



CORRELATION OF PSYCHOLOGICAL MALADJUSTMENT, SOCIAL SUPPORT AND PSYCHOSOMATIC HEALTH IN FRESHMAN AMONG COLLEGE STUDENTS

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ABSTRACT

To investigate the relationship between psychosomatic health and psychological maladjustment, social support in freshman. By random cluster sampling, 2790 freshmen garrisoned on islands (study group) and 2790 sophomore and junior college students as control group were recruited in Changzhou and administered by Chinese Psychosomatic Health Scale (CPHS), Maladjustment Self-Assessment Scale (MSAS) and Chinese Social Support Scale (CSSS). The results were analyzed with t test analysis, Pearson correlation and stepwise regression analysis by SPSS statistic 17.0. Compared with the controls, freshmen had higher scores of psychological disorder (anxiety, depression, psychoticism) and of somatic disorder (respiratory apparatus, cardiovascular system, alimentary system, skeletal and musculature, integument, regenerative and endocrine, nervous system) except the factor of eye and ear; all factors of CPHS had positive correlation with most factors of MSAS, CSSS; regression analysis showed that behavioral problem, interpersonal relationship, environmental adaptation, subjective support, support degree of use entered into the regression equation. In conclusion, the psychosomatic health in freshman among college students is generally worse than those of the controls. Behavioral problem, interpersonal relationship, environmental adaptation, subjective support, support degree of use are associative factors predictive factors.

Keywords: Soldiers on Islands, Psychosomatic Health, Social Support, Psychological Maladjustment

1. INTRODUCTION

With the introduction of the biological-psychological-social medical model, when considering individuals' health, we should take account of the perfect combined condition of body, mental and society. Now, Zhang et al. (2021). And Li et al. (2021) argued that the current research is mainly on the correlation between mental health and social support in college students, but few research have been reported on psychosomatic health and associated factors.

Psychosomatic disorder generally refers to a medical disorder (including conversion disorder, somatization disorder, and hypochondriasis) that is caused by

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