

A Study of the Impact of Personality and Social Psychology on Mental Health

Xinpeng Lou

Faculty of Psychology, Southwest University, Chongqing, 400715, China

Email: 1137624492@qq.com

Abstract

With the continuous development and progress of economy, people's living standard and culture level have been improved, but with it, there are also various kinds of life stress, study stress and work stress, which make people's mental health problems in life more and more prominent, and how to improve students' mental health level is the main task of each education stage. The current psychology discipline system has been perfected, including personality psychology and social psychology, which are effectively applied in the actual mental health education or psychological guidance work, and are key disciplines to improve people's mental health. The theoretical system of personality and social psychology consists of three theories: the theory of planned behavior, the theory of explanatory levels, and the theory of self-determination, all of which have an irreplaceable influence on mental health. In this regard, this paper combines relevant literature and work experience to study in depth the influence of personality and social psychology on mental health.

Keywords: *Personality and Social Psychology; Theory of Planned Behavior; Explanatory Level Theory; Self-Determination Theory; Mental Health; Impact Analysis*

1 INTRODUCTION

"Mental health problems" have become a problem that cannot be ignored in people's life, study and work, because various kinds of life stress, study stress and work stress will make people have mental health problems. If mental health guidance or mental health education is not provided in time, it will not only reduce people's physical and mental health, but also reduce their quality of life. For example, people with mental health problems such as excessive depression and anxiety may think of ending their lives and take action.

Personality and social psychology are the main components of the theoretical system of psychology, including the theory of planned behavior, the theory of explanatory levels, and the theory of self-determination, all of which have an active role in mental health education and guidance, and many mental health educators, counselors, and psychologists attach great importance to the application of personality and social psychology. Planned Behavior Theory, Explanatory Level Theory and Self-Determination Theory have different effects on mental health, among which Planned Behavior Theory is mainly used to argue the relationship between attitude and behavior; Explanatory Level Theory is mainly used to analyze social cognitive orientation. "Self-determination theory is mainly used to analyze motivation and personality [1]. Therefore, this paper analyzes the influence of personality and social psychology on mental health from these three aspects, and briefly discusses how social and personality psychology theories can be applied to mental health education and mental health guidance.

2 CONNOTATIONS OF PERSONALITY AND SOCIAL PSYCHOLOGY

"Personality and social psychology" is essentially a discipline used to study individual and group psychosocial phenomena and belongs to the branch of psychology. From the perspective of individual psychology, personality and social psychology can be used to guide individual thoughts, situations and behaviors, and has a certain role in constraining them; from the perspective of group psychology, personality and social psychology can improve group

cohesion and create a good social psychological atmosphere, provide correct guidance for group decision-making, etc.

Some scholars believe that "personality and social psychology" is a comprehensive embodiment of psychology and sociology, and is a marginal discipline between the two, influenced by both psychology and sociology. Initially, personality and social psychology was divided into personality psychology and social psychology. However, personality and social psychology, which is a synthesis of both, can not only explain various individual psychological phenomena and social group psychological phenomena, but also provide guiding basis, ready-made concepts, methods and theories for decision making related to the construction of a harmonious society and the development of Chinese culture, thus promoting the development of our society ^[1-2]. Because personality and social psychology can understand the social background, cultural background, and historical background of our people, etc., and then creatively carry out conceptual analysis, methodological design, and theoretical construction on that basis, and finally draw conclusions that are in line with objective reality, providing richness and concepts for various social development decisions, etc.

3 THE "THREE THEORIES" OF PERSONALITY AND SOCIAL PSYCHOLOGY

These three theories, including the theory of planned behavior, the theory of levels of explanation, and the theory of self-determination, are interactive, complementary, and mutually reinforcing. The relationship diagram is shown in Figure 1.

