论著·军事心理研究

心理丰富性作为重要心理资源促进军人健康:自我效能感与生命意义感的中介作用

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[摘要] **目的** 军人心理健康不仅关系个体生活质量,也影响部队战斗力生成。基于心理健康双因素模型,从积极心理健康与消极心理健康2个维度考察心理丰富性对军人心理健康的作用机制,并检验自我效能感和生命意义感的独立中介及链式中介作用。**方法** 采用横断面研究设计方案,采用方便抽样方法,于2025年3月对来自中部、华东及华南等地区的现役军人进行问卷调查。共回收问卷889份,剔除未通过注意力检验及作答时间过短等无效问卷45份,最终纳入844例。采用简版心理丰富性问卷、一般自我效能感量表、生命意义感问卷、生活满意度量表、正性负性情绪量表及抑郁-焦虑-压力自评量表进行测量。采用Pearson相关分析及PROCESS 4.2(Model 6)进行链式中介分析,Bootstrap重复抽样5 000次对中介效应进行检验,并计算效应量的95%*CI*。**结果** ①心理丰富性(r=0.584)、自我效能感及生命意义感与主观幸福感均呈显著正相关(r=0.456~0.599,P<0.01),并与抑郁-焦虑-压力呈显著负相关(r=−0.380~−0.284,P<0.01);②心理丰富性显著正向预测主观幸福感,并显著负向预测抑郁-焦虑-压力(β=0.586、−0.381,P<0.001);控制自我效能感与生命意义感后,直接效应仍显著(β=0.342、−0.250,P<0.001);③心理丰富性通过3条路径间接影响心理健康。其中,自我效能感对主观幸福感的中介效应为0.190 6(95%*CI*:0.150 9~0.233 7),对抑郁-焦虑-压力的中介效应为−0.094 5(95%*CI*:−0.137 7~−0.052 1),分别占总效应的32.54%、24.79%;生命意义感对主观幸福感的中介效应为0.034 7(95%*CI*:0.013 4~0.061 1),对抑郁-焦虑-压力的中介效应为−0.024 0(95%*CI*:−0.046 2~−0.004 9),分别占总效应的5.92%、6.29%;自我效能感与生命意义感的链式中介对主观幸福感的中介效应为0.018 6(95%*CI*:0.007 6~0.031 3),对抑郁-焦虑-压力的中介效应为−0.012 8(95%*CI*:−0.025 4~−0.002 7),分别占总效应的3.18%、3.36%。**结论** 心理丰富性通过自我效能感与生命意义感影响军人心理健康,更高的心理丰富性与更高的主观幸福感、更低的抑郁-焦虑-压力有关,心理丰富性是军人心理健康的重要心理资源,提示可通过提升心理丰富性促进军人心理健康。

[关键词] 心理丰富性;自我效能感;生命意义感;心理健康;双因素模型
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Psychological richness as a vital psychological resource promoting military personnel's health: the mediating roles of self-efficacy and meaning in life

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[**Abstract**] Objective Military mental health not only relates to individual quality of life, but also affects the generation of combat effectiveness. Based on the dual-factor model of mental health, this study aims to examine the mechanism by which psychological richness affects mental health in military personnel

