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Title: Relationship of special soldiers' posttraumatic growth with resilience, coping style and self-efficacy

作者: [左昕](#); [邹学军](#); [于永菊](#); [彭李](#); [刘波涛](#); [李敏](#); [叶民文](#); [毛潮海](#); [杨安强](#)  
第三军医大学心理学院军事心理学教研室; 海军92390部队医院心理健康中心; 91128部队卫生队; 61876部队办公室

Author(s): [Zuo Xin](#); [Zou Xuejun](#); [Yu Yongju](#); [Peng Li](#); [Liu Botao](#); [Li Min](#); [Ye Minwen](#); [Mao Chaohai](#); [Yang Anqiang](#)

Department of Military Psychology, School of Psychology, Third Military Medical University, Chongqing, 400038; Psychological Health Center, Hospital of Navy Troop 92390, Guangzhou, Guangdong Province, 510320; Medical Team of Troop 92390, Sanya, Hainan Province, 572013; Office of Troop 61876, Sanya, Hainan Province, 572022, China

关键词: [应激后成长](#); [心理弹性](#); [自我效能](#); [积极应对](#)

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摘要: 目的 研究特种兵应激后成长(posttraumatic growth, PTG)与心理弹性、自我效能和积极应对的关系。方法 采用应激后成长问卷、心理弹性量表(Connor-Davidson resilience scale, CD-RISC)、简易应对方式问卷(simplified coping style questionnaire, SCSQ)和一般自我效能感量表(general self-efficacy scale, GSES),对某特种部队285名军人进行方便抽样调查。结果 ①特种兵PTG总分为(54.38±19.11),CD各因子及总分、积极应对和自我效能得分与PTG各因子及总分显著正相关( $r$ 为0.27-0.54,  $P<0.01$ );②CD总分、自我效能和积极应对能较好地预测PTG,解释率达42.2%;③心理弹性、自我效能和积极应对直接正性影响PTG,且心理弹性还可通过影响积极应对间接正性影响PTG。结论 心理弹性、自我效能和积极应对是应激后成长的积极促进因素,其中积极应对部分中介了心理弹性和应激后成长

的关系。

**Abstract:** **Objective** To study the relationships of posttraumatic growth with resilience, coping style and self-efficacy in special soldiers. **Methods** Posttraumatic growth inventory (PTG), Connor-Davidson resilience scale (CD-RISC),simplified coping style questionnaire (SCSQ) and general self-efficacy scale (GSES) were surveyed in 285 special soldiers. **Results** The PTG of special soldiers was  $54.38 \pm 19.11$  and was positively correlated with the resilience, positive coping style and self-efficacy ( $r=0.27$  to  $0.54$ ,  $P<0.01$ ). Regression analysis showed that the resilience, self-efficacy and positive coping style could be used to predict posttraumatic growth, accounted for 42.2%. The resilience, self-efficacy and coping style had direct and positive impact on the posttraumatic growth, while the resilience affected the coping style so as to indirectly and positively influence the posttraumatic growth. **Conclusion** Resilience, self-efficacy and coping style can be used as important predictive factors for posttraumatic growth in special soldiers.

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