < 0.01). Girls scored significantly higher than boys.

Comparison of Rural Students' Sense of Self-efficacy, Social Support, Mental Health

F test results showed that there were significant differences (p < 0.05) different sense of self-efficacy students. Rural Art Students highest self-efficacy, science, followed by liberal arts college students self-efficacy slowest; different professional rural students the differences in subjective support dimension significantly (p = 0.004), on the utilization of support there are differences (p < 0.05). Rural students of different professions there are significant differences in the psychological health of each latitude.

Comparison of Different Identities Students' Sense of Self-efficacy, Social Support, Mental Health

T test showed that self-efficacy of student cadres is significantly higher than average students (p = 0.005); Student Leaders in the use of support was significantly higher than the average student (p = 0.000), whereas in objective support and subjective support does not exist significant differences; student cadres and ordinary student there was no significant difference in mental health.

Comparison of Urban and Rural Students in Related Self-efficacy, Social Support and Mental Health

Each Correlation between the Total Scores. The results showed that self-efficacy and social support showed a significant positive correlation with the level of mental health showed a significant negative correlation. Social support and mental health showed a significant negative correlation. That is, the higher self-efficacy, social support and also get more, while fewer psychological problems.
Rural Subjects Related to Scale Scores between. The results showed that the subjects of rural self-efficacy and social support showed a significant positive correlation (0.281), and mental health showed a significant negative correlation (-0.287) than urban subjects there are more closely related.

Sand play Production Analysis

Study. By SCL-90 preliminary general survey, the selection of the total score, positive items, average positive items and factor scores were higher in most rural students eight people were randomly divided into intervention and control groups.

Research Program. Screened subjects before the test. Group Contract: formal treatment before the first meeting, members know each other, negotiate and sign group contracts. Group counseling twice a week, every hour and a half, and three weeks a total of six times. Test after: six groups after treatment, again using the SCL-90 were measured [6].

Analysis. Conflict phase (1-3 times) self-centered, conflicts are frequent. The initial case to court more frequently moving subjects showing others toys, selecting and placing objects hesitant when other issues, such as trauma relating to wage war, more surface injury or death now for the first two or three times Sand play Works.

Coordination phase (4-5 times) to imitate cooperation. Members to reflect their own problems, to show more cooperation with other acts and attention. Moving violations, actions such as reducing repeatedly interrupted, interruptions and other acts to reduce the emergence of water and plants symbolizes energy, new birth.

Integration phase (6th). The last stage of the work smoother and integration, the scene appeared in the house with a realistic, human and animal, the individual's state of mind is often more quiet pleasure, works to cure the majority of topics, there was even rural students are all cured theme, no trauma topic.

SCL-90 pre-and Post-test Comparison between Experiments. Control group SCL-90 pre-test and post-test comparison:

In the control group of college students SCL-90 scores before and after the test found in the comparison, they are not found significant differences in each factor. (T test results show, P values were greater than 0.05).

Intervention group SCL-90 pre-test and post-test comparison:

Compared to the control group of college students, rural students SCL-90 questionnaire before and after the performance on the test score differences, all factor in more than three months after the intervention Sand play scores are reduced. T-test scores before and after testing positive items, depression and anxiety factor was significant difference (p < 0.01); and the sharing of positive items, somatization, interpersonal sensitivity, hostility, paranoid ideation also measured before and after differences (p < 0.05).

Discussion

China Urban and Rural Students' Sense of Self-efficacy, Social Support, and Mental Health Differences

The results showed no significant difference between urban and rural students, rural students overall mental good health, the reason, the study subjects were selected mainly from local universities, colleges, although a small city located in remote and backward, underdeveloped economy, lack of information but since most of the students are from rural areas, resulting in urban and rural cultural confrontation and conflict is not clear. Combined with interviews found that pressure from the more rural students after graduation, "recruitment of civil servants," "teacher recruitment examination" and "Village exam," etc., rather than learning in school and life.

Effect of Gender on Chinese Rural Students' Self-efficacy, Social Support and Mental Health

Test showed the boys a sense of self-efficacy was significantly higher than girls. This is
consistent with the expected results. Because our culture is male-dominated society, the impact of women in society is relatively weak, which has a significant impact on male and female students in the process of growing self-awareness is formed, resulting in a gender sense of self-efficacy [7], domestic studies have similar results.

