

**THE INFLUENCING FACTORS OF HEALTHY LIFESTYLE ON THE MENTAL  
HEALTH AND WELL-BEING OF CHINESE MUSIC COLLEGE STUDENTS**

**Ting Wang<sup>1</sup>, Junainah Abd Hamid<sup>2\*</sup>, Jacqueline Tham<sup>3</sup>**

<sup>1</sup>Management and Science University, Postgraduate Center, Selangor Darul Ehsan, Shah Alam,  
40100, Malaysia

<sup>1</sup> Chengdu Vocational University of The Arts, Conservatory of music, Chengdu ,Sichuan  
Province,611433, China.

ORCID:<https://orcid.org/0009-0002-1658-6416>

<sup>2</sup>Management and Science University, Postgraduate Center, Selangor Darul Ehsan, Shah Alam,  
40100, Malaysia, ORCID:<https://orcid.org/0000-0003-3078-6123>

<sup>3</sup>Management and Science University, Postgraduate Center, Selangor Darul Ehsan, Shah Alam,  
40100, Malaysia, ORCID:<https://orcid.org/0000-0003-0966-2425>

**Corresponding Author: Junainah Abd Hamid**

**Abstract**

Physical and mental health is the basis for college students to complete their studies and realize their personal ideals and values, and a necessary condition for the rational use of educational resources. Governments and people in many countries have begun to pay attention to the important role of individual behavior and lifestyle in maintaining personal health and social health. The "overall health concept" of physical, psychological and social health and the positive health concept advocated by WHO have also attracted more and more countries and people. Previous studies show that the health status of college students in China is not optimistic. In terms of physical quality, such as obesity and overweight, and vital capacity decreased significantly; In mental health, various mental diseases have become the main problems affecting the health of college students. This study used a quantitative study to examine the factors of six different variables on the mental health and well-being of Chinese music college students, using 12038 music undergraduate students from 9 universities in Sichuan Province as the study .The final sample size was 387, and 503 questionnaires were distributed for descriptive analysis by questionnaires and simple stratified random sampling.

**Keywords: Mental health, Well-being, Healthy lifestyle, Music College Students**

**Introduction**

Within the esteemed institutions of Chinese music colleges, where harmonies interweave with unwavering commitment and creative passion, an enlightening odyssey unfolds for students who want to attain mastery in the complexities of musical artistry. Within this unique academic realm, the cultivation of musical brilliance is not merely an intellectual pursuit but a profound emotional and personal odyssey. As we go into the realm of Chinese music education, it is crucial to investigate the complex dynamics that influence the mental health and general well-being of these very talented and dedicated people. The amalgamation of conventional musical legacy and modern ambitions inside Chinese culture is a fertile context for comprehending the intricate obstacles and achievements encountered by students at music colleges. These students engage on a journey characterised by intensive training, demanding performance standards, and a deep dedication to their creative discipline, as they strive to achieve technical excellence and convey their artistic vision. The reverberations of these obstacles, intricately entwined with the cultural milieu, prompt us to further explore the distinct mental health issues encountered by music students at Chinese colleges.

Physical and mental health is the basis for college students to complete their studies and realize their personal ideals and values, an important guarantee for their study and life, and a necessary condition for the rational use of educational resources(Wei,2020). Governments and people in many countries have begun to pay attention to the important role of individual behavior and lifestyle in maintaining personal health and social health. The "overall health concept" of physical, psychological and social health and the positive health concept advocated by WHO have also attracted more and more countries and people (Jia, 2020). This research examines the mutually beneficial connection between healthy lifestyle behaviours and the mental well-being of students who are deeply engaged in the distinctive cultural and academic environment of Chinese music education. The process of developing proficiency as a musician necessitates not only the acquisition of technical aptitude, but also the cultivation of resilience and equilibrium in light of scholastic demands, performance standards, and personal development. With this in mind, our study seeks to shed light on the significant impact that adopting a comprehensive and wellness-oriented lifestyle may have on fostering the psychological well-being of these gifted people. In the context of a dynamic Chinese society undergoing fast transformation, characterised by the coexistence of traditional values and contemporary desires, it becomes imperative to comprehend the significance of lifestyle choices in relation to mental well-being.

The objective of this study is to explore the intricate factors that influence the mental health situation of music college students in China. This research aims to provide insights into the relationship between family, society, school, and lifestyle, based on social ecology theory, social resources theory, on the mental health and well-being of Chinese music college students. In the course of this investigation, our objective is to not only ascertain the stresses and mental health difficulties encountered by music college students in China, but also to emphasize the factors of resilience, coping strategies, and support systems that contribute to their overall state of well-being. Through a comprehensive comprehension of the emotional terrain experienced by these

aspiring musicians, our aim is to provide significant perspectives that may enhance teaching methodologies, bolster support structures, and foster comprehensive strategies to cultivate the psychological well-being of music college students in China. This endeavor prompts us to acknowledge the congruity between the pursuit of artistry and the maintenance of emotional well-being, guaranteeing that future Chinese musicians not only achieve mastery in their chosen field, but also experience personal and emotional flourishing throughout their own musical odyssey.

## **Literature Review**

### **Mental health among students**

The mental well-being of students has become a crucial issue globally in the ever-changing and challenging academic setting. Transitioning to college life often presents new obstacles, including scholastic demands and social adaptations, which may profoundly influence the well-being of students. Implementing a healthy lifestyle is a viable approach to enhance mental well-being in students (Dou et. al., 2023; Weber et. al., 2023). Institutions and people are increasingly recognizing the complex connection between physical well-being and mental health and are actively studying the profound impact of good habits. An increasing amount of research has shown a significant correlation between a well-balanced lifestyle and results related to mental health. Participating in consistent physical exercise, consuming a well-rounded diet, getting sufficient sleep, and using successful stress management techniques not only enhance physical well-being but also bolster mental resilience (Alageel et. al., 2023; Karle et. al., 2023). The comprehensive integration of these factors creates a synergistic strategy that may strengthen students against the challenges of academic life and improve their general mental well-being (Wen, 2021; Li, 2021). College life is a crucial phase characterized by scholastic difficulties, social changes, and fresh obligations. If these elements are not managed carefully, they might worsen stress, anxiety, and other mental health problems among students. Recognizing this fact, a growing number of educational institutions are acknowledging the need to promote a culture that encourages healthy lifestyles (Cohen and Jackie De, 2010; Kawasaki & Berkman, 2001; Uchino, 2006). In addition, colleges strive to establish an atmosphere conducive to academic success and mental well-being by endorsing wellness activities and encouraging the adoption of a healthy lifestyle. Maintaining a healthy lifestyle acts as a safeguard, providing students with the necessary skills to efficiently manage the challenges of college life (Maniaci et.al., 2023). Physical exercise has shown the ability to decrease stress hormones and enhance mood, functioning as a natural antidepressant. Sufficient sleep, a fundamental aspect of overall health, improves cognitive abilities and emotional strength. Furthermore, the decisions that students make about their diet, mindfulness, and social relationships have a significant role in promoting mental health from a comprehensive perspective (Chao, 2023; Abdullayeva, 2023). Educational institutions have a crucial impact on influencing the experiences of students. Colleges are incorporating complete programs that involve physical fitness facilities, mental health resources, and instructional initiatives as they acknowledge the interdependent connection between a healthy lifestyle and mental well-being. Furthermore, peer support networks play a role in fostering a favorable and all-encompassing environment, where

students are motivated to prioritize their mental well-being without apprehension of criticism (Yang ,2018).

