

The Antecedent Mechanism Affecting College Students' Happiness

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Abstract: As a new word, happiness has been in people's eyes for a long time. Many people, especially college students nowadays, are more or less troubled by happiness and attach great importance to happiness. This paper focuses on finding out the antecedent mechanism that affects the happiness of contemporary college students, exploring the reasons and analysing its influence. This is a simple thing. This paper has done a lot of surveys and consulted a lot of data. The purpose is to discover the reasons affecting college students' happiness and let them know their expectations of happiness. The results showed that several factors influenced college students' happiness. These factors include academic anxiety, employment patterns, social support, and thinking patterns. Based on the research results, this paper puts forward several practical meanings to promote college students' happiness. For example, universities can develop and implement programs that promote social support and improve students' coping skills. College students should look at these factors that affect their happiness and take corresponding measures to improve their happiness.

Keywords: happiness, academic anxiety, social support, thinking patterns

1. Introduction

Happiness is a typical new word in the college community. Happiness is a subjective, complex phenomenon studied extensively in psychology and related fields. Happiness is a kind of psychological feeling. A high level of happiness is an ideal state that individuals strive for. Its realization is crucial to life satisfaction and emotional accumulation. However, college students are a unique group that faces various challenges, such as academic anxiety, employment situation, social factors and internal factors. These challenges can affect their mental health, which can affect their happiness. Happiness can be high or low. Low happiness may only make students feel nervous and anxious when they are under heavy homework pressure and taking exams. Still, low severe happiness often turns into unhealthy mental illness. Academic anxiety affects most people's achievement, performance, mental health, and development [1]. It is not difficult to find that more and more college students are deeply affected by low happiness.

Many students are tired of studying, drop out of school, and even jump off buildings because they can not bear the pressure, which is evolved from low happiness. Low happiness seriously damages students' physical and mental health and affects the educational development of other students and schools to a certain extent. Understanding the factors that affect the happiness of

college students is very important to promote the happiness of college students and improve their ability in study, life and work. Previous research has identified several variables that affect college students' well-being, such as social support, academic achievement, self-esteem and coping strategies. However, most of these studies were conducted in Western countries, and their inferences may not generalize to other cultures and backgrounds. This paper explores the antecedent mechanism affecting college students' happiness in the Chinese context. As this study points out, China's unique education and social system may impact students' happiness differently than in the Western world. In addition, Chinese college students face unique challenges, such as academic pressure, employment pressure and social support. Therefore, the study of the antecedent mechanism affecting the happiness of Chinese college students is significant for how to promote the happiness of college students effectively. This paper uses a mixed method to study the antecedent mechanism affecting college students' happiness. The current study uses qualitative and quantitative methods to explore the influence of different variables on happiness and the relationship between happiness and happiness. The purpose is for college students to look at various factors in their happiness reasonably and use adequate measures to enhance it.

2. Literature Review

2.1. Happiness: Life Satisfaction, Positive Emotions, Negative Emotions

Happiness refers to how an individual feels about life satisfaction and positive or negative emotions [2]. Happiness is a general topic that people are happy to discuss no matter what their status is. As this study points out, happiness is often a vital measure of a person's quality of life because it comprises many factors. Colloquially, happiness is the degree of feeling happy, fulfilled and happy. The level of happiness is a subjective concept. A uniform standard cannot measure everyone's happiness, but the factors that affect happiness are the same.

Factors that affect happiness often include life experience, physical health, income, work, social interaction, etc. Different people should adopt different evaluation factors to evaluate these factors. Some people think material wealth is the key to happiness, while others think spiritual wealth and inner satisfaction are more important. For those of students in college, study, employment, social interaction, and so on are the main factors that affect our happiness.

Happiness is not only a variable that can be affected but also a variable that can affect other variables. People with high levels of happiness tend to show more positive emotions. People with low happiness are more likely to exhibit negative emotions. Adverse events reduce happiness [3].

Happiness is sometimes viewed as a measure of how satisfied one is with life on a long-term basis. It may take a long period of personal effort and a change in lifestyle or attitude toward life to improve happiness. People with higher life satisfaction tend to be happier [4].

2.2. The Importance and Status of College Students' Pappiness

The importance of college students' happiness is self-evident, which is of great help to their physical and mental health, studies, social relations, and career development. On the topic of mental health, happiness can help college students maintain mental health. A healthy mind means that nothing you do will be affected by negative emotions, and a healthy mind positively affects your physical health. After all, mental illness is not as easy to treat as common diseases, and it can cause unpredictable symptoms. The results show that many students experience mental illnesses such as depression. Therefore, the current study should pay attention to the problems caused by happiness to improve students' mental health [5].

In a study, happiness can improve the learning effect of college students. When college students feel happy and relaxed, they tend to be more focused and will not be distracted by things other than

studying so that they can complete their academic tasks more efficiently. They are also more likely to participate in class and extracurricular activities with a positive attitude, significantly improving their academic level and social practice ability.