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from two dimensions of positive and negative mental health, and to test the independent mediating and chain mediating effects of self-efficacy and meaning in life. **Methods** In March 2025, a cross-sectional study was conducted on active-duty military personnel by convenience sampling from central, eastern, and southern regions of China. A total of 889 questionnaires were recovered, of which 45 invalid questionnaires were excluded because of failed attention checks or excessively short response times; thus, 844 participants were included. Psychological richness, self-efficacy, meaning in life, life satisfaction, positive and negative affect, and depression-anxiety-stress were assessed using Psychologically Rich Life Questionnaire-12 (PRLQ-12), General Self-Efficacy Scale (GSES), Meaning in Life Questionnaire (MLQ), Satisfaction With Life Scale (SWLS), Positive and Negative Affect Schedule (PANAS), and Depression Anxiety Stress Scales-21 (DASS-21), respectively. Pearson correlation analysis and PROCESS 4.2 (Model 6) were used for chain mediation analysis, and mediator analysis with 5000 bootstrap resamples was employed to examine indirect effects with 95%*CI*. **Results** ① Psychological richness (r=0.584), self-efficacy and meaning in life were significantly positively correlated with subjective well-being (r=0.456 to 0.599, P<0.01), and significantly negatively correlated with depression-anxiety-stress (r=−0.380 to −0.284, P<0.01); ②Psychological richness significantly positively predicted subjective well-being and negatively predicted depression-anxiety-stress (β=0.586, −0.381, P<0.001). After controlling for self-efficacy and meaning in life, the direct effects of psychological richness remained significant (β=0.342, −0.250, P<0.001); ③ Psychological richness affected mental health through 3 indirect paths. Among them, the mediating effect of self-efficacy was 0.190 6 (95%*CI*: 0.150 9 to 0.233 7) on subjective well-being, and −0.094 5 (95%*CI*: −0.137 7 to −0.052 1) on depression-anxiety-stress, accounting for 32.54% and 24.79% of the total effect, respectively; the mediating effect of meaning in life was 0.034 7 (95% *CI*: 0.013 4 to 0.061 1) on subjective well-being, and −0.024 0 (95%*CI*: −0.046 2 to −0.004 9) on depression-anxiety-stress, accounting for 5.92% and 6.29% of the total effect, respectively; the mediating effect of self-efficacy and meaning in life was 0.018 6 (95%*CI*: 0.007 6 to 0.031 3) on subjective well-being, and was −0.012 8 (95%*CI*: −0.025 4 to −0.002 7) on depression-anxiety-stress, accounting for 3.18% and 3.36% of the total effect, respectively. **Conclusion** Psychological richness impacts the mental health of military personnel through self-efficacy and meaning in life. Higher psychological richness is associated with higher subjective well-being and lower depression-anxiety-stress. Psychological richness is a vital psychological resource for military personnel, indicating that interventions aiming at enhancing psychological richness can promote their mental health.

[**Key words**] psychological richness; self-efficacy; meaning in life; mental health; dual-factor model

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军人作为维护国家安全与社会稳定的特殊群体,其心理健康水平不仅关系到个体生活质量,更直接影响部队整体的战斗力生成。既往关于军人心理健康的研究多聚焦于抑郁、焦虑、压力等心理问题的识别与干预,但随着积极心理学的发展,心理健康双因素模型(dual-factor model of mental health,DFM)指出,真正的心理健康不仅表现为心理症状的减少,还包括积极心理功能的良好发展。近年来,DFM在军事领域逐渐受到关注[1-2],并在军人群体中显示出较好的适用性[3]。因此,从双因素模型视角探索军人心理健康的影响因素及其作用机制,有助于更全面地评估军人心理健康状况,并为心理健康促进提供新的研究思路。

心理学界长期关注快乐与意义2种形式[4-6],近年来,OISHI等[7]提出心理丰富性(psychological richness)作为美好生活的第3种形式。心理丰富性强调个体生活经历的新奇性、复杂性、多样性及由此带来的视角转变[8-9]。已有研究表明,心理丰富性与多种积极的心理及社会功能指标相关[10-11],并在个体面对负性事件时表现出一定的保护作用[12]。对于军人而言,军营生活虽有其单调重复的一面,但也充满了挑战、突破与视角转变的机遇。因此,心理丰富性可能作为一种重要的心理资源,对军人心理健康产生积极影响。然而,目前关于心理丰富性在军人群体中的研究相对较少,其与军人积极、消极心理健康指标之间的关系尚