### **Family factors**

The family is often an important social support force for college students. In addition, compared to the interpersonal relationships in the society, The interpersonal relationship of college students is relatively simple, the living space is close, the life intersection, the common discourse, tolerance It is easy to form a relatively stable interpersonal relationship, so the feeling of a high level of social support. College students understand the social support There are also significant differences between gender and the place of origin, and the level of social support felt by female college students is higher than that of male universities The level of social support of urban students is significantly higher than that of rural students. These are the same as before The results of the study fit in with. Society gives men the characteristics of courage and dominance. Boys who seek too much help from others will be seen as a sign of incompetence, etc. Therefore, the degree of male college students' social support is lower than that of female college students. Compared with rural college students, urban college students have better social and family resources and more time and opportunities to build interpersonal relationships, and thus have better communication experience and higher degree of social support (Xu, Li , Yang ,2018). Previous studies (Wen, 2021;Li, 2021;Chrystyna D.Kouros, Megan M. Pruitt, Naomi V. Ekas,et.al, 2016;Liu, 2000) put forward family factors: parents occupation and cultural level, family emotional atmosphere, parenting style, parental relationship, the only child gender affect college students 'mental health, prove that family factors and college students' mental health and well-being. Further evidence on the selected dimensions of family factors is also available. For example, parenting style (Zheng, 2008;Li, 2002;Rao, 2004), family structure (Rao, 2004);Ling, 2003;Zhou, 2021)) and economic status (Li , 2023;Zeng, 2008;Lu, 2010;Chen, 2004;Li, 2005) can be cited.

### **Social support**

Social support (Xu, Li&Yang, 2018) usually refers to the functions that important others (including family members, relatives, and friends) and people from extended relationships (including neighbors, classmates, and colleagues) perform for individuals (Thoits, 2011). The relationship between social support and mental health has been well documented over the past decades, playing a beneficial role in maintaining mental health (Cohen and Jackie De, 2010; Kawasaki & Berkman, 2001; Uchino, 2006). Furthermore, social support buffers the harmful effects of normative and non-normative stress exposure on physical and mental health (Cohen & Wells, 1985; Uchino, 2004).Evidence also suggests that perceived social support may be more important for mental health than support actually available or available (Lakey & Orehek, 2011; Withington and Kessler, 1986). Perceived support may reflect a general impression of support drawn from countless such experiences and may have greater predictive power (Bolger & Amarel, 2007; Hobfoll, 2009) perceived social support-self-concept (fully mediated mediation) -mental health In Chinese mainland, highly valued social relationships may lead to closer self-concepts to their

perceived support from important others (Chang et al., 2018). A large number of researchers (Xu, Li & Yang, 2018; Chang et al., 2018; Gong, 2019; Zhao, 2021) conducted studies to find the association between SSF and mental health and well-being of college students. Some researchers have scrutinized this relationship from the dimension of the SSF, Such as social support (Cohen & Wells, In 1985; Uchino, 2004; Bolger & Amarel, 2007; Hobfoll, 2009; Chang et al., 2018; Thompson et al., 2016; & Q. Chen et al., 2020)), And stress events (Song, 2013; Zhu, 2018; Cohen & Wills, 1985; Uchino, 2004; Cohen & Wills, 1985; Uchino, 2004, et al).

### **School factors**

Within the complex framework of higher education, the hallways of music institutions reverberate with the relentless quest for musical mastery and the profound reverberations of imaginative manifestation. In this distinctive scholarly setting, characterised by the intersection of fervour and rigour, it is crucial to explore the intricate dynamics between many elements of the educational institution and the psychological welfare of students pursuing music at the collegiate level. The endeavour to achieve expertise in music is unquestionably invigorating; nonetheless, it is not devoid of difficulties, and the academic environment significantly influences the mental well-being of these aspiring artists. Many studies have investigated the effects of SF on the psychology of college students (Song, 2013; Li, 2008; Bai, 2017; Eun-Ji Seo, 2018). Some researchers have focused on the specific dimension of the SF, And report on school violence (Michael D. Lyons I, E. Scot Huebner I, Kimberly J. Hills, Svetlana V. Shinkareva, 2012; Feng Lei, Ellen Chung, Ling Siew Eng, 2022), Academic pressure (Li, 2008; Wang, 2009; Toe Toe Oo, 2019), And interpersonal relationships ((Song, 2013; Lee, 2008; Su, 2001) is an important dimension of SF affecting the mental health of college students.

### **Healthy lifestyle behavior**

The concept of "lifestyle" was first put forward by them in the German ideology co-authored by Marx and Engels. They have done a shallow level of research on lifestyle, lack of depth, and did not establish a complete theoretical system about lifestyle. But they provided a very precious ideological legacy for later scholars to further study the way of life. Sociologist Max Weber the earliest in-depth research on the way of life, and put forward the term "way of life", he pointed out that "way of life refers to the real life of people by a certain culture, ethnic, social, economic, customs, norms and the formation of a series of life attitude, living habits and life system, mainly including personal habits, know behavior and leisure time activities, etc." (Chen, 2012). A large number of studies have proved that there is a strong link between a healthy lifestyle and the mental health and well-being of college students (Qian, 2020 ; Liu, 2006 ; Zhang, 2022 ; Ma, 2007). In the dimension of motivation, researchers often investigate the impact of healthy lifestyle, and physical exercise (Xu, 2021 ; Liu, 2006 ; Sun, 2014 ; Gao, 2017) and others conducted research. Sleep (Residence, 2008 ; S Zhang, N Zhang, S Wang, J Hong, F Li, H Guo, 2023 ; Farzan Sasangohar, BA, BCS, MAsc, SM, 2020 ; CAI, 2017). Based on the association between FF,

SSF, SF, and college students' HLB and, this study hypothesized that HLB of college students plays a mediating role in external social resource factors, internal personal social resource factors, and college students' mental health and well-being.

## RESEARCH METHODOLOGY

### Variables

Mental health and well-being of music college students (MH) are the key variables of attention in this study. Through this study, we aim to explore the factors affecting the mental health and well-being (MH) of music college students and the mechanism of each variable on MH of college students. Since there are many variables affecting the mental health of college students, scholars have classified these factors differently. According to the classification adopted in this study, these factors mainly fall into four categories, namely individual factors, family factors, school factors, and social support factors. One prominent factor, that is, the individual factors in the internal social resource factors of college students' own ability, body, two prominent factors. Family factors, social support factors, and school factors are external social resource factors, namely, parenting style and social support as predictors of MH among college students. With the support of the literature, the healthy living behavior of college students was also considered as a mediating variable for the association between the other four independent and dependent variables. Since all these predictors are multidimensional structures, only a part of the selected dimensions of each variable were explored in depth in this study. Furthermore, student demographic factors, that is, gender, school category, were also explored as moderators.

