

The Study of Security, Perceived Social Support and Peer Relationship among College Students

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Abstract: Objective: To explore the status and relevance of college students' sense of security, comprehension of social support level and peer relationship. Methods: Questionnaire survey was used to analyze the statistical analysis with SPSS21.0. This paper used t test, analysis of variance, correlation analysis and regression analysis. Results: 1. The level of safety was only different between urban and rural sources ($t=5.527$, $p=0.020<0.05$). By stepwise regression analysis, the peer relationship as the dependent variable Y, interpersonal security X1 and total social support score X2 as independent variables, the equation was statistically significant. $Y = 26.898 + 0.183 X1 + 0.285 X2$. Conclusion: The safety level of college students from urban sources is higher. The higher the level of social support, the stronger the sense of security and the more harmonious the relationship.

1. Introduction

When students entering colleges and universities leave the familiar environment, the peer relationship on campus is very important. The relationship between classmates and roommates is influenced by family parenting style, personality, hobbies and other aspects. This kind of peer relationship is similar to the relationship of colleagues in society. The relationship between good and bad not only affects the academic life of the university, but even affects their sense of security. For college students, the peer relationship is the classmate relationship, which is a special interpersonal relationship and an important part of the social support system.

1.1 The Concept of Companionship and its Influencing Factors.

"Peer-to-peer relationship" refers to the relationship between friends and relatives, which is the mutual cooperation between groups of the same age or similar groups. Another way is that the same age group or individuals with similar levels of psychological development develop in the process of communication. A kind of interpersonal relationship, in today's human relationship is so important, it is an important channel for individuals to gain a sense of safe belonging. The equality and fairness of this relationship also provides a sense of security for young people, and communication can promote individual socialization [1]. Not only must we pay attention to the relationship between students in the offline reality, but in the Internet+ era, online peer relationships are also the focus of attention. As a special environment on the Internet, it is also a special support system for students. The video of school violence incidents is spread through the network. Through the forwarding of the network situation, people also pay more attention to the importance of campus companionship.

In this special environment of colleges and universities, peer relationships have an important impact on campus bullying. Parents' family conditions and parenting style also have a direct effect

on their children's peer relationships [2]. On the one hand, most parents are busy with their work for their livelihood, neglecting communication with their children. The child has formed difficulties and does not bother parents, so that they can only find virtual comfort and comfort through the network, and are less sensitive to the surrounding security. High sex, thus ignoring peer interaction in real life.

1.2 The Concept of Social Support and the Status Quo of Research.

As early as 1985, Sarason proposed that "social support" is such a relationship. Its objective existence can be felt, communicated with people, cared for and accepted, increased its sense of value, and can provide support and help. portion. In 2000, Chinese scholar Chen Chengwen and others said that "social support" is a selective social behavior that uses the spirit and material means of the interpersonal network to provide public assistance to the weak. In 2002, Malecki proposed through research that "social support" is a supportive behavior from the surrounding population, which can improve the social adaptability of individuals and avoid being isolated and harmed by the environment. By 2003, Professor Shi Jianfeng gave the definition that "social support" is the giving of the support resources of the surrounding people when the individual encounters difficulties. This kind of sympathy and the giving of resources make them emotionally stable [3]. In 2009, after investigations by Lei Dan et al., "social support refers to a kind of support from the relationship of various social groups, and the exchange of resources in people's interactions". In summary, the importance of social support at home and abroad is of concern. "Social Support" is a subjective emotional experience that summarizes all aspects of complex emotional experiences such as respect and sympathy established by individuals in social life. It is also an indispensable part of the proper use of "social support".

1.3 The Concept of Security and General Conditions.

The sense of security is an attachment relationship formed from the parent-child relationship. When it comes to the experience of the living environment, the sense of security determines the individual's survival mode. Freud believes that lack of security in the control and satisfaction of desire in childhood or adulthood can lead to contradictions and anxiety. In Maslow's theory of the hierarchy of needs, "security sense refers to a feeling of security, confidence, and freedom that is separated from anxiety and fear, especially the feeling of satisfying one's needs," which affects the individual's psychology. Health and integrity are considered synonymous with mental health [4]. Professor Xu Youxin, in the book *Neurosis*, proposed that insecurity is closely related to anxiety, obsessive-compulsive disorder, suspected illness and phobia [5]. The sense of security is a kind of premonition behavior, that is, the sense of powerlessness that the body or mind will be dangerous or generated.