缺乏直接证据。

自我效能感(self-efficacy)是个体对自己能否成功完成特定任务或者达成某个目标的信心和信念[13]。高自我效能感的个体在面对压力时更具韧性,倾向于采取积极的应对策略[14],这不仅有助于提升其幸福感,还能有效缓解焦虑、抑郁等心理困扰。生命意义感(meaning in life)则是个体对生命目的、价值与意义的理解与体验,与个体的心理健康关系密切[15]。生命意义感能够增强个体对逆境的心理承受力,减少压力事件带来的负面影响,并提升个体的幸福水平[16]。从理论上看,心理丰富性所包含的多样化、复杂并能引发视角转变的经历,有助于增强个体的能力信念[10],并能促进其对人生价值和生命目标的理解与建构[17]。此外,已有研究表明,自我效能感与生命意义感之间存在内在联系,较高的自我效能感可能进一步促进个体积极探索并实现生命意义[18]。因此,可以推测心理丰富性可能通过提升自我效能感和生命意义感,进一步促进军人心理健康。

综上所述,本研究以某部现役军人为对象,采用横断面调查设计,基于心理健康双因素模型框架,将主观幸福感(subjective well-being)与抑郁-焦虑-压力分别作为积极与消极维度的心理健康指标。其中,主观幸福感作为积极心理健康的重要指标,由生活满意度、正性情绪及负性情绪3个指标构建[5],能够反映军人情感、认知层面的积极适应状态,是衡量积极心理健康水平的重要依据[1,19];而抑郁-焦虑-压力则反映个体常见的负性情绪困扰,可较好地表征消极心理健康水平[1-2]。基于此,本研究构建心理丰富性影响军人心理健康的链式中介模型,系统考察心理丰富性对军人心理健康的作用机制,并进一步检验自我效能感和生命意义感的独立中介作用及链式中介作用,以期为军人心理健康促进提供新的实证依据和干预思路。

1 对象与方法

1.1 研究对象

本研究采用横断面研究设计方案[20]。采用方便抽样方法,于2025年3月对来自中部、华东及华南等地区的现役军人进行问卷调查。纳入标准:①现役军人;②年龄≥18岁;③知情同意并自愿参加本研究;④能够独立理解并完成问卷填写。排除标准:①未通过注意力检验题;②作答时间过短(作答时间低于样本作答时间分布最低5%的问卷);③问卷存在明显规律作答或主要研究变量缺失。共回收问卷889份,剔除无效问卷45份,最终纳入有效样本844例,有效率为94.9%。纳入样本均为男性,年龄18~44岁,平均年龄(25.73±4.04)岁。受教育程度:高中及以下240例(28.4%),大专457例(54.1%),本科及以上147例(17.5%)。本研究经陆军军医大学医学伦理委员会批准(2024第18-03),所有研究对象均知情同意后自愿参加调查。

1.2 研究工具

1.2.1 简版心理丰富性问卷(psychologically rich life questionnaire-12,PRLQ-12) 采用由OISHI等[7]2019年编制,王亚静等[21]2022年修订的中文版简版PRLQ-12,包含12个条目,采用7点计分,各条目得分相加为总分。得分越高表示个体的心理丰富性水平越高。该量表的Cronbach's α系数为0.935。

1.2.2 一般自我效能感量表(general self efficacy scale,GSES) 采用由SCHWARZER等[22]1997年编制,王才康等[23]2001年修订的GSES,包含10个条目,采用4点计分,各条目得分相加为总分。得分越高表示个体自信心越好,自我效能感越强。该量表的Cronbach's α系数为0.925。

1.2.3 生命意义感问卷(meaning in life questionnaire,MLQ) 采用由STEGER等[24]2006年编制,陈维等[25]2015年修订的MLQ,包含10个条目,采用7点计分,各条目得分相加为总分,第9个条目为反向计分。用于评估个体生命意义的"存在意义"与"寻求意义"2个维度,得分越高表示个体的生命意义感越强。该量表的Cronbach's α系数为0.804,存在意义和寻求意义的Cronbach's α系数分别为0.767、0.895。