### The Conceptual Framework

This study explored the factors affecting the mental health and well-being (MH) of music college students in China. Figure 3.1 illustrates the conceptual framework of the study, which is based on the literature review given in Chapter 2. As shown in Figure 3.1, this study will explore the direct effects of family factors (FF), social support factors (SSF), school factors (SF), and healthy life behavior factors (HL) on student MH. The healthy Lifestyle of college students is further considered as a variable that modulates the relationship between external social resource factors and MH among college students. Therefore, we also need to investigate the indirect effects of FF, SSF, SF, and on MH in college students. Under each construct in the framework, the selected dimensions of each variable to be carefully examined are illustrated. Thus, under the SSF, parental support, peer support, parental occupation, and education level are the key dimensions to be analyzed. In FF, parental education style, family status and economic status are all dimensions that need to be examined under family factors. We will investigate school violence, academic stress as the key dimension of SF. . Physical exercise, rational diet, sleep quality, and bad habits were taken as the dimensions of HLB for college students. As the model demonstrates, we will also investigate the demographic variables of students, namely gender, school category, in mediating the relationship between regulatory and self-dependent variables.

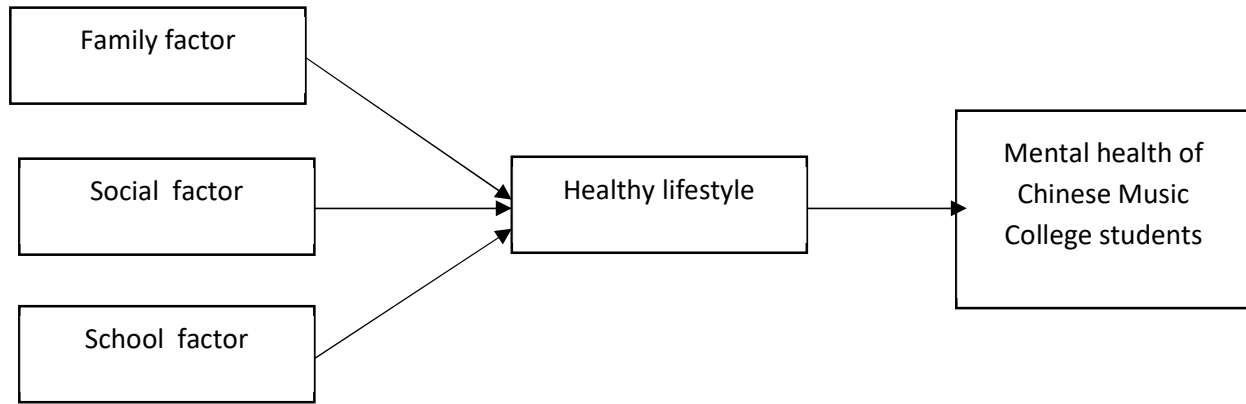


Figure 3. 1: Conceptual Framework. Source: Developed by the Author

**Finding.**

Reliability refers to the consistency of scale tools. The measurement indicators include individual item reliability and internal consistency (Hair et al., 1998). Among them, the individual item reliability is tested by factor loading. The internal consistency is tested by latent variable composition reliability (CR) and Cronbach’s alpha. The recommended value needs to be greater than 0.7. The validity refers to the correctness of the scale tool, and the measurement indicators include convergent validity and discriminant validity. The convergent validity is mainly to measure the correlation between items with the same dimension, and to detect the average variance extraction (AVE). The recommended value needs to be greater than 0.5 (Bagozzi & Yi, 1988). The discriminant validity is to measure the correlation between items with different facets, using the square root value of AVE to test. If the square root value of the diagonal AVE is greater than the correlation coefficient value of the horizontal or vertical column, it represents discriminative validity (Fornell & Larcker, 1981). The Cronbach’s alpha and Composite reliability values of all dimensions are also greater than 0.7, indicating good reliability and internal consistency with the range from 0.850 to 0.916 and 0.872 to 0.904 as presented in Table 1. The AVE value of each dimension is greater than 0.5, indicating good convergent validity with the range 0.709 to 0.821. Table 2 shows that the square root value of the diagonal AVE is greater than other correlation coefficient values in the matrix with the range 0.809 to 0.839. Detected by heterotrait–monotrait analysis, Table 3 shows that all values are less than 0.9, indicating good discriminant validity with the range from 0.802 to 0.849 (Henseler, Ringle & Sarstedt, 2015).

**Table 1; Cronbach's Alpha, Composite Reliability and Average Variance Extracted**

	<b>Cronbach's Alpha</b>	<b>rho_A</b>	<b>Composite Reliability</b>	<b>Average Variance Extracted (AVE)</b>

<b>FF</b>	0.850	0.853	0.889	0.573
<b>SSF</b>	0.873	0.883	0.904	0.613
<b>SF</b>	0.916	0.923	0.935	0.674
<b>HLS</b>	0.885	0.900	0.910	0.594
<b>MHOCS</b>	0.833	0.856	0.872	0.503

Source: Developed by the Author

**Table 2 ; Discriminative validity**

	<b>FF</b>	<b>SSF</b>	<b>SF</b>	<b>PCNQ</b>	<b>SD</b>
<b>FF</b>	0.757				
<b>SSF</b>	0.973	0.783			
<b>SF</b>	0.929	0.940	0.821		
<b>HLS</b>	0.895	0.864	0.863	0.771	
<b>MHOCS</b>	0.707	0.663	0.642	0.706	0.709

Source: Developed by the Author

**Table 3; HTMT**

	<b>DPRN</b>	<b>INC</b>	<b>LNIS</b>	<b>PCNQ</b>	<b>SD</b>
<b>FF</b>					
<b>SSF</b>	<b>0.831</b>				
<b>SF</b>	<b>1.062</b>	<b>0.849</b>			
<b>HLS</b>	<b>1.015</b>	<b>0.953</b>	<b>0.829</b>		
<b>MHOCS</b>	<b>0.799</b>	<b>0.731</b>	<b>0.699</b>	<b>0.802</b>	

Source: Developed by the Author

**Table 4; Direct relationship**



	<b>Original Sample (O)</b>	<b>Sample Mean (M)</b>	<b>Standard Deviation (STDEV)</b>	<b>T Statistics ((O/STDEV))</b>	<b>P Values</b>
<b>FF -&gt; HLS</b>	-0.042	-0.041	0.022	1.928	<b>0.054</b>
<b>SSF -&gt; HLS</b>	0.762	0.757	0.051	14.811	<b>0.000</b>
<b>SF -&gt; HLS</b>	0.864	0.867	0.016	53.101	<b>0.000</b>
<b>HLS -&gt; MHOCMS</b>	0.259	0.264	0.049	5.345	<b>0.000</b>

