



# Current Research Situation of Chinese Psychological Health over Recent Twenty Years

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## Abstract

Analysis was carried out on 538 papers about psychological health study (from 1998 to 2007) and which was included by CNKI (China National Knowledge Internet) data base using literature metrological method. The results showed: (1) the number of papers about Chinese psychological health study published in dominated academic Publications wasn't large, the quality of which needs to be improved. (2) Concerning on the objects of study, more attention has been paid to teenagers' psychological health study, and much less to pupils, preschool children, middle and old aged folks' psychological health. (3) With regard of the research field, they concentrated on the relative factors about psychological health and the survey of psychological health's current situation, and a few about the drawing of psychological health scale and psychological health education. (4) Cooperative research has been the leading way of psychological health study, but most of which were co operations inside one organization, the cooperations over institutions need to be strengthened. The team of psychological health study was forming, but it wasn't stable, and there was not any core author. (5) The distribution of study power institutions focused on higher educational normal universities and mechanic colleges, hospitals, the distribution of study power regions mainly concentrated economic developed regions.

**Key words:** China; Psychological Health; Metrology

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## FOREWORD

Psychological health is one important part of individuals' whole health, which plays an important role in individuals' health and diseases. At the same time, it's the specific manifestation of individuals' good psychological health. Recently, more and more psychological problems are destined to emerge in various social groups. Therefore, psychological health study is getting more and more attention from Psychology. Now China is constructing a socialist harmonious society, and the social humanity, stability and good development has much to do with every social member's positive efforts, and is affected by individual's condition of psychological health directly." The decision of Several Important Problems about constructing a socialist harmonious society of central committee of the Communist Party of China" said clearly, much attention should be paid to the psychological harmonious research, Personal psychological harmony is the basis of social harmony, which is based on the self-harmony. And psychological healthy is the basic element of humans' every activity, which is also a important manifestation and basic requirement. As a result, the research of psychological health is not only meaningful to individual's physic and psychological health, but also to build a socialist harmonious society. Then, learning about the current research situation of psychological health, finding out the advantages and disadvantages of our researches about psychological health on fields, ways, and power, etc, will play a meaningful role in the improvement and optimization of psychological health study. There were researchers (Liu Xin, 2003; Zhu Shu, 2004; Hu Jinlian, 2005; Zhang Haizhong, 2006; Li Jian, 2007) summarized and reviewed the college psychological

health about students, psychological health about nurses, the comparisons of rural and urban psychological health, the increase of papers on psychological health and so on by the literature metrological method, but there was not any systematic and multi-dimensions research in Chinese most representative research reports. This research using literature metrological method, analyzed and discussed the current Chinese (not including Hong Kong, Macao, Taiwan) psychological health research fields, ways, power and such aspects through the selected Chinese most representative research reports over recent twenty years.

## METHOD

### Literature Samples

With the usage of common literature information statistical method, based on the CNKI data-base, selected 9 main Psychological publications who has larger influence (Refer to the Chinese publications included by "Principles about the writing of Psychological Papers" written by Chinese Psychological Association) *Acta Psychologica Sinica*, *Psychological Science*, *Advances in Psychological Science*, *Psychological Development and Education*, *Applied Psychology*, *Psychological and Behavior Research*, *Chinese Psychological Health Journal*, *Chinese clinically Psychological Health Journal*, *Psychological Exploration* as the material resource of this study. Content samples are 538 papers about psychological health study published in above 9 publications from 1998 to 2007, whose title include "Psychological Health".

### Analytical Category and Unit

On the basis of referring representative curriculums, studied relative papers, books and learned from relative study achievements, decided 5 Analytical Categories, which were surveys on current research situation of psychological health, drawing of psychological health scale, the relative factors of psychological health, psychological health education study and can't decide, And 8 analytical unit :titles, research fields, the objects of study, the kind of publication, the number of cooperative authors, the institutions of authors, the regions which authors lived, the time of publication was decided in each category.

### Statistical method

Using literature metrology, frequency and percentages were the main methods.

