

Research Progress of Domestic Social Psychology in the Field of Subjective Well-being

Youyang Ge *

City College of Dongguan University of Technology , Dongguan, Guangdong, China, 523000

123639406@qq.com

*corresponding author

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Abstract: Since the third world industrial revolution, the global economic development has entered the track of rapid development, accompanied by people's increasingly heavy work pressure and sub-health physical and mental state. With the rapid growth of GDP, subjective well-being, as a field of positive psychology research, has been increasingly concerned and concerned by the people, and has gradually become one of the gold standards for the overall measurement of individual quality of life. It is undeniable that in the global scale, especially in our country, the national happiness index has not achieved the same growth as GDP, and there is an obvious data gap between different income groups. The purpose of this paper is to improve people's psychological prediction and crisis control ability by interpreting the overall subjective well-being, so as to establish a correct subjective well-being. This paper introduces the five aspects of subjective well-being judgment commonly used in domestic psychological research to outline the complete landscape of well-being and the latest progress. The research results of this paper show that most psychological models of happiness are constructed according to cultural color, and should be deepened from general investigation to each level of happiness, in order to transfer to the internal process of subjective well-being research and achieve results.

1. Introduction

Subjective well-being belongs to the research field of positive psychology, and the research on subjective well-being has developed into a new research field. Traditional psychological research has already begun to involve more and more researches on subjective well-being, and the research position is to explicitly deny the former negative psychology, and then stand in the camp of positive psychology. Using the research means and methods of positive psychology to study the comprehensive happiness index of domestic population is forming a psychological research upsurge. Therefore, under the background that the research field of psychology has been limited to the research of negative psychology for a long time, it is necessary to conduct a comprehensive review of the research on subjective well-being of domestic social psychology, so as to expand the research field of social psychology.

The research on subjective well-being in a full sense started from the 1960s, and has undergone more than half a century of development. The research focus and thinking on subjective well-being have also undergone great changes [1-2]. Among them, social psychology has drawn a complete picture of subjective well-being, and also improved people's understanding of subjective well-being [3]. Subjective well-being is a new model in the study of well-being and is becoming the mainstream paradigm in the study of positive psychology [4]. Some scholars pointed out that the research on positive psychology should be unified with subjective well-being as the representative; On the contrary, some scholars also believe that the connotation of happiness is multi-faceted, and cannot be generalized to a one-size-fits-all definition [5]. More scholars believe that subjective happiness is based on the argument of happy feeling, paying attention to people's sensibility, believing that individual happiness comes from reality, focusing on analyzing the rational level of

human behavior, and regarding happiness as the realization of perfect potential [6].

Existing researches obviously ignore the relationship between people and society and the opportunities and challenges that people suffer in the social field, but place people's happiness in the social environment to investigate [7]. Such research methods are difficult to grasp the functions of people in social practice, but only attach importance to the individual's contribution to the society, and take it as the criterion for determining whether there is happiness [8]. Based on the combination of qualitative analysis and quantitative analysis, macro analysis and micro analysis, the research of this paper sticks to the method of combining theory with investigation, and then selects the results of literature survey comprehensively to expand and discuss the conceptual explanation of happiness from five aspects of social psychology research [9-10]. This research approach extends the research field of positive psychology, transcends the general representation of happiness in traditional research, and deepens the understanding of happiness [11]. This paper also verifies the psychological structure of subjective well-being in various social groups through sampling survey, and conducts SPSS logistic regression analysis on the data obtained from the sampling survey [12]. In general, the research in this paper conforms to the index requirements of modern positive psychology research, and the research results are objective and neutral, which further promotes the improvement of the theoretical system of positive psychology [13].

2.Method

2.1 Connotation Judgment of Subjective Well-being

Subjective well-being is a psychological research term, which refers to a psychological state revealed by individuals when they realize that their needs have been met or cannot be met. It is a complex combination of internal and external factors such as motivation, desire, emotion and attitude [14]. Subjective well-being is also the result of the interaction between internal and external causes. When people's certain needs are met, it can be understood as a state of mind and body and the manifestation of external causes. The psychological emotions caused by our subjective evaluation of something constitute the internal cause of subjective well-being [15]. The psychological state of subjective well-being can be constituted by the interaction of internal and external causes. If there is no internal cause, only life events, then the emotional phenomenon is difficult to form; But if there are only life events without the understanding of individuals, happiness is difficult to be detected. Therefore, both internal and external causes are indispensable conditions for the composition of subjective well-being.