Source: Developed by the Author

Hypothesis 1 proposed that there is a relationship between family factors with healthy lifestyle. As presented in Table 4 the hypothesis 1 is not supported with the score ( $\beta = -0.042$ ,  $t = 1.928$ ,  $p > 0.05$ ). Hypothesis 2 show a significant relationship in the relationship[ between social support factor with healthy lifestyle with the score ( $\beta = 0.762$ ,  $t = 14.811$ ,  $p < 0.05$ ). Hypothesis 3 also show a significant relationship between school factor with healthy lifestyle with the score ( $\beta = 0.864$ ,  $t = 53.101$ ,  $p < 0.05$ ). Finally, Hypothesis 4 for direct relationship, healthy lifestyle has a significant relationship with mental health of Chinese music college students with the score ( $\beta = 0.59$ ,  $t = 5.345$ ,  $p < 0.05$ ).

**Table 5; Indirect relationship**

	<b>Original Sample (O)</b>	<b>Sample Mean (M)</b>	<b>Standard Deviation (STDEV)</b>	<b>T Statistics ((O/STDEV))</b>	<b>P Values</b>
<b>FF -&gt; HLS -&gt; MHOCMS</b>	-0.037	-0.035	0.019	1.944	<b>0.052</b>
<b>SSF -&gt; HLS -&gt; MHOCMS</b>	0.224	0.229	0.042	5.395	<b>0.000</b>
<b>SF -&gt; HLS -&gt; MHOCMS</b>	0.659	0.656	0.047	13.912	<b>0.000</b>

Source: Developed by the Author

Mediation effect of healthy lifestyle in the relationship between family factor with mental health of Chinese Music students as presented in Table 5 show an un significant relationship with the score ( $\beta = -0.037$ ,  $t = 1.944$ ,  $p < 0.05$ ). This indicates that hypothesis 5 is not supported. Hypothesis 6 and hypothesis 7 proposed a mediation effect of healthy lifestyle in the relationship between

social support factor and school factor with mental health of Chinese music college students with the score ( $\beta = 0.224$ ,  $t = 5.395$ ,  $p < 0.05$ ) and ( $\beta = 0.659$ ,  $t = 13.912$ ,  $p < 0.05$ ).

## Discussion

The influence of family on a student's lifestyle may be intricate and diverse. While many families provide a robust support structure for promoting a healthy lifestyle, others may unintentionally contribute to the development of harmful behaviors (Chao, 2023; Abdullayeva, 2023). The lack of family support in promoting a healthy lifestyle may be attributed to some families unknowingly encouraging bad behaviors, such as a sedentary lifestyle, unhealthy eating habits, or inconsistent sleep patterns (Dou et. al., 2023; Weber et. al., 2023). These behaviors may exacerbate conditions such as obesity, cardiovascular ailments, and mental health disorders. In addition, socioeconomic issues might also have an influence. Financially constrained families may struggle to afford nutritious food choices or access recreational amenities, so restricting a student's capacity to embrace a healthy way of life (Alageel et. al., 2023; Karle et. al., 2023). Moreover, Family cultural norms might influence the decisions individuals make about their lifestyle. For example, if a family prioritizes sedentary activity or follows traditional food patterns that are not health-focused, students may find it challenging to adopt better practices (Maniaci et.al., 2023).

Various social elements may have a substantial influence on a student's capacity to maintain a balanced and well-rounded lifestyle. The impact of friends, community, and social standards may either support or impede the development of healthy behaviors. Acquaintances and colleagues may have a significant influence on a student's conduct (Maniaci et.al., 2023; Makhmudovich & Makhmudovich, 2023). If a student is in the company of peers who prioritize health and wellbeing, there is an increased probability that they will participate in activities such as sports, exercise, and other behaviors that promote good health collectively. Availability of community resources, such as parks, recreational facilities, and sports programs, may promote student participation in physical activity (Dykstra et al., 2023; Ha, Jeon & Park, 2023). An encouraging community that places importance on and encourages a healthy lifestyle may provide students the chance to engage in collective endeavors and cultivate a feeling of inclusion. Educational programs highlighting the significance of a healthy lifestyle may be implemented by schools and community organizations. Peer-led initiatives or school-wide campaigns have the ability to establish a favorable social atmosphere that encourages the adoption of healthy practices (Valentim et. al., 2023; Tavakoly et. al., 2023).

Schools have a significant impact on students' lives, and there are many aspects in the school environment that may either support or impede the development of healthy behaviors. Effective physical education programs provide children consistent opportunity to participate in regular physical exercise (Chu et. al., 2023; Makhmudovich & Makhmudovich, 2023). Physical education lessons facilitate the acquisition of motor skills, enhance fitness levels, and cultivate a favorable disposition towards physical activity. Educational institutions have the ability to establish comprehensive health education initiatives that include a wide range of subjects, including

nutrition, mental well-being, and the need for enough sleep. This knowledge provides students with the necessary information to make well-informed choices about their health (Chao, 2023; Villarino et. al., 2023). Providing healthy and well-balanced meals in school cafeterias enhances children' overall health. Initiatives aimed at offering more nutritious food choices and imparting knowledge about nutrition might have a beneficial impact on students' dietary preferences (Weber et. al., 2023).

Although there may not be a clear direct causal relationship between family characteristics and mental health mediated by a healthy lifestyle, the importance of families in promoting the mental well-being of Chinese college students should not be underestimated (Chao, 2023; Abdullayeva, 2023). Future research should discuss an integrated strategy that takes into account the direct effect of favorable familial circumstances, cultural values, and the indirect consequences of lifestyle choices may collectively foster a conducive atmosphere for mental well-being (Weber et. al., 2023; Dou et. al., 2023). In addition, the role of a healthy lifestyle in mediating the relationship between social support variables and school-related elements might be a potent method for enhancing the mental well-being of Chinese college students. Adopting a comprehensive strategy that prioritizes a well-rounded lifestyle, including regular exercise, a well-balanced diet, enough sleep, effective stress management, and strong social relationships, plays a significant role in promoting positive mental well-being among Chinese college students (Alageel et. al., 2023; Karle et. al., 2023). Colleges may cultivate an atmosphere that enhances the holistic welfare of their students, encouraging their resilience and advancing favorable mental health outcomes, by incorporating these ideas into campus life, instructional programs, and community projects activity (Dykstra et.al., 2023; Ha, Jeon & Park, 2023).