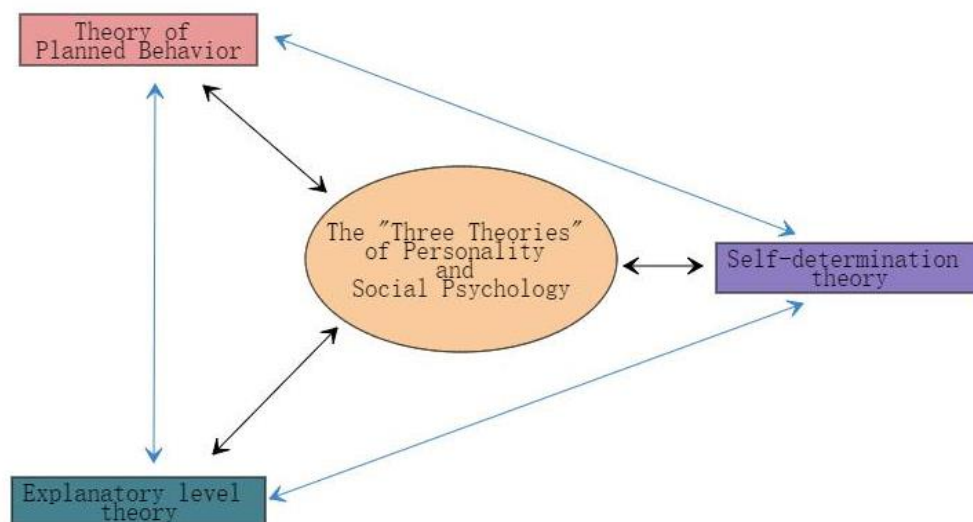


FIGURE 1 RELATIONSHIP BETWEEN PERSONALITY AND THE "THREE MAJOR THEORIES" OF SOCIAL PSYCHOLOGY

3.1 Theory of Planned Behavior

The theory of planned behavior is essentially a psychological theory used to understand and define the relationship between "attitudes and behavior", which is the core theory of personality and social psychology and has a positive effect on human personality, group behavioral intentions, individual health behaviors and mental health status, and can solve many mental health problems and physical health problems, reduce the occurrence of individuals' own risky behaviors, such as alcoholic behavior, smoking behavior, binge drinking behavior, etc., and ultimately improve the physical and mental health of individuals or groups ^[2].

It has been pointed out that "the theory of planned behavior is a well-established theoretical system in social psychology dedicated to the study of 'attitude-behavior relationships'." The theory of planned behavior framework contains many variables, including behavioral attitudes, subjective norms, perceived behavioral control, and behavioral intentions, all of which have an irreplaceable role in influencing beliefs about planned behavior and outcomes, among others. The details are as follows.

First, behavioral attitudes. It refers to the possible outcomes and behavioral concepts that individuals have related to

the behavior, and then under the influence of behavioral concepts to produce positive or negative feelings about the behavior, and finally make the corresponding attitude. Second, subjective norms. It refers to the decision made by the individual in the face of social pressure, and then a series of individual behavioral decisions are made to realize the decision, and the relevant standards and requirements for regulating the decision are determined in order to regulate their own subjectivity and reduce the negative influence of subjective factors on behavioral attitudes and behavioral decisions. Third, perceptual behavior control, refers to the behavior control methods selected to ensure the efficient implementation of behavior, and behavior control needs to be based on subjective perception, that is, subjective perception of what behavioral results, based on these results for the expected assumptions, and finally take effective control methods to achieve effective control of behavior, so also known as perceptual behavior control. Fourth, behavioral intention. In fact, the individual wants to or will develop a particular behavior of the propensity to act. Behavioral disposition can be used as the main basis for the expected outcome of an individual's behavior, perceived behavioral control and behavioral attitude [2-3].

3.2 Explanation Level Theory

"Explanation level theory" is also the main content of "personality and social psychology", which is the most representative social cognitive psychology theory. In most cases, people's level of explanation depends on their pure cognitive orientation, and the higher their cognitive orientation, the higher their level of explanation, and the broader and more correct their cognitive orientation, the higher their level of explanation, which is why the level of explanation theory is also called "pure cognitive orientation" social psychology theory [3]. The explanation level is also affected by many variables, including psychological distance, behavioral attitudes, behavioral space-time and behavioral perceptions, etc. Among them, "psychological distance" has the greatest influence and is an important variable affecting the explanation level, which is based on the principle that individuals take their current state as a reference point and then perceive the distance of an event or behavior in space-time. It is based on the principle that individuals take their current state as a reference point and then perceive the spatial and temporal proximity of an event or behavior and the possibility of its occurrence. Psychological distance is positively correlated with the level of abstraction of explanation, i.e., the greater the psychological distance, the more abstract the level of explanation, and vice versa, the simpler the level of explanation, so the level of explanation can be changed by influencing the psychological distance to improve the individual's perception and judgment of decisions and other behaviors [4].