1.2.4 生活满意度量表(satisfaction with life scale,SWLS) 采用由DIENER等[26]1985年编制,熊承清等[27]2009年修订的SWLS,包含5个条目,采用7点计分,各条目得分相加为总分。得分越高表示个体对其整体生活状况的满意程度越高。该量表的Cronbach's α系数为0.884。

1.2.5 正性负性情绪量表(positive and negative affect schedule,PANAS) 采用由WATSON等[28]1988年编制,黄丽等[29]2003年修订的PANAS,包含20个条目,采用5点计分,各条目的得分相加为总分。用于评估个体的"正性情绪"与"负性情绪"2个维度,分别计算总分,得分越高表示正性或负性情绪体验越强烈。该量表的Cronbach's α系数为0.757,正性情绪和负性情绪的Cronbach's α系数分别为0.909、0.906。

1.2.6 抑郁-焦虑-压力自评量表(depression anxiety

stress scales, DASS-21) 采用由LOVIBOND等[30]1995年编制,龚栩等[31]2010年修订的DASS-21,包含21个条目,采用4点计分,量表总分为各维度得分之和。用于评估个体负性情绪体验的“抑郁”“焦虑”及“压力”3个维度,各维度得分为相应条目得分之和乘以2,得分越高表示负性情绪体验越强烈。该量表的Cronbach's α系数为0.918,抑郁、焦虑及压力的Cronbach's α系数分别为0.807、0.754、0.826。

1.3 研究实施与质量控制

本研究采用问卷星进行集中施测,由经过统一培训的研究人员使用统一指导语组织填写。问卷中设置注意力检验题,以识别无效作答;同时结合作答时长对数据质量进行控制,剔除未通过注意力检验及作答时间低于样本作答时间分布最低5%的问卷。采用Harman单因素法检验本研究数据是否存在共同方法偏差问题[32],对所有研究变量进行未旋转探索性因子分析后,特征根>1的因子共12个,首因子方差解释率为29.33%,低于40%的临界标准,提示本研究不存在明显共同方法偏差。

1.4 统计学分析

使用统计软件SPSS 26.0进行数据整理与统计分析。连续变量以$\bar{x}\pm s$表示,分类变量以频数(%)表示。主观幸福感由生活满意度、正性情绪和负性情绪3个指标构建[5],经标准化后反转负性情绪并取平均形成该综合指标,即主观幸福感=($Z_{生活满意度}+Z_{正性情绪}-Z_{负性情绪}$)/3,式中Z代表各维度标准化得分,3个维度采用等权重合成综合指标。所有变量在分析前均进行了标准化处理,以消除量纲差异。采用Pearson相关分析,考察主要变量之间的相关性。使用HAYES[33]编制的SPSS宏程序PROCESS 4.2中的Model 6进行链式中介效应分析,通过偏差校正的Bootstrap方法进行显著性检验,重复抽样5 000次计算效应量的95%*CI*。结构方程模型中报告标准化路径系数(β),并计算总效应、直接效应及间接效应。本研究的统计检验水准设定为α=0.05,*P*<0.05表示差异具有统计学意义。

2 结果

2.1 心理丰富性、自我效能感、生命意义感与心理健康呈显著相关

本研究各量表评分情况见表1。各主要变量间的相关分析结果表明(表2),心理丰富性、自我效能感、生命意义感、主观幸福感和抑郁-焦虑-压力两两之间均显著相关。主观幸福感与生命意义感(*r*=0.456,*P*<0.01)、自我效能感(*r*=0.599,*P*<0.01)及心理丰富性(*r*=0.584,*P*<0.01)均呈显著正相关;抑郁-焦虑-压力与生命意义感(*r*=−0.284,*P*<0.01)、自我效能感(*r*=−0.343,*P*<0.01)及心理丰富性(*r*=−0.380,*P*<0.01)均呈显著负相关。