## **Conclusion**

To summarize, promoting the mental well-being of Chinese university students requires a complex interaction of several elements, and the significance of a healthy lifestyle in this context is multifarious. Although a clear and direct link between familial issues and mental health via a healthy lifestyle may not be immediately apparent, there are some significant elements to take into account. Mental health may be influenced by positive familial settings, cultural factors, and direct genetic and biological variables, any of which can have an independent effect. In addition, although a healthy lifestyle may not directly intervene in the connection between familial circumstances and mental health, it plays a fundamental role in promoting general well-being and may serve as a means of managing stresses. The cultural background is very influential since the collectivist nature and strong family bonds in Chinese culture contribute to the emotional and practical assistance that students get from their families. Schools and communities have a crucial role in giving compensating assistance, creating a pleasant atmosphere, and offering resources like counselling services. An all-encompassing strategy for enhancing mental well-being among Chinese university students should acknowledge and use the advantages of familial assistance, cultural principles, and the potential influence of a wholesome way of life. The combined efforts of families, educational institutions, and communities may provide a conducive atmosphere that

acknowledges the many and linked variables that affect mental well-being. This, in turn, fosters a comprehensive and culturally aware approach to supporting mental health.

## References

- Abdullayeva, A. R. (2023). Psychological factors of forming a healthy lifestyle in the family. *Open Access Repository*, 4(03), 43-50.
- Alageel, S., Alhujaili, M., Altwaijri, Y., Bilal, L., & Alsukait, R. (2023). Barriers and facilitators to adopting healthier lifestyle among low-income women in Saudi Arabia: A qualitative study. *Health Expectations*.
- Chu, T., Liu, X., Takayanagi, S., Matsushita, T., & Kishimoto, H. (2023). Association between mental health and academic performance among university undergraduates: The interacting role of lifestyle behaviors. *International Journal of Methods in Psychiatric Research*, 32(1), e1938.
- Chao, D. P. (2023). Health-promoting lifestyle and its predictors among health-related and non-health-related university students in Taiwan: a cross-sectional quantitative study. *BMC Public Health*, 23(1), 827.
- Dou, Q., Zhu, Z., Zhu, L., Wang, W., Guo, L., Ru, S., ... & Yan, B. (2023). Academic-related factors and daily lifestyle habits associated with adolescent idiopathic scoliosis: a case-control study. *Environmental Health and Preventive Medicine*, 28, 23-23.
- Dykstra, R. E., Beadnell, B., Rosengren, D. B., Schumacher, J. A., & Daugherty, R. (2023). A Lifestyle Risk Reduction Model for Preventing High-Risk Substance Use Across the Lifespan. *Prevention Science*, 1-13.
- Ha, J. W., Jeon, E. C., & Park, S. K. (2023). Status of environmental awareness and participation in Seoul, Korea and factors that motivate a green lifestyle to mitigate climate change. *Current Research in Environmental Sustainability*, 5, 100211.
- Karle, A., Agardh, A., Larsson, M., & Arunda, M. O. (2023). Risky sexual behavior and self-rated mental health among young adults in Skåne, Sweden—a cross-sectional study. *BMC Public Health*, 23(1), 9.
- Lei, F., Chung, E., & Eng, L. S. (2022). Factors affecting mental health among Chinese college students: A preliminary review of literature. *Journal of Cognitive Sciences and Human Development*, 8(1), 175-185.
- Maniaci, G., La Cascia, C., Giammanco, A., Ferraro, L., Palummo, A., Saia, G. F., ... & La Barbera, D. (2023). The impact of healthy lifestyles on academic achievement among Italian adolescents. *Current Psychology*, 42(6), 5055-5061.

- Makhmudovich, G. A., & Makhmudovich, G. A. (2023). The Use Of Physical Exercises In Order To Improve The Healthy Lifestyle Of Students. *Journal of Positive School Psychology*, 545-550.
- Mahramovna, M. M., Chorshanbievich, K. N., & Ergashovich, K. I. (2023). Higher Education Institutions Students Healthy Lifestyle Development. *Galaxy International Interdisciplinary Research Journal*, 11(2), 410-413.
- Villarino, R. T., Villarino, M. L., Temblor, M. C., Bernard, P., & Plaisent, M. (2023). Effectiveness of an online health and well-being program on physical activity, nutrition, and sleep in college students. *Health Education and Health Promotion*, 11(1), 29-36.
- Weber, A., Kroiss, K., Reismann, L., Jansen, P., Hirschfelder, G., Sedlmeier, A. M., ... & Jochem, C. (2023). Health-Promoting and Sustainable Behavior in University Students in Germany: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 20(7), 5238.
- Yang, F., Meng, H., Chen, H., Xu, X. H., Liu, Z., Luo, A., & Feng, Z. C. (2014). Influencing factors of mental health of medical students in China. *Journal of Huazhong University of Science and Technology [Medical Sciences]*, 34, 443-449.
- Lew, B., Huen, J., Yu, P., Yuan, L., Wang, D. F., Ping, F., ... & Jia, C. X. (2019). Associations between depression, anxiety, stress, hopelessness, subjective well-being, coping styles and suicide in Chinese university students. *PloS one*, 14(7), e0217372.
- Chen, B., Sun, J., & Feng, Y. (2020). How have COVID-19 isolation policies affected young people's mental health?—Evidence from Chinese college students. *Frontiers in psychology*, 11, 1529.
- Chao, D. P. (2023). Health-promoting lifestyle and its predictors among health-related and non-health-related university students in Taiwan: a cross-sectional quantitative study. *BMC Public Health*, 23(1), 827.
- Xu, Q., Li, S., & Yang, L. (2019). Perceived social support and mental health for college students in mainland China: the mediating effects of self-concept. *Psychology, health & medicine*, 24(5), 595-604. Helicopter Parenting, Autonomy Support, and College Students' Mental Health and Well-being: The Moderating Role of Sex and Ethnicity
- Kaparounaki, C. K., Patsali, M. E., Mousa, D. P. V., Papadopoulou, E. V., Papadopoulou, K. K., & Fountoulakis, K. N. (2020). University students' mental health amidst the COVID-19 quarantine in Greece. *Psychiatry research*, 290, 113111.
- Li, H., Li, W., Liu, Q., Zhao, A., Prevatt, F., & Yang, J. (2008). Variables predicting the mental health status of Chinese college students. *Asian Journal of Psychiatry*, 1(2), 37-41.