3.3 Self-Determination Theory

"Self-determination theory is the most influential "motivation-personality" theory in recent years, and many personal mental health problem-solving strategies, mental health education programs, and mental illness treatment programs rely on self-determination theory. Many individual mental health problem solving strategies, mental health education programs, and mental illness treatment programs rely on self-determination theory. "The self-determination theory is a study of the psychological motivation of mental health problems, self-regulation, basic psychological needs, and individual psychological development, which allows us to quickly identify the causes and solutions of mental health problems and to understand the state of mental health of individuals and improve their mental health [5]. Basic psychological needs are the main variables of self-determination theory, including three basic psychological needs, such as sense of autonomy, sense of competence, and sense of belonging, among which autonomy is the subjective consciousness and perception ability formed by individuals themselves, while sense of competence and sense of belonging can be cultivated later. Therefore, after understanding the psychological needs of individuals, effective mental health education can be implemented to help individuals establish the correct three views, improve their sense of competence and sense of belonging, and ultimately promote their healthy physical and mental development [6].

4 IMPACT OF PERSONALITY AND SOCIAL PSYCHOLOGY ON MENTAL HEALTH

Because the main theories of personality and social psychology are the theory of planned behavior, the theory of levels of explanation and the theory of self-determination, this paper analyzes the impact of personality and social psychology on mental health from these three aspects, as follows.

4.1 The Impact of Theory of Planned Behavior on Mental Health

The researchers found that many depressed patients tend not to actively seek professional help, and that attitudes in the theory of planned behavior can largely explain depressed patients' willingness to seek help, and that in order to motivate these patients to actively seek mental health professional counseling, patients' help-seeking behavior can be influenced by changing their attitudes. Using the theory of planned behavior to explore the psychosocial variables that influence young people's social network use, the results indicate that attitudes and subjective norms significantly predict social network use and have a significant impact on the addictive tendency of their use, which is an important guide for developing strategies aimed at changing young people's addiction to social network use [7].

4.2 Explanation of the Impact of Level Theory on Mental Health

Many scholars say that the "explanation level theory" can not only provide a theoretical basis for mental health and health behavior research, but also provide a comprehensive understanding of individual cognitive processing level, the relationship between mental distance and behavior change, health behavior generation, mental health status, etc., which can provide a basis for mental health education, mental illness treatment and mental health consultation, etc. [8]. It can also lay the foundation for mental health education, mental illness treatment and mental health counseling [8]. This theory can also be used to understand the individual's heart through surface and abstract level representations, and then analyze the individual's level of interpretation on this basis, and finally achieve accurate judgment of the individual's mental health and decision-making behavior. The "level of explanation theory" can also inspire mental health research, which will lead to higher and higher levels of mental health research and better theories, ultimately contributing to the long-term development of the mental health research field, the mental health education field, and the medical field of mental illness [9].

As far as individuals are concerned, the improvement of the level of explanation can also strengthen the self-control and self-control behavior of individuals, so that their self-control ability, mental health status and self-coordination can be improved, thus promoting the development of individual physical and mental health. Taking mental health education for college students in an institution as an example, the institution formed a professional mental health education faculty in 2020 and randomly selected 240 college students to participate in the mental health education experiment for 1 year (January 2020-January 2021). Among them, 120 college students were included in the regular group, which only carried out regular mental health counseling; the other 120 college students were included in the experimental group, which carried out mental health education in self-management, self-cognition, and self-regulation based on regular psychological counseling and explanation level theory.

The following indicators were observed: explanation level, mental health level, self-control ability and self-psychological regulation ability, and all indicators were scored on a 100-point scale, the higher the score, the better. Statistical methods: SPSS23.0 software was selected to conduct statistical analysis of the count (expressed by " χ^2 " test and "%") and measurement data (expressed by "t" test and " $\bar{x} \pm s$ ") were statistically analyzed, and comparability and statistical significance were expressed as " $P < 0.05$ ".