表1 心理丰富性、自我效能感、生命意义感与心理健康双因素指标的得分情况(n=844,$\bar{x}\pm s$)

Table 1 Descriptive statistics of psychological richness, self-efficacy, meaning in life, and dual-factor mental health indicators (n=844,$\bar{x}\pm s$)

Variable	Range	Score
Psychological richness	27.00—84.00	64.30±10.90
Self-efficacy	10.00—40.00	29.11±6.45
Meaning in life	16.00—70.00	54.65±9.53
Life satisfaction	6.00—35.00	26.52±5.83
Positive affect	10.00—50.00	35.86±6.84
Negative affect	10.00—49.00	19.50±5.23
Depression	0—28.00	1.72±3.51
Anxiety	0—32.00	2.54±3.87
Stress	0—34.00	3.54±4.93

2.2 心理丰富性、自我效能感、生命意义感对心理健康的预测作用

回归分析结果显示(表3),在链式中介模型的前2步回归中,心理丰富性能够显著预测2个中介变量。其中,心理丰富性显著正向预测自我效能感(β=

表2 心理丰富性、自我效能感、生命意义感与心理健康双因素指标的相关分析

Table 2 Correlations among psychological richness, self-efficacy, meaning in life, and dual-factor mental health indicators

Variable	Psychological richness	Self-efficacy	Meaning in life	Subjective well-being	Depression-anxiety-stress
Psychological richness	1				
Self-efficacy	0.481[a]	1			
Meaning in life	0.467[a]	0.482[a]	1		
Subjective well-being	0.584[a]	0.599[a]	0.456[a]	1	
Depression-anxiety-stress	−0.380[a]	−0.343[a]	−0.284[a]	−0.640[a]	1

a: *P*<0.01

0.498,P<0.001);心理丰富性(β=0.310,P<0.001)和自我效能感(β=0.334,P<0.001)显著正向预测生命意义感。总效应模型中,心理丰富性对主观幸福感具有显著的正向预测作用(β=0.586,P<0.001),且对抑郁-焦虑-压力具有显著的负向预测作用(β=−0.381,P<0.001)。将自我效能感以及生命意义感纳入回归方程后,心理丰富性(β=0.342,P<0.001)、自我效能感(β=0.383,P<0.001)以及生命意义感(β=0.112,P<0.001)对主观幸福感均呈显著正向预测作用;心理丰富性(β=−0.249,P<0.001)、自我效能感(β=−0.189,P<0.001)以及生命意义感(β=−0.077,P<0.05)对抑郁-焦虑-压力均呈显著负向预测作用。

2.3 自我效能感和生命意义感在心理丰富性和心理健康之间的关系的链式中介效应

以主观幸福感为因变量的链式中介效应分析结果显示(表4,图1),心理丰富性通过自我效能感、生命意义感及其链式作用为中介的3条间接效应路径对主观幸福感产生显著影响:以自我效能感为中介变量的路径1中,间接效应为0.190 6(95%CI:0.150 9~0.233 7);以生命意义感为中介变量的路径2中,间接效应为0.034 7(95%CI:0.013 4~0.061 1);以自我效能感、生命意义感为链式中介变量的路径3中,间接效应为0.018 6(95%CI:0.007 6~0.031 3);3条路径的间接效应占总效应的比例分别为32.54%、5.92%、3.18%。总间接效应为0.244 0(95%CI:0.197 5~0.294 4),占总效应的41.67%,总间接效应显著。