2. Research on Social Support, Security Sense and Peer Relationship

For college students, the more social support they can get, the more they hope to get help from their peers, that is, the higher expectations, especially the desire to form good interactions with their peers in their daily work, and get a higher evaluation. While gaining a sense of security, integrate into the group, avoid being isolated and bullied, and get a good psychological experience, and the mentality is healthier. Therefore, the more social support that can be obtained, the higher the level of security is. Therefore, providing better family support and external support for college students will make college students more courageous to cope with difficulties and problems, and is also an effective way to help college students gain a sense of security.

Defects in family education and exam-oriented education have led to poor communication ability between college students and people. They are in difficulty and are not willing to ask parents and teachers for help. Even if there are more other social resources to support, it will not be used, but alone will bear the pressure and difficulties. Over time, a vicious circle is formed, the parent-child relationship is alienated, the peer relationship is lacking, the loneliness is more intense, and the level of security is lower.

(1) The impact of gender on college students' sense of security, friendship and social support, see table 1.

Table 1 The impact of gender on college students' sense of security, friendship and social support

Item	Security	The total scores of Peer Relationship	The total scores of PSSS
Male (77)	51.25±12.32	44.06±6.99	60.87±11.81
Female (160)	52.39±10.96	43.25±6.52	62.39±9.99
t	-0.720	0.880	-0.976
P	0.472	0.379	0.331

(2) Whether the only child on college students' sense of security, friendship and social support, see table 2.

Table 2 Whether the only child on college students' sense of security, friendship and social support

Item	Security	The total scores of Peer Relationship	The total scores of PSSS
The only child(83)	51.83±12.76	43.82±7.42	61.82±12.11
Non-only child(154)	52.12±10.65	43.35±6.25	61.94±9.76
t	-0.174	0.515	-0.079
P	0.862	0.607	0.937

(3) Specialties, grade and urban and rural sources on college students' sense of security, friendship and social support, see table 3.

Table 3 Major, grade and urban and rural sources on college students' sense of security, friendship and social support

Item	Security	The total scores of Peer Relationship	The total scores of PSSS
Major	1.082	2.192	0.177
Grade	1.029	1.065	0.560
Urban and rural source	5.527*	0.001	2.814

Mark:* P<0.05, ** P<0.01

(4) The correlation between Peer Relationship and Every dimension of Sense of Safety Scale, see table 4.

Table 4 The correlation between Peer Relationship and Every dimension of Sense of Safety Scale(r)

Item	Personal security	Determine a sense of control	The total scores of security
The total scores of Peer Relationship	0.316**	0.227**	0.282**

(5) The correlation between Peer Relationship and every dimension of PSSS,see table 5.

Table 5 The correlation between Peer Relationship and every dimension of PSSS(r)

Item	family support	External family support	The total scores of PSSS
The total scores of Peer Relationship	0.132*	0.459**	0.370**

(6) The correlation between security and every dimension of Peer Relationship, see table 6.

Table 6 The correlation between security and every dimension of Peer Relationship(r)

Item	Help and support	Relational conflict	Peer Relationship	Intimacy	The total scores of Peer Relationship
Security	0.302**	-0.191**	0.392**	0.179**	0.282**

(7) The of regression analysis equation of Peer Relationship, see table 7.

Table 7 The of regression analysis equation of Peer Relationship

Item	B	SE	Beta	t	P
(constant)	26.898	2.497		10.772	0.000
Sense of interpersonal security	0.215	0.079	0.183	2.712	0.007
The total scores of PSSS	0.179	0.042	0.285	4.220	0.000