## RESULTS AND ANALYSIS

### The Distribution of the Source About Publications Over Papers on Psychological Health Research

As is known from table 1, there are 538 psychological health research papers published in above 9 main

Psychological academic publications from 1988 to 2007, most of them focused on the two journals: *Chinese Psychological Health Journal*, *Chinese clinically Psychological Health Journal*, which took 70% of the total. These two journals were held by Chinese psychological health Association, which paid more attention to the clinically psychology. Therefore, it can be seen that, current psychological health researches among dominated psychologists used to be viewed from the point of psychological health. There are only 7 papers about psychological health in *Acta Psychologica Sinica*, which has the most authority in Chinese Psychology. And there are only 4 such papers in *Applied Psychology*, which has much to do with the psychological health. There are 13000 papers whose title contains "psychological health" included by CNKI when searching, but there are only 583 ones from dominated publications. The quality of the psychological health research needs to improve, and also needs to have more psychological experts, scholars to concern on psychological health research.

### The Distribution of the Objects of Study in Papers on Psychological Health Research

This study sorted the objects of study in psychological health into 5 objects; they were preschool children, children and adolescents, middle and old aged folks, special group and other which can't be sorted. The statistics (see table 2) showed, the research of psychological health has concerned each layer of ages, and paid attention to all kinds of groups, especially to patients, doctors and nurses, soldiers, workers and policemen and so on. Among which, the researches about children and adolescents get the most attention, there were 278 papers about them, took 51.67% of the total. In the papers whose study objects were children and adolescents, there were 10 papers studied pupils, its percentage of children and adolescents papers was 3.60%; there were 70 papers studied mid-school students (including Chinese vocational school), its percentage of children and adolescents papers was 25.18%; there were 130 papers studied college students (including higher vocational colleges), its percentage of children and adolescents papers was 46.76%; and there were 68 papers studied the whole group of children and adolescents, its percentage of children and adolescents papers was 24.46%. According to that, we can know that researches about mid-school and college students, especially college students took up one large part in the psychological health research of children and adolescents, and a few researches about pupils. There is only 7 papers about children, so the researches about pupils and children should be strengthened. Concerning on the aspect of special group, there are 42 papers about different kinds of patients, 24 about teachers, 23 about soldiers (among which 4 about policemen), 11 about various workers worked in enterprises, 8 about doctors and nurses.

### **Distribution of the Published Time of Papers on Psychological Health Research**

As is known from table 3, the number of papers about Chinese psychological health study showed a trend of increase by the year on the whole, and took on a trend of accelerated increase. The number of papers on psychological health research published in recent 5 years took 50% of the twenty years, almost as large as the number of previous papers. The number (442) of papers on psychological health research published in recent 10 years was 4.6 times as many as that (96) in previous 10 years. Since mid 1990s, the research papers took on a leap growth. Specific analysis of the current publish situation about papers on psychological health in recent 10 years can be seen in table 4. It can be seen that it showed a trend of increase by the year on the whole, but the development was unstable. there is even a trend of decline in 2003, 2005 and 2007, but there are 15 papers published in *Acta Psychologica Sinica*, *Psychological Science*, which are the two publications who have the most authority among Chinese psychological publications. Maybe this means that the research on Chinese psychological health is developing from the pure quantities' growth to mutual improvement of quality and quantity.

### **Field Distribution of Papers on Psychological Health Research**

According to the difference of the themes on psychological health research, 5 Analytical Categories of research field were decided, which were surveys of psychological health current research situation, drawings of psychological health scale, the relative factors of psychological health, psychological health education study and can't decide. From table 5, it can be seen that current research field of psychological health study focused on the two aspects: surveys of psychological health current research situation, the relative factors of psychological health, and their numbers of papers were 42.00%, 33.46% of the total respectively. And there were much less papers about drawing of psychological health scale, psychological health education study. There were more than 5200 articles whose title contains "psychological health education research" when searching on the CNKI. It can be seen that the number of articles on psychological health research wasn't small, but a few had high quality and can be published in dominated psychological publications.

### **Distribution of Ways and Authors of Psychological Health Study**

Viewed from the research ways, 129 papers were written by one people, which took 23.98% of total; 409 ones were written by several people, which took 27.87% of total. And among the cooperative papers, 39.86% were written by 2 cooperators, 27.87% were written by 3 cooperators, 13.20% were written by 4 cooperators,

and 19.07% were written by more than 4 cooperators. This means that the Cooperative research has been the leading way of psychological health study, especially the research of collective co operations (3 people and more). Combined with the information of authors' organization, with regard of the ways of co operations, 349 papers were co operations inside one organization, which took 85.33% of the whole cooperative papers; 60 ones were the co operations over institutions, which took 14.67%. This shows that we should look for co operations over institutions. We should not only strengthen the interior co operations, but also the co operations over institutions, and even international researches.