以抑郁-焦虑-压力为因变量的链式中介效应分析结果显示(表5,图2),心理丰富性通过自我效能感、生命意义感及其链式作用为中介的3条间接效应路径对抑郁-焦虑-压力产生显著影响:以自我效能感为中介变量的路径1中,间接效应为−0.094 5(95%CI:−0.137 7~−0.052 1);以生命意义感为中介变量的路径2中,间接效应为−0.024 0(95%CI:−0.046 2~−0.004 9);以自我效能感、生命意义感为链式中介变量的路径3中,间接效应为−0.012 8(95%CI:−0.025 4~−0.002 7);3条路径的间接效应占总效应的比例分别为24.79%、6.29%、3.36%。总间接效应为−0.131 3(95%CI:−0.179 2~−0.087 9),占总效应的34.46%,总间接效应显著。

表3 心理丰富性、自我效能感和生命意义感对心理健康双因素指标的回归分析

Table 3 Regression analyses of psychological richness, self-efficacy, and meaning in life on dual-factor mental health indicators

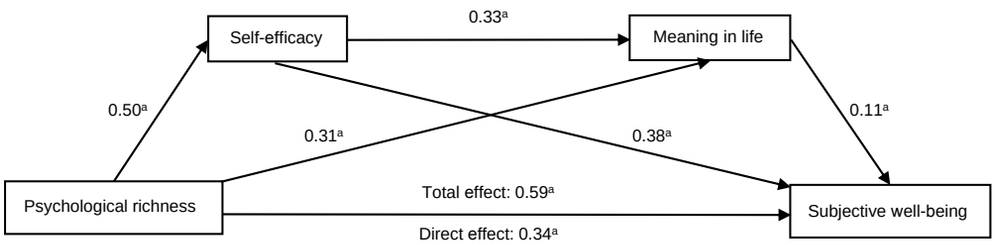
Outcome variable	Predictor	R	$R2$	F	β	t
Self-efficacy	Psychological richness	0.504	0.254	57.105[a]	0.498	16.559[a]
Meaning in life	Psychological richness	0.555	0.308	62.105[a]	0.310	9.294[a]
	Self-efficacy				0.334	10.026[a]
Subjective well-being	Psychological richness	0.585	0.342	87.293[a]	0.586	20.745[a]
Depression-anxiety-stress	Psychological richness	0.384	0.147	29.003[a]	−0.381	−11.854[a]
Subjective well-being	Psychological richness	0.694	0.482	111.492[a]	0.342	11.266[a]
	Self-efficacy				0.383	12.559[a]
	Meaning in life				0.112	3.742[a]
Depression-anxiety-stress	Psychological richness	0.431	0.183	27.348[a]	−0.249	−6.564[a]
	Self-efficacy				−0.189	−4.965[a]
	Meaning in life				−0.077	−2.059[b]

a: P<0.001, b: P<0.05

表4 以主观幸福感为结局变量的链式中介效应分析

Table 4 Chain mediation analysis with subjective well-being as the outcome variable

Path	Effect	BootSE	Boot 95%CI	Relative mediating effect/%
Total effect	0.585 8	0.028 2	0.530 4—0.641 2	100.00
Direct effect	0.341 8	0.030 3	0.282 3—0.401 4	58.35
Total indirect effect	0.244 0	0.024 5	0.197 5—0.294 4	41.65
Indirect effect *via* self-efficacy	0.190 6	0.021 0	0.150 9—0.233 7	32.54
Indirect effect *via* meaning in life	0.034 7	0.012 2	0.013 4—0.061 1	5.92
Indirect effect *via* self-efficacy and meaning in life	0.018 6	0.006 0	0.007 6—0.031 3	3.18



