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Title: Mental quality of army residents in high-altitude plateau

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关键词: [高海拔](#); [高原](#); [陆军军人](#); [心理素质](#)

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摘要: 目的 调研常驻高海拔高原陆军军人心理素质特点。 方法 采用自编一般资料调查表、军人心理素质量表(mental quality questionnaire for army men, MQQA),对驻防海拔3 100 m以上、时间大于6个月的2 589名高原陆军军人进行测试。 结果 ①常驻高海拔陆军军人MQQA总分及各维度分均显著低于军人常模($P<0.01$)。心理素质优秀的军人19名(0.74%),心理素质良好的军人187名(7.22%),心理素质中等的军人1 412名(54.54%),心理素质较次的军人682名(26.34%),心理素质较差的军人289名(11.16%)。②常驻高海拔陆军军人心理素质在性别上,男、女军人除忠诚维度外,其余无显著差异($P>0.05$);级别上,呈现出军官>士官>士兵的趋势($P<0.05$, $P<0.01$);文化程度上,表现为大专和本科以上>高中>初中($P<0.01$),而大专、本科以上差异不显著($P>0.05$);年龄上,15-25岁组MQQA总分及聪慧、忠诚、自信分显著低于>25-35岁组、>35-45岁组($P<0.01$),>25-35岁组与>35-45岁组差异不显著($P>0.05$);随着军龄的增加,所有因子呈现出“升高→下降→升高”的波动变化趋势,除耐挫因子外,均在3年军龄上出现了1个明显的转折点;驻高原年限上,驻守≤1年的军人除耐挫因子外,其余因子分均显著低于驻守3年以上军人($P<0.01$),其余两组间无显著差异($P>0.05$)。 结论 常驻高海拔高原陆军军人心理素质水平较低,表现出性别、级别、年龄、军龄、驻高原年限、文化程度等差异。

Abstract: Objective To investigate of the features of mental quality in army residents in high-altitude plateau. Methods A self-made general information

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questionnaire and Mental Quality Questionnaire for Armymen (MQQA) were used to test 2 589 army residents living in high-altitude plateau (stationed more than 3 100 m, with a duration longer than 6 months). Students' *t* test and one-way ANOVA analysis were used to make statistical analysis with SPSS statistical software. Results ① MQQA score and dimension scores were significantly lower in army residents in high-altitude plateau than the soldiers norm ($P<0.01$). There were 19 (0.74%) military personnel having excellent psychological quality, 187(7.22%) having good psychological quality soldiers, 1 412 having moderate mental quality (54.54%), 682 having inferior mental quality (26.34%), and 289 having poor mental quality (11.16%). ② There was no significant difference between the male and female soldiers in mental quality except their loyalty dimension ($P>0.05$). Mental quality was decreased in the rank from officers to sergeants to soldiers ($P<0.05$, $P<0.01$), and in educational levels from having college degree to senior middle school to junior middle school ($P<0.01$), though no significant difference in those having bachelor or college degree ($P>0.05$). MQQA total score, and intelligent, loyal, and self-confidence scores were significantly lower in the 15- to 25-year-old group than the >25- to 35-, and >35- to 45-year-old groups ($P<0.01$), though no significant differences in the later groups ($P>0.05$). With the time longer for military service, all factors showed a trend of "rise-fall-rise". There was a significant turning point in the every 3 years of military service, except the frustration factor. Beside frustration factor, soldiers stationing less than 1 year in high-altitude plateau had significantly lower scores than those residing longer than 3 ($P<0.01$), but no in other factors ($P>0.05$). Conclusion Mental quality of army residents in high-altitude plateau is poor, showing differences in gender, grade, age, military service, in residing times, and educational level.

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