- Zhuang, C., & Jenatabadi, H. S. (2022, December). Factors Associated with Mental Health among Malaysian University Music Students: Roles of Fear of COVID-19, Nomophobia, Loneliness, Sleep Quality, and Socioeconomic Status. In *Healthcare* (Vol. 11, No. 1, p. 18). MDPI. Individual, Interpersonal, and Institutional Level Factors Associated With the Mental Health of College Students
- Kahler, C. W., Spillane, N. S., Day, A., Clerkin, E. M., & Parks, A. (2014). *The Journal of Positive Psychology*:: Dedicated to furthering research and promoting good practice. *Journal of Positive Psychology*, 9(1), 19-29.
- Lei, F., Chung, E., & Eng, L. S. (2022). Factors affecting mental health among Chinese college students: A preliminary review of literature. *Journal of Cognitive Sciences and Human Development*, 8(1), 175-185.
- Cho, Y. H., Ra, J. S., Park, J. Y., Shin, H., HoonBaek, J., Kim, S., ... & EunBaek, J. (2016). Factors influencing health promoting behaviors in college students in Korea. *Indian J Sci Technol*, 9(43), 123476.
- Kim, K. S., & Cha, H. G. (2018). Factors influencing on loneliness among college students in Korea. *Research Journal of Pharmacy and Technology*, 11(4), 1475-1479. The mental health of university students in the United Kingdom
- Liu, S. (2020). Influence of music appreciation on self-cognition of college students. *Revista Argentina de Clínica Psicológica*, 29(1), 1022.
- Hartley, M. T. (2011). Examining the relationships between resilience, mental health, and academic persistence in undergraduate college students. *Journal of American college health*, 59(7), 596-604. Strengthening College Students' Mental Health Knowledge, Awareness, and Helping Behaviors: The Impact of Active Minds, a Peer Mental Health Organization
- Khodarahimi, S., Rasti, A., Khajehie, M., & Sattar, R. (2009). Students' Mental Health: Personal and University Determinants. *Online Submission*, 6(10), 31-38.
- Kim, J. E., Saw, A., & Zane, N. (2015). The influence of psychological symptoms on mental health literacy of college students. *American Journal of orthopsychiatry*, 85(6), 620.
- Zhou, X. (2022). Mental health self-efficacy as a moderator between the relationship of emotional exhaustion and knowledge hiding: Evidence from music educational students. *Frontiers in Psychology*, 13, 979037.
- Kelly, R. M., Hills, K. J., Huebner, E. S., & McQuillin, S. D. (2012). The longitudinal stability and dynamics of group membership in the dual-factor model of mental health:

- Psychosocial predictors of mental health. *Canadian Journal of School Psychology*, 27(4), 337-355. Applicability of the Dual-Factor Model of Mental Health for College Students
- Lyons, M. D., Huebner, E. S., Hills, K. J., & Shinkareva, S. V. (2012). The dual-factor model of mental health: Further study of the determinants of group differences. *Canadian Journal of School Psychology*, 27(2), 183-196.
- Kaparounaki, C. K., Patsali, M. E., Mousa, D. P. V., Papadopoulou, E. V., Papadopoulou, K. K., & Fountoulakis, K. N. (2020). University students' mental health amidst the COVID-19 quarantine in Greece. *Psychiatry research*, 290, 113111. Associations between Cultural Stressors, Cultural Values, and Latina/o College Students' Mental Health
- Corona, R., Rodríguez, V. M., McDonald, S. E., Velazquez, E., Rodríguez, A., & Fuentes, V. E. (2017). Associations between cultural stressors, cultural values, and Latina/o college students' mental health. *Journal of youth and adolescence*, 46, 63-77.
- Eisenberg, D., Speer, N., & Hunt, J. B. (2012). Attitudes and beliefs about treatment among college students with untreated mental health problems. *Psychiatric services*, 63(7), 711-713.
- Song, P. (2020, December). Effect of External and Internal Factors on the Inclination of Depression among Chinese International Students. In 2020 3rd International Conference on Humanities Education and Social Sciences (ICHESS 2020) (pp. 33-37). Atlantis Press.
- Xiang, F. (2022). THE EFFECT OF MUSIC TEACHING MODE OF IDEOLOGICAL AND POLITICAL EDUCATION ON IMPROVING STUDENTS' LEARNING MENTAL HEALTH UNDER THE BACKGROUND OF "STRENGTHENING TEACHERS' PLAN". *Psychiatria Danubina*, 34(suppl 4), 404-404.
- Li, X. (2022). AN ANALYSIS OF THE INFLUENCE OF THE TRAINING OBJECTIVES OF MUSIC EDUCATION MAJOR IN NORMAL UNIVERSITIES ON THE MENTAL HEALTH OF COLLEGE STUDENTS. *Psychiatria Danubina*, 34(suppl 4), 29-29.
- Wang, L. (2022). RESEARCH ON THE INFLUENCE OF PSYCHOLOGICAL ADJUSTMENT OF VOCAL MUSIC COURSE ON STUDENTS' MENTAL HEALTH. *Psychiatria Danubina*, 34(suppl 2), 323-323.
- Gong, H. T. (2022). THE EMBODIMENT OF INTERTEXTUALITY IN ANCIENT CHINESE LITERATURE. *Psychiatria Danubina*, 34(suppl 4), 707-707.
- Antaramian, S. P., Huebner, E. S., Hills, K. J., & Valois, R. F. (2010). A dual-factor model of mental health: Toward a more comprehensive understanding of youth functioning. *American Journal of Orthopsychiatry*, 80(4), 462.
- Hardy, S. A., Francis, S. W., Zamboanga, B. L., Kim, S. Y., Anderson, S. G., & Forthun, L. F. (2013). The roles of identity formation and moral identity in college student mental health,

- health-risk behaviors, and psychological well-being. *Journal of Clinical Psychology*, 69(4), 364-382.
- Blau, G., DiMino, J., DeMaria Jr, P. A., Beverly, C., Chessler, M., & Drennan Jr, R. (2016). Social connectedness and life satisfaction: Comparing mean levels for 2 undergraduate samples and testing for improvement based on brief counseling. *Journal of American college health*, 64(8), 585-592.
- Froh, J. J., Sefick, W. J., & Emmons, R. A. (2008). Counting blessings in early adolescents: An experimental study of gratitude and subjective well-being. *Journal of school psychology*, 46(2), 213-233.
- Brittian, A. S., Umaña-Taylor, A. J., Lee, R. M., Zamboanga, B. L., Kim, S. Y., Weisskirch, R. S., ... & Caraway, S. J. (2013). The moderating role of centrality on associations between ethnic identity affirmation and ethnic minority college students' mental health. *Journal of American College Health*, 61(3), 133-140.
- Wu, B., Shen, H., & Zhang, Y. (2019, April). Analysis on Influence Factors of Mental Health of Rural Impoverished Students in Non-governmental Undergraduate University Taking Non-governmental Colleges and Universities in the Northwest as an Example. In 3rd International Conference on Culture, Education and Economic Development of Modern Society (ICCESE 2019) (pp. 1566-1573). Atlantis Press.
- Al Khasawneh, A. H. M. (2010). The Relationship between Health Factors and Satisfaction and Academic Performance among Al Buraimi University College Students, Oman. *Indian Journal of Marketing*, 40(9), 31-38.
- Nicholas, K. J., Soptich, K. M., Tyson, A., Perry, G. H., Abraham, S. P., & Gillum, D. R. (2018). Relationships effecting college students' perception of family influence impacting their health and lifestyle. *TEACH Journal of Christian Education*, 12(2), 7.
- Bohon, L. M., Cotter, K. A., Kravitz, R. L., Cello Jr, P. C., & Fernandez y Garcia, E. (2016). The theory of planned behavior as it predicts potential intention to seek mental health services for depression among college students. *Journal of American college health*, 64(8), 593-603.
- Xie, X., Du, Y., & Fang, X. (2022, July). Analysis of the Influencing Factors of College Students' Social Competence Based on Satir Theory. In 2022 3rd International Conference on Mental Health, Education and Human Development (MHEHD 2022) (pp. 626-629). Atlantis Press.
- Kirsh, B., Friedland, J., Cho, S., Gopalsuntharanathan, N., Orfus, S., Salkovitch, M., ... & Webber, C. (2016). Experiences of university students living with mental health problems: Interrelations between the self, the social, and the school. *Work*, 53(2), 325-335.