a: $P<0.001$. Values in the figure are standardized regression coefficients

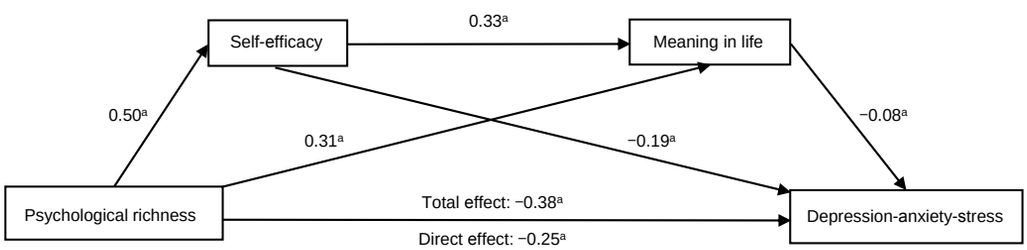
图1 心理丰富性通过自我效能感和生命意义感影响主观幸福感的链式中介路径图

Figure 1 Chain mediation path of psychological richness influencing subjective well-being through self-efficacy and meaning in life

表5 以抑郁-焦虑-压力为结局变量的链式中介效应分析

Table 5 Chain mediation analysis with depression-anxiety-stress as the outcome variable

Path	Effect	Boot*SE*	Boot 95%*CI*	Relative mediating effect/%
Total effect	−0.381 1	0.032 2	−0.444 3—−0.318 0	100.00
Direct effect	−0.249 8	0.038 1	−0.324 5—−0.175 1	65.55
Total indirect effect	−0.131 3	0.023 2	−0.179 2—−0.087 9	34.45
Indirect effect *via* self-efficacy	−0.094 5	0.021 8	−0.137 7—−0.052 1	24.80
Indirect effect *via* meaning in life	−0.024 0	0.010 5	−0.046 2—−0.004 9	6.30
Indirect effect *via* self-efficacy and meaning in life	−0.012 8	0.005 8	−0.025 4—−0.002 7	3.36



a: $P<0.001$. Values in the figure are standardized regression coefficients

图2 心理丰富性通过自我效能感和生命意义感影响抑郁-焦虑-压力的链式中介路径图

Figure 2 Chain mediation path of psychological richness influencing depression-anxiety-stress through self-efficacy and meaning in life

3 讨论

本研究基于心理健康双因素模型,探讨了心理丰富性对某部军人心理健康的作用机制,并检验了自我效能感与生命意义感的链式中介作用。结果表明,心理丰富性不仅直接促进主观幸福感,缓解抑郁-焦虑-压力水平,还能通过自我效能感与生命意义感间接改善军人的心理健康状况。提示,心理丰富性作为一种积极的心理资源,在军事人群中具有重要价值。

3.1 心理丰富性与军人更高主观幸福感和更低抑郁-焦虑-压力相关

研究发现,心理丰富性与主观幸福感呈显著正相关,并与抑郁-焦虑-压力呈显著负相关,且在回归模型中对两类心理健康指标均具有显著预测作用。此结果与以往研究一致,KONISHI等[11]通过大样本的研究数据发现,心理丰富性与多种积极的心理及社会指标存在较强的相关性,而这些指标通常也是幸福感的重要来源。李雨鑫等[17]在大学生群体中的研究同样发现心理丰富性对主观幸福感具有显著的正向预测作用。从理论层面看,心理丰富性强调以新奇、复杂及视角转变为特征的生活体验[8]。这类经历能够促进个体产生更广阔的视角、更灵活的思维方式[34],以及更积极的认知评估[10],从而使个体在复杂环境中形成良好的心理适应力。军旅环境本身充满任务压力、环境变化及多重角色挑战,而拥有高心理丰富性的军人往往更具开放性和认知灵活性,他们能够从高强度的训练、严格的纪律和多样的任务中发现趣味与挑战,而非仅仅感受枯燥与压力。这种将经历(无论是积极还是消极的)转化为个人成长的能力[12],有助于提升其生活满意度和积极情绪,并有效缓冲负性事件带来的