TABLE 1 COMPARISON OF THE RESULTS OF MENTAL HEALTH EDUCATION FOR COLLEGE STUDENTS IN THE CONVENTIONAL AND EXPERIMENTAL GROUPS IN AN INSTITUTION IN 2020 ($\bar{x} \pm s$, SCORE)

Group	Explanation Level	Mental Health Level	Self-Control Ability	Self-Psychological Coordination Ability
Regular group (n=120)	72.32±15.63	75.45±20.02	76.04±18.69	75.66±21.43
Experimental group (n=120)	89.74±23.57	92.36±28.97	90.49±27.93	91.01±27.86
X ² /t	6.747	5.260	4.710	4.783
P	0.000	0.000	0.000	0.000

The experimental results showed that the college students in the experimental group scored (89.74±23.57) on the level of explanation, (92.36±28.97) on the level of mental health, (90.49±27.93) on the level of self-control, and (91.01±27.86) on the level of self-psychological coordination, which were higher than those in the conventional

group (72.32 ± 15.63), (75.45 ± 20.02), (76.04 ± 18.69), and (75.66 ± 21.43), respectively. (72.32 ± 15.63), (75.45 ± 20.02), (76.04 ± 18.69), (75.66 ± 21.43) respectively, indicating that the effect of mental health education in the experimental group was higher than that in the conventional group, and the comparison of each index between the two groups was comparable and statistically significant ($P < 0.05$), see Table 1.

From Table 1, it is easy to see that mental health education for college students based on explanation level theory can improve college students' explanation level, mental health level, self-control ability and self-psychological coordination ability, and finally promote college students' physical and mental health development, which is worth promoting.

4.3 The Impact of Self-Determination Theory on Mental Health

The core of self-determination theory is the degree of motivational self-determination, including autonomous motivation and controlled motivation, where autonomous motivation facilitates the development of positive affect, cognition, and behavior in individuals. Examples include positive sexual adjustment, improved learning, mental health and well-being, behavioral persistence, and effortful engagement. Related studies have shown that individuals with more autonomous motivation for treatment are less disturbed in treatment, have less tension, and have a greater willingness to adhere to treatment with higher levels of self-esteem and life satisfaction ^[10].

In addition, mental health is influenced by social culture, which belongs to sociology and is a major component of social psychology. Under the influence of social culture, mental health problems are not only reflected in individual perceptions of individuals or groups, the psychology of somatic disease manifestations (including the psychology of depression and anxiety when lesions occur), etc., but also in individual personality changes, changes in individual personality traits, and changes in the three views and behaviors of the group, which contribute to the gradual somatization and doxastic personification of mental health problems and, to some extent, maintain mental health and reduce death anxiety ^[11].

5 APPLICATION OF SOCIAL AND PERSONALITY PSYCHOLOGY IN MENTAL HEALTH EDUCATION EMBODIED

Firstly, social and personality psychology is used to explore the psychological structure of college students' personality, decompose the psychological elements of personality, and guide the establishment of personality education goals. Secondly, social and personality psychology is used to explore the age characteristics of college students' personality development and improve the relevance of college students' mental health and personality education. In order to achieve effective mental health education, we must consider the possibility of achieving the goal, the acceptability of the content setting, and the appropriateness of the methods and approaches, all of which depend on the full understanding of the age characteristics of students' personality development. Thirdly, using social and personality psychology to analyze the many factors that influence the formation of college students' personality and to be able to coordinate the relationship between mental health education and other influencing factors, and to play the leading role of mental health education in shaping a sound personality ^[12].

6 CONCLUSIONS

The discipline of psychology is mainly composed of personality and social psychology, etc. Personality and social psychology can be used not only to study psychological problems, but also to study the relationship between personality and psychological state, and the relationship between social and cultural environment and psychological state. A relatively mature theoretical system has been formed, including the theory of planned behavior, the theory of explanatory level, and the theory of self-determination, all of which have a great impact on mental health problems.

Based on the three representative international personality and social psychology theories, namely the Theory of Planned Behavior, the Theory of Explanatory Levels, and the Theory of Self-Determination, the author analyzes the socio-cultural psychological phenomena with Chinese characteristics, mental health education under the guidance of these theories, and how to use social and personality psychology theories to solve mental health problems, improve people's mental health, and promote harmonious social development.

In "Personality and Social Psychology", there are rules of human social psychology and behavior, according to which the causes of psychological problems and their solutions can be found. In essence, "personality and social psychology" is a psychological theory that deals with the relationship between personality and psychological state, and the relationship between social and cultural environment and psychological state, which has been applied to the field of mental health research and has effectively solved many mental health problems and improved people's mental health.

Therefore, the above briefly outlines "personality and social psychology", and then analyzes the influence of personality and social psychology on mental health from three aspects: theory of planned behavior, theory of explanation level, and theory of self-determination, and briefly discusses socio-cultural and mental health issues, hoping to provide reference value for related workers and scholars.

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