

# 大学生心理弹性与妒忌心理的关系研究

**摘要:** 为了研究大学生心理弹性和妒忌心理的现状,及分析二者之间的关系,本研究采用了《大学生心理弹性量表》和《大学生妒忌心理量表》对 250 名大学生进行调查。其研究表明,(1) 大学生的心理弹性总水平较高;在心理弹性总水平和坚韧型维度上有显著的性别差异,且男生高于女生;而在年级、是否独生子女和户口类型上没有显著差异。(2) 大学生的妒忌心理主要表现在人际妒忌;而且在人际妒忌这一维度上有显著性性别差异,且女生显著高于男生;学业妒忌上有显著的年级差异,且大二年级大于大三年级。(3) 大学生的心理弹性水平与妒忌心理有显著性的负相关,即心理弹性越高妒忌心理越低。

**关键词:** 心理弹性; 妒忌心理; 人际妒忌; 大学生

## **the relationship between Jealousy and resilience of college students**

**Abstract :** In order to study the present situation of college students' psychological elasticity and jealousy, and to analyze the relationship between them ,250college students were investigated by using the College students' Psychological Elasticity scale and the College students' Jealousy scale. The results showed that (1) the general level of mental resilience of college students is higher; there are significant gender differences in the general level of mental resilience and resilience dimension, and the male students are higher than the female students; but there are no significant differences in grade, whether only child or registered permanent residence type. (2)There were significant gender differences in interpersonal jealousy, and the grade difference in academic jealousy was significant, and the grade difference in sophomore was greater than that in junior There were significant differences in the types of household registration on economic jealousy. (3) There is a significant negative correlation between college students'psychological resilience and jealousy, that is, the higher the psychological resilience, the lower the jealousy.

**Key words:**mental elasticity; jealousy; interpersonal jealousy; college students

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