- Pulido-Criollo, F., Cueto-Escobedo, J., & Guillén-Ruiz, G. (2018). Stress in nursing university students and mental health. In *Health and academic achievement*. IntechOpen.
- Lu, Y. (2022). RESEARCH ON THE INFLUENCE OF NATIONAL MUSIC EDUCATION ON COLLEGE STUDENTS' MENTAL HEALTH. *Psychiatria Danubina*, 34(suppl 4), 128-128.
- Smith, M. (2020). Parent-Directed Gratitude: An Investigation of a Novel Intervention and Possible Mechanisms Between Gratitude and Well-Being.
- Torres, C., Otero, P., Bustamante, B., Blanco, V., Díaz, O., & Vázquez, F. L. (2017). Mental health problems and related factors in ecuadorian college students. *International journal of environmental research and public health*, 14(5), 530.
- Torres Montesinos, C., Otero Otero, P., Bustamante, B., Blanco Seoane, V., Díaz Fernández, O., & Vázquez González, F. L. (2017). Mental Health Problems and Related Factors in Ecuadorian College Students.
- Hartley, M. T. (2013). Investigating the relationship of resilience to academic persistence in college students with mental health issues. *Rehabilitation Counseling Bulletin*, 56(4), 240-250.
- Chen, W., Zheng, Q., Liang, C., Xie, Y., & Gu, D. (2020). Factors influencing college students' mental health promotion: the mediating effect of online mental health information seeking. *International journal of environmental research and public health*, 17(13), 4783.
- Lyndon, A. E., Crowe, A., Wuensch, K. L., McCammon, S. L., & Davis, K. B. (2019). College students' stigmatization of people with mental illness: familiarity, implicit person theory, and attribution. *Journal of mental health*, 28(3), 255-259.
- Phelan, J. E., & Basow, S. A. (2007). College students' attitudes toward mental illness: An examination of the stigma process 1. *Journal of Applied Social Psychology*, 37(12), 2877-2902.
- Eisenberg, D., Downs, M. F., Golberstein, E., & Zivin, K. (2009). Stigma and help seeking for mental health among college students. *Medical Care Research and Review*, 66(5), 522-541.
- David, E. J. R., Okazaki, S., & Saw, A. (2009). Bicultural self-efficacy among college students: Initial scale development and mental health correlates. *Journal of counseling psychology*, 56(2), 211.
- Jafari, E., Dehshiri, G. R., Eskandari, H., Najafi, M., Heshmati, R., & Hoseinifar, J. (2010). Spiritual well-being and mental health in university students. *Procedia-Social and Behavioral Sciences*, 5, 1477-1481.

- Sheldon, E., Simmonds-Buckley, M., Bone, C., Mascarenhas, T., Chan, N., Wincott, M., ... & Barkham, M. (2021). Prevalence and risk factors for mental health problems in university undergraduate students: A systematic review with meta-analysis. *Journal of Affective Disorders*, 287, 282-292.
- Tavakoly Sany, S. B., Aman, N., Jangi, F., Lael-Monfared, E., Tehrani, H., & Jafari, A. (2023). Quality of life and life satisfaction among university students: Exploring, subjective norms, general health, optimism, and attitude as potential mediators. *Journal of American College Health*, 71(4), 1045-1052.
- Wu, D., Yu, L., Yang, T., Cottrell, R., Peng, S., Guo, W., & Jiang, S. (2020). The impacts of uncertainty stress on mental disorders of Chinese college students: Evidence from a nationwide study. *Frontiers in psychology*, 11, 243.
- Cao, W., Fang, Z., Hou, G., Han, M., Xu, X., Dong, J., & Zheng, J. (2020). The psychological impact of the COVID-19 epidemic on college students in China. *Psychiatry research*, 287, 112934.
- Son, C., Hegde, S., Smith, A., Wang, X., & Sasangohar, F. (2020). Effects of COVID-19 on college students' mental health in the United States: Interview survey study. *Journal of medical internet research*, 22(9), e21279.
- Ma, Z., Zhao, J., Li, Y., Chen, D., Wang, T., Zhang, Z., ... & Liu, X. (2020). Mental health problems and correlates among 746 217 college students during the coronavirus disease 2019 outbreak in China. *Epidemiology and psychiatric sciences*, 29, e181.
- Ma, Z., Zhao, J., Li, Y., Chen, D., Wang, T., Zhang, Z., ... & Liu, X. (2020). Mental health problems and correlates among 746 217 college students during the coronavirus disease 2019 outbreak in China. *Epidemiol Psychiatr Sci* 29: e181. *J Med Internet Res*, 22, e22817.
- Puzzo, G., Sbaa, M. Y., Zappalà, S., & Pietrantonio, L. (2023). The impact of cultural intelligence on burnout among practitioners working with migrants: an examination of age, gender, training, and language proficiency. *Current Psychology*, 1-15.
- Valentim, O., Vilelas, J., Carvalho, J. C., Andrade, C. M. S. M., Tomás, C., Costa, P. S., & Sequeira, C. (2023). The relation between lifestyles and positive mental health in Portuguese higher education students. *Global Health Promotion*, 30(1), 23-32.
- Wang Zhongjie. (2019) . Study on the model of suicide risk assessment and intervention of college students from the perspective of ideological and political education (Ph. D. thesis, Zhengzhou University) .
- song Dan. (2019) . Constructing family ecosystem: the influence of family factors on the mental health of college students (Ph. D. dissertation, Suzhou University) .