3. Conclusion

3.1 Status of Social Support for College Students.

Hu Xiangming believes that social support is the spiritual and material help that individuals receive in their interpersonal relationships with others [6]. The 237 college students surveyed in this study have a high level of social support. Gender, whether they are only one-child, source, major, and grade have no significant impact on social support. Cullen defines social support as the information, material and other resources that individuals obtain from social connections [7], indicating that contemporary Chinese college students do not lack social support resources including information, material and spiritual resources. Jie Cai's research also concludes that social support is an influence that people can obtain to ease tension, reduce stress, and adapt individuals to life and environment through contact with others. There is no shortage of social support resources in China[8]. From another angle, Chen Chengwen examines social support and considers it to be a kind of unhelpful help provided by individuals in the process of social relations and communication to groups with poor living conditions. It is a kind of helping behavior from others, and the help of the masses helps others. Behavior is very common [9]. Cheng Hongjuan also believes that social support is a kind of social resource, which is reflected in the mutual support and mutual help between college students [10]. Professor Zheng Richang, the editor of this survey scale, believes that interpersonal relationship refers to the psychological relationship between people. The quality of interpersonal relationships reflects the psychological state in which people can satisfy the material and spirit in mutual interaction. Can get a certain satisfaction, they like each other and close; on the contrary, they are disgusted and alienated [11].

3.2 Relationship between Social Support, Friendship, and Security.

The results of this study show that the level of social support is significantly positively correlated with the total score of interpersonal relationship, help and support, partnership, and intimacy. The level of social support is significantly negatively correlated with the conflict of friends, indicating that the lower the level of social support, the friend conflict. The more serious the level of social support, the better the interpersonal relationship, the more help and support, the better the partnership, and the higher the intimacy. There is a significant positive correlation between the peer relationship and the level of security in colleges and universities. The higher the level of security, the better the interpersonal relationship is. Among them, the interpersonal security has the greatest impact on the relationship. Determining the sense of control dimension has a significant positive correlation effect on the level of college students' friendship. The influence of social support is the same-sex peer relationship, heterosexual peer relationship, and teacher-student relationship. Cui Dongxue and Hou Jia took the disabled male athletes as subjects and studied interpersonal relationships, social support and self-esteem. The study concluded that the degree of interpersonal distress of individuals decreased with the increase of social support. The degree of interpersonal relationship was significantly negatively correlated with subjective support and social support scores [12]. Zhang Yanping's research on interpersonal relationships, social support and self-esteem of college students shows that students with serious interpersonal relationships have significantly lower scores and total scores in social support than those with mild interpersonal relationships, and interpersonal relationships are mild. The scores and total scores of students in their social support dimensions are significantly lower than those of uninterested students [13]. Zhang Hong and Wu Chengcheng et al. found that the interpersonal distress and social support were significantly

negatively correlated with the study of self-concept, interpersonal relationship and social support. In addition, the scores of the social support total score and the three dimensions of the scale are significantly negatively correlated with interpersonal distress, and a perfect social support system can reduce the interpersonal interaction. The existence of social support strengthens the predictive effect of self-concept on interpersonal distress, and its regulatory effect is significant [14].Fu Jian's research on the related research on social support and interpersonal relationship of left-behind children shows that the degree of social support received by individuals can significantly predict interpersonal relationships. Among them, the two dimensions of social support, objective support and subjective support have a more significant predictive effect on interpersonal relationships [15].Zhang Caizhen took the freshmen of medical school as the subjects to study the relationship between interpersonal relationship distress and interpersonal attribution and social support. The study concluded that the scores of interpersonal communication distress, conversation distressed dimension and social support were negative. Correlation; there was a significant negative correlation between the scores of subjective distraction scores and subjective support dimension scores and total social support scores; the scores of heterosexual interactions and social support scores were significantly negatively correlated. The total score of social support has a very significant negative predictive effect on the total score of interpersonal relationship and its scores in various dimensions [16].

In terms of profession, there is no difference in the level of comprehension of social support. This research result is inconsistent with previous research on social support of college students [17, 18].This may be because the subjects who filled out the questionnaire had a vague classification of subjects that belonged to the liberal arts or science, and there was no clear distinction. The level of security is only different between urban and rural sources ($t=5.527$, $p=0.020<0.05$), which may be due to the superiority of college students from urban areas to rural students (in terms of geography, economy, etc.), along with the gap between urban and rural areas in recent years. Shrinking, I believe that the level of security of college students in the future will be higher and higher, and there will be no source differences.

4. Conclusion

Students are the future and hope of the Country. Colleges and universities should pay attention to guiding the process of communication between teachers and students and peers, and create an atmosphere of mutual support. To enable parents to improve their parenting style, improve their self-confidence and security, and make good use of the social support resources they have to solve the challenges of learning and life. Moreover, the whole society should pay attention to the mental health of students, give them more care and love, and do not allow them to ask for help when they encounter difficulties. They should be given great human care.

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