Rural male and female students on subjective support dimension difference was significant (p < 0.01), Ding Jin-hong et al. (2000) found that social support girls was significantly higher than that of boys, mainly in two aspects of subjective support and utilization, and Chen Geng-Chun (2001 years) for social support in dozens of cities nationwide survey results have shown that college students, social support boys than girls. Combined with interviews and sand play study found that female college students in rural areas will be more inclined to hide the true wishes of the heart and depression, less to the surrounding loved ones, friends or teachers to talk, to seek outside support and assistance, which also verified results of this study.

There were significant differences in somatization, depression, obsessive-compulsive symptoms and interpersonal sensitivity between male and female students (P < 0.01). Girls scored significantly higher than boys in depression, anxiety and terror. It can be seen from the interview questionnaire that rural girls are influenced by traditional conservative rural families and social culture when they are young. They are more conservative, shy and timid in their study and interpersonal communication. They are also more likely to have inferiority, depression and interpersonal avoidance psychology because they are not fashionable enough to dress [3].

**Effect on Chinese Rural Professional Students' Self-efficacy, Social Support and Mental Health**

There were significant differences between different majors sense of self-efficacy, self-efficacy Art Students highest sense, followed by science, liberal arts students' self-efficacy minimum. Due to the presence of urban and rural social structure, forming two different cultures. Combining interviews visible, rural art students are more likely to find part-time jobs after school, which not only reduces the financial burden of their families, but also improves their sense of self-efficacy. Liberal Arts Students with mostly girls, the relative emotional, and more likely to breed jealousy psychology, which would affect their subjective feelings of support; Arts students’ obvious psychological problems. When the interviews, most art students are full of expectation for their future, while liberal arts students showed more anxiety, fear and depression. They are more likely to feel inferior, avoid or even reject urban students because they come from the countryside.

**Identity of the Rural Chinese Students' Self-efficacy, Social Support and Mental Health**

Test showed that student leaders’ self-efficacy was significantly higher than the average student. Student Leaders Language University campus, a strong sense of competition, high achievement motivation, can maximize their strengths, capabilities and enhance the quality of student leaders fully enhance the self-esteem, self-confidence; the availability of support for the student cadres significantly higher than the average student, a university student cadres to become both a competitive success, but also a realization of personal value, students cadre with the pro-Lai, awards and honors more than ordinary students, but also than the average students know more about how to take advantage of support around the experience, grasp opportunities for more favorable their own development; combining interviews questionnaires found the overall psychological quality of students is not high cadres, cadres and male students more anxiety, a lot of student Leaders in all aspects of performance is very good, not because of academic performance and missed the boat, so that their hearts are very unbalanced, biased think they pay so much, but get little in return. The resulting intense inner conflicts, produce a series of psychological problems.

**Relationship between Chinese Rural Students' Self-efficacy, Social Support and Mental Health**

Rural subjects in self-efficacy, social support and mental health were more closely related than those of urban subjects. The anxiety and depression of rural college students in learning,
employment and interpersonal relationship are highly negatively correlated with self-efficacy. Individuals with high self-efficacy can cope with setbacks well and have a high level of mental health. During the interview, it was found that some rural students' self-evaluation was low, especially the social support of girls was generally low, and the utilization of support was also low, which was caused by the long-term environment, education, social culture and other factors [8]. Through the analysis of Sand play, it is concluded that low self-efficacy and social support have a great impact on the mental health of rural students, but in the process of sand play therapy, it can be seen that although the mental problems of rural students have always existed but are not stubborn, they can still carry out dynamic counseling and treatment.

Conclusions and Implications

The study results: Chinese Urban and Rural Students are in self-efficacy, social support and mental health but not significantly; rural students there are significant differences in terms of gender, profession, status, etc.; men of self-efficacy, subjective support significant higher than girls, exhibit less psychological problems; science and engineering and the Art students' self-efficacy, social support and mental health than liberal arts students; The level of self-efficacy and social support of student cadres was significantly higher than that of ordinary students, and the correlation of self-efficacy, social support and mental health of rural subjects was higher than that of urban subjects; Sand play treatment results show that the psychological problems of rural students are able to divert and healing.

Thus, the Chinese rural students' psychological health education should be from the community, schools, families and students in all aspects of their own departure, to be long-term attention and guidance, a set of educational concept and mechanism, so as to maintain mental health of rural students, to prevent and reduce the occurrence of mental illness. At the same time, universities should strive to improve and perfect psychological counseling agencies college students, to create good conditions for psychological counseling to help rural students objectively understand and evaluate themselves and actively participate in social competition, to win social support, challenge themselves, and achieve self actualization.

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