Personality traits are the forming space of subjective well-being, and different personality traits will form different emotional trends. Social relationships, education, health, income, and even trivial events can all affect an individual's subjective well-being. Good personal characteristics can enhance people's self-identification and self-confidence, which is conducive to increasing positive emotions and reducing negative emotions.

2.2 Quantitative Research Methods of Subjective Well-being

In this paper, subjective well-being is defined as an individual's perception of the society and attitude towards the acceptance of surrounding things, and subjective well-being is quantified into three dimensions: self-identity, self-harmony and self-realization.

Self-identity is the nature of individual to society, and is the perception of individual to social organization and social cooperation. It has the effect of social simulation, which can make individuals feel comfortable in the society and believe that the world is beautiful.

Self-concordance is an individual's perception of the quality of life and its functioning. Healthy individuals are always respectful of the unknown, able not only to understand what is happening around them, but also to listen to the world around them, and to maintain the meaning and vision of life. Self-harmony includes self-perception and precognition of the society, which is consistent with the real life.

Self-actualization is the assessment of individual development trajectory, the confidence in

individual development prospects, as well as the expectation and efforts of social development prospects. Healthy individuals tend to have greater expectations and efforts for the health of society, and can recognize that they are the ultimate potential beneficiaries.

Self-integration is a means of maintaining the relationship between the identity and the sense of belonging of the collective. Individuals with the responsibility of self-integration are always good at keeping close communication with other individuals and giving full play to their value in the process of getting along, so that other individuals in the society can see their potential.

3.Experiment

3.1 Psychological Test

Two subjective well-being testing tools are used in this study. The first is the subjective well-being scale, which contains more than 30 indicators from two dimensions, namely subjective well-being and psychological well-being. In terms of scoring criteria, a 1-2-3-4-5 gradient is used to rank the degree of conformity from complete conformity to complete non-conformity. The krumbach reliability of the scale is expressed in Numbers.

The second tool is a stress questionnaire for students, which aims to detect the life stressors and stress responses of young people. The scoring standard is 1-2-3-4-5, which means never, rarely, medium, often and always. The krumbach reliability of the scale is also expressed in terms of Numbers.

3.2 Regression Processing

As for the data obtained from the test, this study USES SPSS analysis software to process and analyze the test data. The methods used are Karen Bach reliability test, independent sample T test and multiple regression analysis. In the regression analysis, the principle of multiple samples regression and single sample analysis is adhered to. The independent variables that affect the dependent variables were moderated according to the mediating variable standard of comprehensive well-being, and the multivariate regression analysis was made for the dependent variables.

4. Discuss

4.1 Analysis of Test Results

(1) T-test of subjective well-being

After obtaining the experimental data, we put the data into SPSS 19.0 for the t-test procedure of independent samples, and tested the t-test of SWB from 9 dimensions and 3 comparisons. The nine dimensions are health concerns, life status, personality growth, positive emotions, interpersonal communication, negative emotions, friendly relationships, self-worth, and dedication. The three horizontal comparisons are: psychological well-being, subjective well-being and comprehensive well-being. The test results are shown in table 1 below.

Table 1. T-value test results of subjective well-being

	Psychological well-being	Subjective well-being	Comprehensive happiness	T	P
Health concerns	3.4325	16.1572	9.7949	-7.691	0.0000
Life status	2.9853	17.0437	10.0145	-7.822	0.0000
Personality growth	3.5228	19.8223	11.6726	0.015	0.6147
Positive emotions	3.5156	21.6824	12.5990	2.338	0.0050
Interpersonal communication	3.1179	13.3341	8.2260	1.527	0.0080
Negative emotions	3.0377	20.7978	11.9178	0.508	0.0580
Friendly relations	3.4106	19.7594	11.5850	0.898	0.8900
Self-worth	2.4942	19.5761	11.0352	2.745	0.6300
Dedication feelings	3.8806	17.3745	10.6276	2.816	0.7200

The results showed that there were small differences among the subjects in health concerns, personality growth and negative emotions, while there were significant differences in other dimensions.

