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## **SPECIFICS OF THE PSYCHOLOGICAL WELL-BEING AND HAPPINESS IN LOVE OF COLLEGE STUDENTS**

*The article examines the problem of psychological well-being and happiness in love among students. The theoretical review presents an analysis of the factors that shape psychological well-being and happiness in love, and also provides the obtained empirical data, the result of which is that economic conditions and economic stability are important for girls, while boys are more interested in social support and general interests. Boys are more likely to have love that is characterized by commitment without intimacy or passion. Girls more often find themselves in conditions of dizzying courtship and then marriage, but in such love, obligations are built on the basis of passion without the stabilizing influence of intimacy. They also strive for an ideal relationship.*

*Keywords: psychological, well-being, happiness, love, students.*

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## **СПЕЦИФИКА ПСИХОЛОГИЧЕСКОГО БЛАГОПОЛУЧИЯ И СЧАСТЬЯ В ЛЮБВИ У СТУДЕНТОВ**

*В статье рассматривается проблема психологического благополучия и счастья в любви у студентов. В теоретическом обзоре представлен анализ факторов, формирующих психологическое благополучие и счастье в любви, а также приведены полученные эмпирические данные, результатом которых является то, что для девочек важны экономические условия и экономическая стабильность, тогда как мальчики больше интересуются социальной поддержкой и общими интересами. У мальчиков чаще встречается любовь, характеризующаяся преданностью без близости или страсти. Девушки чаще попадают в условия головокружительных ухаживаний, а затем замужества, но в такой любви обязательства строятся на основе страсти без стабилизирующего влияния близости. Они также стремятся к идеальным отношениям.*

*Ключевые слова: психология, благополучие, счастье, любовь, студенты.*

Love is an important aspect that is prevalent in college life, and psychological well-being is one of the indicators to assess an individual's subjective well-being. Therefore, studying the problem of love and psychological well-being among college students has become a hot topic in academia. Here are some of the relevant findings from scientific research:

- *improve psychological well-being*: Studies have shown that college students generally have higher levels of psychological well-being in romantic relationships. Being in love can lead to positive emotional experiences such as loving, caring, being understood, and supported, which can improve an individual's well-being [1, 2];

- *social support and well-being*: Romantic relationships provide a stable social support system that helps college students better cope with the pressures of school and life. Studies have found that support and understanding in romantic relationships can significantly promote mental health and well-being in college students [3];

- *self-esteem and satisfaction*: Romantic relationships have a positive effect on college students' self-esteem and satisfaction. Studies have found that falling in love can improve an individual's self-esteem, enhance the sense of identification with their own value, and bring more satisfaction and positive emotions [3, 4, 5];

- *academic performance and well-being*: Although sometimes relationships can have an impact on college students' studies, studies have found that healthy romantic relationships can promote an individual's psychological well-being and are associated with better academic performance [6];

- *conflict and well-being*: Conflict is inevitable in a relationship, but the key is how to deal with it. Studies have shown that positive communication and resolution in conflict management can improve the quality of romantic relationships, which in turn can promote psychological well-being in college students [7].

It is important to note that psychological differences and environmental factors between individuals can also have an impact on the relationship between love and psychological well-being. Therefore, in further research, it is necessary to comprehensively consider individual characteristics, relationship quality, social support and other relevant variables to fully understand the relationship between college students' love and psychological well-being.

The psychology of love among college students refers to a series of psychological processes and psychological states that they experience in romantic relationships. Love is an important part of the psychological development of college students, through love, college students can further understand the knowledge and experience of emotions, communication, interpersonal communication, etc., which is of great significance for the formation of healthy and good interpersonal relationships and positive attitude [8, 9].

Happiness refers to the subjective phenomena that individuals subjectively feel, including emotional satisfaction, life satisfaction and self-satisfaction. Well-being is not only an important indicator of an individual's positive mental health, but also closely related to an individual's life satisfaction, self-evaluation and social adaptability. The relationship between love psychology and happiness has become a hot issue in psychological research, and most of the relevant studies support a positive association between love psychology and happiness, that is, individuals with good psychological state in love are more likely to obtain happiness [10, 11].

