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军校新训学员的训练疲劳与其心理弹性、人格及心理健康分享到:

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Title: Relationship of training fatigue with resilience, personality and mental health in freshmen from military universities and colleges

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关键词: [训练疲劳](#); [心理弹性](#); [人格](#); [心理健康](#); [军事人员](#); [学生](#)

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摘要: 目的 研究军校新训学员的训练疲劳与心理弹性、人格及心理健康的关系。方法 采用作业疲劳症状自评量表(newly developed questionnaire for work related fatigue feelings,WRFFQ)、心理弹性量表(Connor-Davidson Resilience Scale, CD-RISC)、艾森克人格问卷(Eysenck Personality Questionnaire, EPQ)和症状自评量表(symptom checklist 90, SCL-90)对1 798名军校新训学员进行抽样调查。结果 ①新训学员总体的训练疲劳状况较好,疲劳总分为(37.01±10.96)分,其中男生的疲劳总分为(36.53±10.61)分,女生为(40.48±12.69)分,差异有统计学意义($P<0.05$);②训练疲劳高分组的学员在心理健康问题和神经质上显著高于低分组($P<0.05$),而在心理弹性和外向性上显著低于低分组($P<0.05$);③训练疲劳总分与SCL-90总分、神经质呈显著正相关(r 分别为0.724、0.386, $P<0.05$);而与心理弹性、外向性呈显著的负相关(r 分别为-0.296、-0.167, $P<0.05$)。结论 军校新训新生的心理健康问题、心理弹性和神经质能显著预测新训学员的疲劳状况。在军训过程中,对某些低心理弹性和高神经质学员,应注意训练方法的灵活性,以有效降低学员的训练疲劳。

Abstract: Objective To investigate the relationships of training fatigue with resilience, personality and mental health in the new students from military universities and colleges. Methods Newly Developed Questionnaire for Work Related

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Fatigue Feelings (WRFFQ), Connor-Davidson Resilience Scale (CD-RISC), Eysenck Personality Questionnaire (EPQ) and Symptom Checklist 90 (SCL-90) were surveyed in 1 798 freshmen (1 579 males and 219 females, with a mean age of 20.54 ± 2.25 , ranging from 15 to 27) from 3 military universities and colleges in September 2012. Results The overall condition of freshmen' fatigue status was very good, and the score was 37.01 ± 10.96 . The fatigue score was 36.53 ± 10.61 for the males, and 40.48 ± 12.69 for the females, with significant difference between them ($P < 0.05$). The mental health problems and neuroticism scores were significantly higher, while the resilience and extraversion scores were significantly lower in the high fatigue group than the low group (both $P < 0.05$). The fatigue scores were positively correlated with the scores of SCL-90 and neuroticism ($r = 0.724, 0.386, P < 0.05$), and were negatively correlated with resilience and extraversion ($r = -0.296, -0.167, P < 0.05$). Conclusion Mental health problems, resilience and neuroticism significantly predict fatigue status in the freshmen after training. During the training, for some students with low resilience and high neuroticism, attention should be paid to the flexibility of training method in order to reduce the fatigue of students.

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