Regarding social relationships, students with higher levels of happiness tend to do better in social relationships. Because when college students feel happy and satisfied, they are more willing and inclined to communicate with others, and it is easier to build connections with others, which can make more new friends. This also plays a crucial role in social activities. Therefore, students with higher happiness are more able to establish their social circle and take the initiative to mediate and repair problems in their social relationships with others.

For career, development, happiness can affect college students' career development. When college students are happy and satisfied, they are more interested in understanding and planning their career prospects rather than sitting their mental exhaustion. They can usually give full play to their potential and creativity to explore and find suitable career prospects. They are willing to discuss with professionals and analyze their views on careers. As a result, college students with a strong sense of happiness are more likely to succeed in their future careers.

There is much evidence that college students' happiness is declining. This is often because college students are burdened with too much pressure: They face various pressures, such as academic pressure, social pressure, employment pressure, and so on, which is bound to affect their happiness. These pressures can cause anxiety, insomnia, and depression among college students. Take academic stress, for example. Academic stress can cause academic anxiety. Academic anxiety is stress or anxiety caused by academic or future employment pressure. Academic anxiety can be mild or severe. Mild academic anxiety may make students nervous and anxious when under heavy homework pressure and exams, but severe academic anxiety often evolves into unhealthy mental illness. It is not difficult to find that more and more college students are deeply affected by this psychological problem. Many students are tired of their studies and drop out of school, even because they can not bear the pressure of jumping from a building, which is evolved from academic anxiety. Academic anxiety seriously damages students' physical and mental health and affects the educational development of other students and schools to a certain extent. It also affects the happiness of college students. Some people think academic anxiety is just a common phenomenon, but some academic severe anxiety will eventually develop into mental illness, which can have disastrous effects. Mild academic anxiety may just be worrying about school a lot. However, severe academic anxiety can prevent you from completing your work, staying focused, and showing strength. More severe academic anxiety can cause you to suffer from insomnia, or a range of psychological problems, which can cause people to be exhausted, always deny themselves, go to the breaking point, and quite possibly do something radical. In a state of anxiety, it is difficult for people to complete some things well, which has a particular impact on the psychology, study, social interaction, and employment of college students.

2.3. Antecedent

2.3.1. Perceived Academic Competition

Perceived academic competition and internalization are closely related. In recent years, the word "internal volume" frequently appears in the eyes of the public. Perceived academic competition refers to people's subjective feelings about academic competition. It usually refers to the phenomenon that students work hard to get good grades in school. This is a good phenomenon. Everyone should fight for their own goals. However, the internal volume refers to the fierce competition. Many people blindly compete for this, believing that there is no best, only better to study crazy, making the competition exaggerated and pathological. The perception of academic

competition means a lot of pressure [6]. For example, the knowledge of this course can be mastered by everyone in about half an hour, but some insist on spending more time doing more problems and learning more knowledge. Ultimately, the whole school is blindly competing, harming itself and society. Decades of research have shown that classrooms emphasising student competition tend to harm students' confidence, motivation, happiness, and more [7].

In the process of perceived academic competition, some college students will be increasingly stressed. Some people will constantly try to get good grades, abandon their spare time to chase a grade blindly, and even sacrifice their physical and mental health and life quality. The current study thinks this phenomenon is unfortunate for college students. Students with good grades will get better and better grades, but it is a kind of blind competition. For some college students with limited ability, the gap between them and others gradually widened, inevitably producing academic anxiety. Schools and parents may encourage this phenomenon because grades are significant, and society places a lot of emphasis on academic performance and the recognition of academic qualifications. However, the current study thinks blind competition is not advisable. For example, some courses can pass 70 points, but some students insist on 100 points. Academic achievement is closely related to university satisfaction and is a psychological and emotional variable of belonging. Existing evidence shows that academic achievement is the most critical factor for both students and schools, which is why so many college students keep studying [8].

Internal examination results in increasing competition among students, and students struggle to get good grades, eventually leading to excessive competition in learning in the whole society, resulting in inequitable educational resources.

2.3.2. Employment Form

It's 2023, the era of the novel coronavirus is over, and everything is changing for the better. However, the employment of college students could be more optimistic. Nowadays, there are few jobs, and college students, such as delivery and takeout, generally despise poor jobs. Good position if your education and workability is not up to standard, and you can not participate in the work. Recent graduates are the direct victims of the COVID-19 era, which has seen many companies slash jobs. Therefore, in the eyes of college students, the best way is to take the postgraduate exam, but every year in China, there are a large number of candidates for the postgraduate examination. The proportion of postgraduate examinations is not high, so college students are anxious, in recent years, the employment of college students is not optimistic, the employment pressure of college students has not been substantially alleviated. "However, with the expansion of the middle class, the shift to mass higher education, and the changing perception of graduate skills and abilities, these certificates' status have declined [9]. "

2.3.3. External Support

In terms of social support, family, school, and teachers have a significant influence on college students' happiness. Family is an essential part of students' growth and directly impacts students' happiness. Students born in a harmonious and warm family have a strong sense of security and belonging, which is conducive to improving happiness. On the contrary, students born in disharmonious families are often insecure, easily doubt themselves, and unable to find the value and meaning of their existence. The use of personal resources and external support from parents, friends, or institutions can be protective factors by helping students reduce the adverse effects of chronic stress [10].