### **Distribution of the Research Power on Psychological Health Study**

Distribution of the institutions and regions on research power were satiated by the institutions of first author (or the author who wrote down the article), see table 8 and 9. Viewed from the distribution of the institutions on research power, higher education normal universities, mechanic colleges, hospitals were playing a leading part, which took 30.86%, 29.18% of total respectively. The number of papers written by institutions who had large research power or comprehensive universities took 21.93% of total. This means that we should strengthen the psychological health study of research institutions and comprehensive universities, especially particular psychological research institutions who have very big research power. Their research strength must change the current situation that there aren't many papers with high quality on psychological health study.

## **DISCUSSIONS**

### **Psychological Health Research Should Insist the Mutual Improvement of Quality and Quantity at the Same Time**

Chinese current situation of psychological health research in recent 10 years has been developed to the height that never emerged before; Average increase percentage of the number of papers published every year is nearly 40%. However, a few researches had high quality or had new ideas. There were researchers (Hu Jinlian, 2005) summarized current situation of Chinese college students in recent years. They also concluded that "Many repeated researches, a few incentive researches". To improve the level of psychological health study, to increase new ideas of researches, we must improve the research ways, make an active authors group. On the one hand, concerning on the research ways, good trend of cooperative researches has been become, the cooperative researches had taken 75% of total. However, they were mainly the co operations inside one organization or university; a few of them were over institutions or universities, or over subjects, majors.



Therefore, the inevitable trend of improving psychological health research is to outer co operations among institutions and universities or over subjects, majors. This kind of outer co operations will certainly reduce the differences between east and west regions, and so that will improve the research level of western regions. On the other hand, the becoming of active authors group is the indicator of one subject becomes mature and stable. No active authors group shows that the psychological health research lacks exquisite goals and directions. The apartness of authors group and the choice of research's titles is very large. So some inner institutions who has strong research power should make up a long-term schedule to do more deep researches from different directions. Constructing one research team who has high quality, is stable, and has high professional content, to make the stable basis of core authors' becoming in the end. Psychological health research can break out the current situation on condition that improving the quality and quantity of the papers at the same time.

### **Field of Psychological Health Research Should Advocate the Research of Current Situation and Elements Research at the Same Time**

Now, there are many investigations about the current situation of psychological health, and most of them used the methods of psychological tests and questionnaires investigations. Most of the questionnaires were compiled by researchers themselves. Test scales were directly borrowed from foreign scales. And investigations were taken in one special group. These results were deserved to negotiate. Of course, there were papers with high quality in such researches, but researches of current situation should be done with combination with Chinese culture, personality characters to compile scales are apt to Chinese characters. And researches about measurements of psychological health are weak, only took 8.4% of total. In fact, researches about measurements of psychological health should be the same as the investigations about the current situation of psychological health. Only if more researches about measurements of psychological health, more investigations about the current situation of psychological health can be done scientifically. Researches about the current situation of psychological health are only the descriptions of things. But the reason of the things should explore the influential factors to find out the laws among them. Researches about the influential factors of students' psychological health were rich; many articles studied the relationship among psychological health and development of personality, completement of study. So, enhancing the researches about the influential factors of psychological health are very important to explore the reasons of the things.

## **CONCLUSIONS**

There are not many papers on Chinese psychological health research published on dominated psychological academic publications, and the quality should improve further. The research institutions are major in economic developed areas. Cooperative researches have been a major kind in psychological health research, but major in inside cooperation, a few in outside. Psychological health research groups are forming but not stable, especially about core author researches and elements researched coexist, and focus on special group at the same time. This also need improve the form about cooperative researches, strengthen outside cooperation and form stable psychological health research groups and a nimble of core authors. In addition, this research just refer to 9 kinds of periodical in psychological health research papers, there are many research objects which haven't have been taken in, analytical category also haven't have counted up the research fund supports. All of these should be improved in following researches.

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