(2) Multiple regression analysis of life stress

In the regression analysis of the life stress of youth groups, frustration factors were taken as the dependent variable for multiple regression analysis. The results of the analysis are shown in figure 1 below.

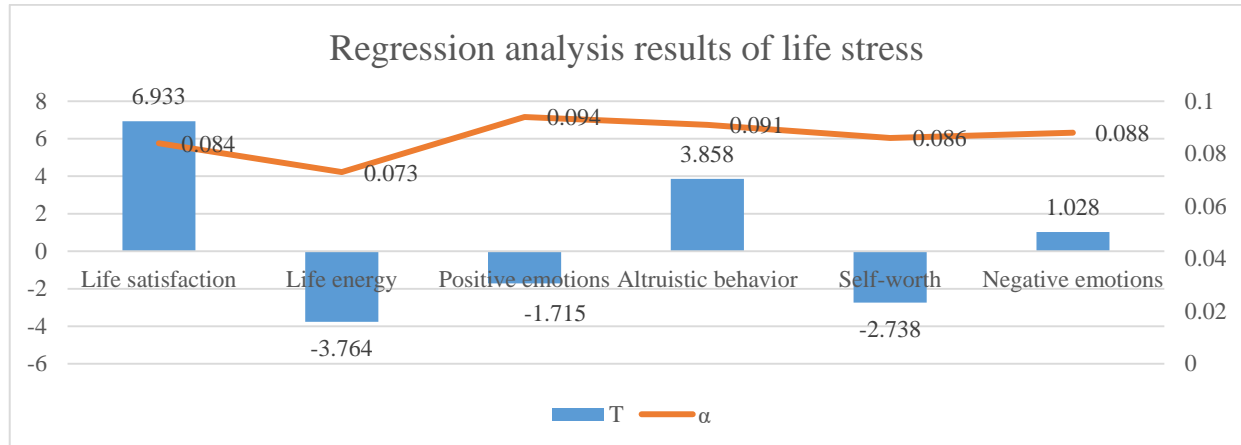


Figure 1. Regression analysis results of life stress in youth groups

The results showed that the intervention effect of young people on life satisfaction and life vitality was significant. This indicates that the young group has a stronger sense of altruistic behavior and is less stimulated by negative effects. From the perspective of the overall reliability coefficient, other dimensions except positive emotion are insignificant influencing factors.

4.2 Discussion on the Reliability and Validity of Subjective Well-being

On reliability value analysis method is adopted confirmatory factor analysis of individual members of the social sense of belonging, as previously mentioned, subjective well-being of psychological structure is composed of nine dimensions, namely the health concerns, the situation of life and personality growth, positive emotion, interpersonal, negative emotions, friendly relationship, self-worth, dedication feelings, regression results show that in addition to health concerns, there is no significant correlation between the personality growth and interpersonal, other related coefficients of correlation in a larger range. Such results reflect that individuals have a certain self-perception of social phenomena and can truly understand social phenomena. Therefore, from the meaning of factors, such regression results do not violate the theoretical hypothesis.

The relationship between dedication and self-worth, friendly relationship and positive emotion is relatively strong. Dedication is an individual's judgment of his own social value, which is similar to self-worth to some extent. In addition, logistic regression values between self-realization and self-trust are also close, which reflects individuals' confidence in social development and progress. Social integration emphasizes that individuals are accepted by the surrounding environment, thus reflecting the value and significance of individuals. Therefore, it is not surprising that they have a high correlation.

5. Conclusion

Subjective well-being is a positive personality strength and potential psychological capital to alleviate life stress and intervene psychological crisis, which plays an important role in maintaining college students' mental health. When judging individual subjective well-being, in addition to the basic life satisfaction and emotional factors, there are also important drivers of individual self-worth, self-trust and other comprehensive factors, which, together with subjective well-being, affect the intuitive understanding of individual life happiness. This conclusion may have important implications for future research on the theory and intervention of happiness.

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