冲击,进而降低抑郁、焦虑等心理困扰的风险。

3.2 自我效能感是心理丰富性影响军人心理健康的重要中介

本研究显示自我效能感在心理丰富性与心理健康之间发挥重要的中介作用。在3条间接路径中,经由“心理丰富性→自我效能感→心理健康”这一路径的中介效应占比最高,其对主观幸福感和抑郁-焦虑-压力的解释比例分别达到总效应的32.54%与24.79%,说明自我效能感是心理丰富性影响军人心理健康的重要心理机制。根据BANDURA[13]的社会认知理论,成功经验是自我效能感最重要的来源。心理丰富的个体会主动寻求并投身于多样且富有挑战的活动,在克服困难、完成任务的过程中,其能力和信心得到反复验证和强化,从而建立起稳固的自我效能感。对于军人而言,如果其能够在军事训练、专业操作及突发任务这类丰富多样的经历中获得成功体验与能力证据,就更可能产生较高的自我效能感。而高自我效能感的军人在面对军事任务和日常生活带来的压力时,更倾向于采取积极的问题解决策略[35],表现出更强的心理韧性[36],从而有效提升其主观幸福感,并显著降低心理困扰水平。BROWN等[37]在退伍军人中的研究发现,高自我效能感的个体具备更好的问题解决能力,有助于其应对逆境与创伤,支持了自我效能感对军人心理健康的重要性。

3.3 生命意义感及链式中介路径提示军人心理健康促进的新靶点

生命意义感作为另一条重要的中介路径,在此研究中也得到了验证。与前人研究结果一致,HE等[38]在大学生群体的研究中,发现心理丰富性可通过直接或间接路径,显著正向预测生命意义感。HEINTZELMAN等[39]的研究表明,通过接触多样化的外部刺激,可以激发个体对意义的探索和感知,有助于塑造个体的生命意义感。心理丰富的个体所体验的多样化经历和视角转变,可以促使其跳出日常的思维定式,对生命的目的、价值等问题进行更深层次的思考。对于军人而言,丰富的经历可以强化军人对职业责任、价值追求与人生目标的理解,从而使其获得强烈的生命意义感以及更深刻的幸福体验。本研究还发现了“心理丰富性-自我效能感-生命意义感-心理健康”的链式中介路径。表明心理丰富性不仅能够直接提升军人的自我效能感,还可以通过自我效能感进一步影响生命意义感,从而共同作用于心理健康。

本研究仍存在一定局限性:①采用横断面设计,尽管通过统计模型探讨了变量之间的作用机制,但仍无法推断严格的因果关系,未来可采用纵向或实验研究进一步验证;②样本均为男性军人,样本来源相对单一;③采用方便抽样方式进行样本收集,样本获取具有一定便利性特征,可能导致样本代表性受到限制,研究结果的外推性受到一定限制,后续研究可采用更严格的概率抽样方法,纳入女性军人或不同兵种群体进行比较分析,并扩大样本来源地区范围;④主要采用自评问卷收集数据,可能存在共同方法偏差,尽管已通过统计方法进行检验,但仍建议未来结合行为指标或他评数据提高结果的客观性;⑤未纳入如人格特质、社会支持等潜在变量,未来可进一步构建更为综合的模型进行深入探讨。

综上所述,本研究证实了心理丰富性是军人心理健康的重要保护性因素,它不仅能够直接提升主观幸福感、降低心理困扰,还通过自我效能感和生命意义感的独立中介及链式中介作用,对军人的积极与消极心理健康产生显著影响。其中,自我效能感发挥了较为重要的中介作用。研究结果提示,在部队心理健康实践工作中,关注官兵心理问题防治的同时也应重视培养其积极心理品质,而提升心理丰富性则可以作为心理健康促进的新靶点。可以通过组织多样化的文体活动、技能训练、实战化演练等,丰富官兵的任务与生活体验,并鼓励官兵在工作之余发展个人兴趣,引导他们以开放、好奇的心态体验军旅生活,均有助于提升其心理丰富性;同时,通过设立积极反馈机制提升自我效能感、通过使命教育增强生命意义感,可形成协同效应,共同促进军人的心理健康。

利益冲突 本文所有作者声明不存在利益冲突

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