An Analysis of the Status of College Students’ Happiness and Its Influencing Factors

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Abstract: With the development of the economic, the 95 after college students are having better material life than before. However, the unhealthy senses of worth, harmful social atmosphere as well as studying and working load makes them feel more mental stress. These factors lead to the mental conflict and puzzles. There is less happiness around the college students, even others of them have caused mental problems. The ideological and political counselor should pay much attention on the state of happiness of the student in order to raise the index of sense of happiness, which is helpful in their future life programs and the realization of the life worth.

Keyword: college students, ideological and political counselor, the status of happiness, influencing factors.

1 Introduction

In the 21st century, with the GDP growth rate, to determine the pace of social development, has been inadvertently changed in today's society, we have personal happiness index as a measure of social development speed is an important reference conditions, and even the party And the government attaches great importance to raising the people's happiness index as an important part of the work plan. "Happiness" This one is often referred to the vocabulary, once again quietly into our lives.

In recent years, our rapid socio-economic development, people's living standards have been greatly improved, has been basically able to meet our material needs, however, there are still many people feel that they are not happy. The pursuit of happiness, is that we love each life, looking forward to the future of the common aspiration of the people. So, how to pursue their own happiness? How to make happiness often accompanied by their own around, each of us have an own answer.

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Happiness is a complex and subjective concept, and everyone has their own evaluation criteria.

As an important part of today's society, college students have to face this problem, in their occasional fighting, truancy, suicide and other phenomena, which shows that they also have psychological problems. In a harmonious society, people must have a healthy and harmonious psychology. Only one of us to do the psychological harmony and health, in order to make our society a harmonious society, for this purpose we should actively carry out mental health education, through this way to solve the psychological crisis. University is an important stage in life, where they will be ready to enter the community, where they will become the pillars of the future of the motherland, so their quality of life and mental health issues should be concerned about. Whether college students can establish a correct view of happiness during their studies will have an important influence on their future life, emotion and future. Therefore, the author specifically carried out on the subjective well-being of college students’ survey.

2 The Evaluation System of College Students’ Happiness

For the well-being of each of us is a different experience and feelings, different commentators on their own feelings of life have a definition of a standard, it is based on the evaluator's own views on the real life of the overall evaluation. The study of happiness emphasizes the influence of individual’s unique values, emotions, psychological factors, life experiences and expectations on the quality of life, as opposed to the measure of subjective happiness only from objective indicators such as economy and society. It is of great value to improve the quality of life and to help the individual adapt to the social life and obtain the happiness of life in order to grasp the subjective life status of college students in depth. This paper aims to explore the current situation of college students 'happiness and its influencing factors, so as to provide reference for improving the quality of college students' life.

Subjective well-being research based on positive emotions, is different from the past, a new perspective of psychological research. The study of subjective well-being of college students plays a very important role in enriching positive psychology in development. It is more targeted to carry out a positive mental health education, to guide students to self-care, so as to improve the quality of life of college students.

As a new era of socialist builders and successors, college students longing for longing for a happy life. In real life, although they have basically no food, food and other concerns, parents provide them with everything, college students can enjoy life, you can take the money to do what they want to do, but the above only Is the surface phenomenon, the heart of them will still feel the lack of spiritual world. They have not experienced the war of blood and
fire baptism, and did not personally experience the extreme lack of material age, they almost did not encounter any setbacks and misfortune in life, part of the students usually feel boring life, groaning, but in the event of setbacks and often will be overwhelmed, prone to loneliness, self-abandonment and even suicide and other extreme ideas.

At present, China has entered a great historical renaissance period, as a contemporary college student to have the courage to assume this important task, we must have the correct view of happiness. Therefore, the study of their concept of happiness to further study, concerned about their well-being of the status quo, to further understand the factors affecting the happiness of college students, for college students to improve their perception of happiness, happiness and happiness to create the ability to promote their own healthy growth. Has a very important practical significance.

3 Research methods
Document investigation method, also known as indirect survey method, refers to the investigators through access to various literature on the media to disseminate the organization of the organization or the development of information on the organization of statistical analysis of an indirect survey method.

By reading the books in the relevant fields, the author clarifies the psychological problems of the current research. The psychological problems related to the performance of the case interviews are related to the psychological literature, and the psychological category is clearly defined.

Visiting the survey method is the interviewer through oral conversations, etc., directly to the visitors to understand the social situation or explore the social problems of the survey method.

The author through the stratified random sampling method to determine the survey object, in order to achieve better investigation results, the author and the respondents conducted a chat-style discussion, with the consent of the respondents, the conversation process to do a record.

4 Conclusion
The college students' group is the mainstay of the development of the modern society. It is the mainstay of the future society. The mental health of college students will directly affect the future and destiny of the whole country. The subjective well-being of college students is an important trend of mental health. The impact of many of the above factors, in the clear factors under the premise of the requirements and put forward and implement the relevant development of the relevant measures and measures. The need for the majority of college educators and the whole society to pay attention to the growth of college students, the establishment of multi-angle, deep-seated, integrated education model. The university education time as a horizontal axis
gradually extended from the beginning of the formation of a series of related training stage to establish a scientific goal for the entrance to the arrangement of reasonable training methods as a means to pursue greater emphasis on social value for the export, Complete the beginning and end of the university education stage. The students in the development process of the inevitability or common events as the vertical axis of particular attention, such as the goal of just getting lost after school, the professional interest in the study, cannot adapt to the collective life, cannot be a good deal with interpersonal relationships And so on, educators to actively guide and scientific treatment, for the general issue to be diverted in advance, so that difficult education problems disappear in the educator's pleasing notes; for individual issues to the specific circumstances of specific analysis, Targeted, taught by people.

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