In order to show the relevant data related to the relationship with the psychological well-being of college students, the following provides a verified real and effective specific numerical data. A survey of 1,000 college students showed that more than 80 % of college students believe that being in love has a positive impact on their happiness, and 60 % of them see love as an important way to achieve happiness. In addition, the research data also shows that college students in love score higher on happiness compared to college students who are not in love, and they are more likely to feel happy, fulfilled and confident [12].

In this research “Love Triangle Scale”, “The College Student Psychological Well-Being Scale (CFAI)” were used to survey the psychological well-being and the happiness in love of college students in Guizhou, China, and a total of 100 questionnaires were distributed, and 92 valid questionnaires were recovered, with an effective rate of 92 %. SPSS 21.0 statistical software was used to collate and analyze the data. Research base: “Guizhou colleges, China”, the research sample: 92 college students.

With the development and progress of society, college students’ love concepts and behavior patterns are also constantly changing. Falling in love is a common human experience, and college students from different cultural backgrounds will also face mental health and well-being problems in love. According to the data presented in table 1, as a result of the application of  $\varphi^*$ -Fisher's angular transformation it is statistically significant that girls and boys have differences in types of love and feelings of psychological well-being.

In accordance with the data presented in table 1 and their statistical processing with  $\varphi^*$ -Fisher’s angular transformation it can be argued that girls and boys equally value the frequency and quality of emotional communication, the appearance and personality of a partner, however, there are statistically significant differences in the parameters “Economic conditions” ( $\varphi^*_{\text{tab}} = 2.31 < \varphi^*_{\text{emp}} = 2.693$  at  $\rho \leq 0,01$ ), “Support and understand each other and common interests” ( $\varphi^*_{\text{tab}} = 1.64 < \varphi^*_{\text{emp}} = 1.748$  at  $\rho \leq 0,05$ ). Economic conditions and economic stability are important for girls, while boys are more interested in social support and general interests.

**Table 1 – The results of College Student Psychological Well-Being Scale (CFAI)**

Scales	Boys (n = 30)	Girls (n = 62)	$\varphi^*_{\text{emp}}$	Significance level
A. The frequency and quality of emotional communication	87 %	92 %	0.772	
B. The appearance and personality of the other party	83 %	76 %	0.843	
C. Economic conditions	90 %	98 %	1.748	at $\rho \leq 0,05$
D. Support and understand each other and common interests	60 %	31 %	2.693	at $\rho \leq 0,01$
Note: $\varphi^*_{\text{tab}} = 2.31$ at $\rho \leq 0,01$ ; $\varphi^*_{\text{tab}} = 1.64$ at $\rho \leq 0,05$				

In accordance with the data presented in table 2 and their statistical processing with  $\varphi^*$ -Fisher's angular transformation can be argued that among boys, there are statically significantly more students who lack love ( $\varphi^*_{\text{tab}} = 2.31 < \varphi^*_{\text{emp}} = 2.368$  at  $\rho \leq 0,01$ ), and have empty love ( $\varphi^*_{\text{tab}} = 2.31 < \varphi^*_{\text{emp}} = 2.853$  at  $\rho \leq 0,01$ ), but girls feel fatuous love ( $\varphi^*_{\text{tab}} = 1.64 < \varphi^*_{\text{emp}} = 2.018$  at  $\rho \leq 0,05$ ) and consummate love ( $\varphi^*_{\text{tab}} = 1.64 < \varphi^*_{\text{emp}} = 2.063$  at  $\rho \leq 0,05$ ). Boys are more likely to have love that is characterized by commitment without intimacy or passion. Girls more often find themselves in conditions of dizzying courtship and then marriage, but in such love, obligations are built on the basis of passion without the stabilizing influence of intimacy. They also strive for an ideal relationship, they cannot imagine a happier long-term relationship with anyone else, they solve their few problems with ease, and everyone enjoys the relationship with their partner. Perfect love with loss of passion can turn into companionate love.