- Yan Shijiao. (2019) . A study on the health status of college students and its influencing factors based on the theory of social resources (phd thesis, Huazhong University of Science and Technology) .
- Amiri, M., Chaman, R., & Khosravi, A. (2019). The relationship between health-promoting lifestyle and its related factors with self-efficacy and well-being of students. *Osong public health and research perspectives*, 10(4), 221.
- Dungog, R. J., Tamanan, J. M., & Kim, C. H. (2021). The Assessment of Lifestyle Status among High School and College Students in Luzon, Philippines. *Journal of lifestyle medicine*, 11(2), 57.
- Flores, J. O. M., & Ruiz, J. M. V. (2021). Estilo de vida, un factor determinante en la salud de los Jóvenes Universitarios. *Revista Médica de la Universidad de Costa Rica*, 15(2), 100-104.
- Vaez, M., & Laflamme, L. (2003). Health behaviors, self-rated health, and quality of life: a study among first-year Swedish university students. *Journal of American college health*, 51(4), 156-162.
- Bhoge, A., Pande, N., Radke, U., & Jain, H. “ASSESSMENT OF LIFESTYLE OF POST GRADUATE STUDENTS AND ITS EFFECT ON THEIR HEALTH IN VIDARBHA REGION: A QUESTIONNAIRE STUDY”.
- Hanawi, S. A., Saat, N. Z. M., Zulkafly, M., Hazlenah, H., Taibukahn, N. H., Yoganathan, D., ... & Low, F. J. (2020). Impact of a Healthy Lifestyle on the Psychological Well-being of University Students. *International Journal of Pharmaceutical Research & Allied Sciences*, 9(2).
- Abu-Moghli, F. A., Khalaf, I. A., & Barghoti, F. F. (2010). The influence of a health education programme on healthy lifestyles and practices among university students. *International Journal of Nursing Practice*, 16(1), 35-42.
- Jeong, G. C., & Joo, G. H. (2019). Influence of health promoting lifestyle on subjective well-being in college students: Mediating effect of mental health. *Journal of the Korea Convergence Society*, 10(8), 227-235.
- Mackay, R. (2005). The impact of family structure and family change on child outcomes: A personal reading of the research literature. *Social Policy Journal of New Zealand*, 24(4), 111-133.
- Nicholas, K. J., Soptich, K. M., Tyson, A., Perry, G. H., Abraham, S. P., & Gillum, D. R. (2018). Relationships effecting college students’ perception of family influence impacting their health and lifestyle. *TEACH Journal of Christian Education*, 12(2), 7.

- Barros, C., & Sacau-Fontenla, A. (2021). New insights on the mediating role of emotional intelligence and social support on university students' mental health during COVID-19 pandemic: Gender matters. *International journal of environmental research and public health*, 18(24), 12935.
- Hsu, W., Chiang, C., & Yang, S. (2014). The effect of individual factors on health behaviors among college students: the mediating effects of eHealth literacy. *Journal of medical Internet research*, 16(12), e287.
- Li, B., Pan, Y., Liu, G., Chen, W., Lu, J., & Li, X. (2020). Perceived social support and self-esteem mediate the relationship between childhood maltreatment and psychosocial flourishing in Chinese undergraduate students. *Children and Youth Services Review*, 117, 105303.
- Cheng, H., & Furnham, A. (2004). Perceived parental rearing style, self-esteem and self-criticism as predictors of happiness. *Journal of happiness studies*, 5, 1-21.
- Abia, E. M., Hasbullah, M., & Daud, M. N. (2022). Relationships between Parental Attachment, Peer Attachment and Stress among School-going Adolescents in Akwa Ibom State Nigeria. *International Journal of Academic Research in Business and Social Sciences*, 12(1), 2127-2137.
- Turner, H. A., Shattuck, A., Finkelhor, D., & Hamby, S. (2017). Effects of poly-victimization on adolescent social support, self-concept, and psychological distress. *Journal of interpersonal violence*, 32(5), 755-780.
- Von Ah, D., Ebert, S., Ngamvitroj, A., Park, N., & Kang, D. H. (2004). Predictors of health behaviours in college students. *Journal of advanced nursing*, 48(5), 463-474.
- Von Ah, D., & Kang, D. H. (2003). Predictors of health behaviors in college students. *Journal of the Alabama Academy of Science*, 74(2), 114-115.
- Bennasar-Veny, M., Yañez, A. M., Pericas, J., Ballester, L., Fernandez-Dominguez, J. C., Tauler, P., & Aguilo, A. (2020). Cluster analysis of health-related lifestyles in university students. *International journal of environmental research and public health*, 17(5), 1776.
- Seo, E. J., Ahn, J. A., Hayman, L. L., & Kim, C. J. (2018). The association between perceived stress and quality of life in university students: the parallel mediating role of depressive symptoms and health-promoting behaviors. *Asian nursing research*, 12(3), 190-196.
- Kwan, M. Y., Arbour-Nicitopoulos, K. P., Duku, E., & Faulkner, G. (2016). Patterns of multiple health risk-behaviours in university students and their association with mental health: application of latent class analysis. *Health promotion and chronic disease prevention in Canada: research, policy and practice*, 36(8), 163.

- Nicholas, K. J., Soptich, K. M., Tyson, A., Abraham, S. P., Perry, G., & Gillum, D. R. (2018). College students' perception of family influence impacting their health and lifestyle. *TEACH Journal of Christian Education*, 12(1), 10.
- Karatekin, C., & Ahluwalia, R. (2020). Effects of adverse childhood experiences, stress, and social support on the health of college students. *Journal of interpersonal violence*, 35(1-2), 150-172.
- Wendy. (2021) . A study on the psychological characteristics and educational mechanism of music and art college students: Based on a ten-year big data analysis of the mental health of a music college. *Psychology monthly* (20) , 52-55. Doi: 10.19738/J. CNKI. October 14,2021.
- Li Yan Li Huarong 2020, *Journal of Music and art college students psychological stress empirical research*
- Li Man. (2011) . The relationship between locus of control, interpersonal relationships and subjective well-being in music majors (master's thesis, Liaoning Normal University) .
- Fan Yan. (2013) . A correlative study on the relationship between body image and self-efficacy of college students majoring in music. *TVU technology* (02) , 65-67. Doi: Cnki: Sun: ddlg. 0.2013-02-027.
- Emperor Houshao of Han. (2012) . A study on the relationship among self-efficacy, trait anxiety and coping style of college students majoring in music performance. *Journal of Shenyang University (social science edition)*(03) , 108-110. Doi: Cnki: Sun: syxx.0.2012-03-034.
- Lynn Chen. (2011) . The preliminary construction of the scale of learning self-efficacy for music majors. *Proceedings of the 4th Symposium of the Association of Chinese Musicians' Association of Music Psychology* (pp. 18-27) . .
- May. (2008) . Psychological characteristics of music and art students and its intervention research—a report on the psychological characteristics of Shanghai Conservatory of Music students. *Proceedings of the third symposium of the Chinese Musicians' Association of Musical Psychology* (pp. 416-427) .
- Zhang Yang & Wang Yong-hui. (2022) . The cause and intervention of music performance anxiety. *Journal of Nanjing University of the Arts (music and performance)*(05) , 55-61. Doi: Cnki: Sun: NJBY.0.2022-05-010.
- Zhang Chunyan, Li Fanfan & Zhang Huzhen. (2015) . An analysis of the mental health problems of art majors in universities and the educational countermeasures —— a case study of Nanguang College of Communication University of China. *Media and education* (02) , 137-139. Doi: Cnki: Sun: cmjy. 0.2015-02-039.

- Wang xinci. (2020) . The present situation and development of psychological health education of contemporary art college students are analyzed. *Farm staff* (15) , 159. Doi: Cnki: Sun: NJCM. 0.2020-15-144.
- Li Jinpeng. (2023) . