

# 不同地区中小學生心理健康状况

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## Mental health of primary and middle school students in different areas

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### Abstract

**AIM:** To compare the mental health level of primary and middle school students in 14 areas.

**METHODS:** With the stratified sampling method, 1000 students of the Grade One of primary schools to Grade One of middle schools in 14 regions were selected between November and December 2005. The Health Screening Inventory of the children and adolescents Health Scale of the children and adolescents was used to evaluate the mental health condition. Mental Health Scale of the children and adolescents was composed of 15 items. "yes" counted "1" score, "no" counted "0" score, the higher the mental health level. Mental Health Scale of the children and adolescents grading system was adopted to grade the mental health. Meanwhile, the self-designed questionnaire on the family condition of students in different areas was quantized. The investigation was carried out at the beginning of the first term, and the data were analyzed in groups according to areas, economic conditions, family education degree, family pattern and family structure.

**RESULTS:** Among the 10 000 students, 5000 were boys and 5000 were girls. The mental health level in Wenzhou was higher than that in other areas, and the first place was taken by the students in Wenzhou.

①The mental health level of students in Wuxi, Jiangsu Province was higher than that in other areas. ②The mental health level of students in Wuxi, Jiangsu Province was higher than that in other areas. ③There were significant differences in the mental health level of students in Wuxi, Jiangsu Province and other areas. ④There were significant differences in the mental health level of students in Wuxi, Jiangsu Province and other areas. ⑤The mental health level of students in Wuxi, Jiangsu Province was higher than that in other areas.

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在全国14个地区中小學生的心理健康水平。结果表明,温州市中小學生的心理健康水平最高,其次是无锡市。没有重型精神疾病。

采取分层抽样的方法,在全国14个地区小



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表 4 不  
理健康量

项目
家庭经济水平
比较富裕
小康水平
一般水平
经济拮据
比较贫困
母亲文化程度
小学
初中
高中
大专
本科
研究生
家庭类型
核心型
大家庭
单亲家庭
重组家庭
其他
父母婚姻
原配
其他

P<sub>1</sub>为儿童青少年心理健康  
结果

表 4 显示 ①  
理健康差异有显著  
较高家庭中小学生  
较低家庭中小学生  
文化程度之间中小  
( $P < 0.05$ ),母亲文化  
康水平较好。③不同  
差异有显著性意义( $P <$   
心理健康水平最好,其  
组家庭、其他。④不同  
理健康差异有显著性意  
学生的心理健康水平较好

### 3 讨论

#### 3.1 心理健康与相 学生心理健康受 亲文化程度

同父母  
较高  
水平  
家庭的  
为大家庭、单亲家庭  
学生的心理  
本一致<sup>[3]</sup>。经  
和更多的时间

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