**Table 2 – The results of "Love Triangle Scale"**

Love Triangle Scale	Boys (n = 30)	Girls (n = 62)	$\phi^*_{emp}$	Significance level
lack of love	30 %	9 %	2.368	at $\rho \leq 0,01$
liking / friendship	20 %	31 %	1.106	
limerence / infatuation	20 %	21 %	0.108	
empty love	47 %	18 %	2.853	at $\rho \leq 0,01$
romantic love	20 %	24 %	0.455	
companionate love	43 %	53 %	0.892	
fatuous love	20 %	40 %	2.018	at $\rho \leq 0,05$
consummate love	10 %	23 %	2.063	at $\rho \leq 0,05$
Note: $\phi^*_{tab} = 2.31$ at $\rho \leq 0,01$ ; $\phi^*_{tab} = 1.64$ at $\rho \leq 0,05$				

Through the analysis of SPSS calculation results, there are many problems in the current love of college students, such as economic problems, girls care more than boys, but there are also situations where girls are more dedicated than boys.

Thus, college students' psychological happiness in love is influenced by many factors, including personal personality traits, relationship satisfaction, intimacy and interdependence, self-esteem and self-confidence, social support, ability to deal with conflicts, economic situation and material satisfaction, cultural background and social values. When these factors are met, college students are more likely to experience happiness in romantic relationships. Therefore, in order to improve the psychological well-being of college students in love, it is necessary to pay attention to and improve the level of these factors.

Personality traits are an important factor in a person's happiness in a relationship. People who are positive, emotionally stable, kind, and respectful are more likely to achieve happiness. Relationship satisfaction refers to an individual's satisfaction with the relationship. Personal happiness is higher when there is mutual respect, understanding, and support in a relationship. Intimacy and interdependence are important factors in a relationship. When an individual feels emotionally connected, intimacy, and codependence with their partner, it helps to improve well-being. Self-esteem and self-confidence are the degree to which an individual recognizes and accepts themselves. In romantic relationships, people with higher personal self-esteem and self-confidence tend to be more likely to feel happy. Social support refers to the support and love that an individual feels from family, friends, and the social environment. Having adequate social support can improve an individual's well-being. A healthy relationship requires both partners to be able to handle conflict effectively. Properly handling conflict promotes better communication and mutual understanding, which in turn enhances well-being. Financial status and material satisfaction can also affect college students' happiness in relationships. Better financial conditions and material satisfaction can bring more security and happiness to a relationship. Different cultural backgrounds and social values also have an impact on the psychological well-being of love. An individual's cultural background and values affect their expectations and satisfaction with relationships, which in turn affects the degree of well-being.

Boys are more likely to have love that is characterized by commitment without intimacy or passion. Girls more often find themselves in conditions of dizzying courtship and then marriage, but in such love, obligations are built on the basis of passion without the stabilizing influence of intimacy. They also strive for an ideal relationship, they cannot imagine a happier long-term relationship with anyone else, they solve their few problems with ease, and everyone enjoys the relationship with their partner. Boys are more likely to have love that is characterized by commitment without intimacy or passion. Girls more often find themselves in conditions of dizzying courtship and then marriage, but in such love, obligations are built on the basis of passion without the stabilizing influence of intimacy. They also strive for an ideal relationship.

The research results on the correlation between mental health and well-being in college students' love have the characteristics of diversity, epochality, cross-culture and practice. The findings of these findings not only help to deeply understand the impact of college students' love on mental health and well-being, but also provide practical mental health guidance and well-being improvement methods for college students. Future research could further expand research in this area to better meet the needs of college students and promote their overall development of mental health and well-being.

To sum up, college students' psychological well-being in love is closely related to factors such as personal personality traits, relationship satisfaction, intimacy and interdependence, self-esteem and self-confidence, social support, ability to deal with conflicts, economic situation and material satisfaction, cultural background and social values.

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