A school is a place for education. If the school can provide a good learning environment, educational resources, and social support, it will positively impact students' growth and happiness.

However, teachers in schools are also a key factor. A kind, patient, and patient teacher can improve students' self-confidence and happiness. On the contrary, a strict and indifferent teacher will undermine students' self-confidence and happiness.

2.3.4. Internal Support

Students' mentality also affects their happiness. Students should have a growth mindset, believing that their efforts can change their mindset and situation. For example, by studying hard, you can relieve your anxiety, and by exercising more, you can improve your attitude and happiness. On the contrary, some students with fixed thinking think that their fate has been unable to change, thinking that what they are like now and what they will be like in the future imprison them in place.

2.4. Lifting Mechanism

How can college students improve their happiness? The current study can do the following. To establish a sense of self-identity and self-confidence, college students should try their best to understand their strengths and weaknesses, fully understand themselves, give full play to their strengths, study hard, make up for their shortcomings, and be confident in themselves. Cultivate good interpersonal relationships. College students should actively communicate with others, establish positive and healthy interpersonal relationships, learn effective communication, properly handle interpersonal conflicts, and enhance social skills and self-expression ability. Develop hobbies and hobbies. When you feel depressed, you can adjust your mood by exercising or doing something you enjoy. In addition, the current study should learn proper self-management and time-management skills. Excellent time management ability can help me do the specified things in the specified time and improve my efficiency and self-discipline. Save a lot of time, often can effectively relieve their various anxiety.

3. Future Implication

Based on the research results, this study puts forward several practical implications to promote college students' happiness.

First of all, college students should look at academic anxiety reasonably. Although college students will feel more or less anxious when they encounter academic problems, they should learn to adopt some measures to save their mentality. For example, college students can review and preview to get familiar with the knowledge so that they will feel less fear and strangeness in the exam. When you see your classmates' perceived academic competition, you don't need to pay too much attention to it. It's better to implement it according to your learning plan. Universities can design and implement interventions to improve students' academic performance and, in turn, their well-being. Our research has found a positive correlation between academic achievement and happiness. Therefore, universities can provide academic support such as tutoring, mentoring, and study groups to help students succeed academically.

Secondly, universities can provide career counselling services or set up special career planning offices to help college students relieve employment pressure so everyone can plan their future. At the same time, the country can try to increase the number of jobs suitable for universities, and solving the problem of college students' employment is the top priority.

Third, universities can develop and implement programs that promote social support for students. Our research found that social support is an essential predictor of college students' well-being. Colleges can therefore create opportunities for students to connect with peers and form meaningful relationships, such as social events, clubs, and mentoring programs. An excellent social relationship is one of the critical factors affecting college students' happiness. College students can actively

participate in social activities, make friends with like-minded people, and join student organizations or societies to build a more comprehensive social network.

Finally, keep your body healthy and happy: physical and mental health are closely related. College students should pay attention to a balanced diet, proper exercise and adequate sleep to improve their physical health, improving their mental state and sense of well-being. Discover Your Hobbies: Discovering your hobbies is one of the most effective ways to increase your happiness. College students can choose their favourite activities, such as sports, music, art, reading, etc., to seek self-satisfaction and enjoyment.

4. Conclusion

To sum up, the antecedent mechanism affecting college students' happiness has attracted the attention of many researchers. This study found that many factors, including academic anxiety, employment pressure, and external and internal factors, influence college students' happiness. Among them, academic anxiety and thinking patterns are the most critical factors. This study has theoretical and practical significance for an in-depth understanding of the factors affecting college students' happiness. However, this study still has some problems, such as sample selection bias and method limitations, which need to be solved in future studies. The current study suggests that universities should pay attention to students' academic pressure and thinking mode and provide a better learning environment and support services for students to improve their happiness.

This paper introduces a variety of factors that affect the antecedent mechanism of college students' happiness. The current study can conclude that schools and society should help improve college students' happiness. Universities can consider the role of cultural and environmental factors in promoting college students' happiness. Our research found that demographic variables such as gender, age and socioeconomic status may affect student happiness differently. As a result, universities can tailor their interventions to meet the specific needs of different groups of students. Help students effectively improve their happiness.

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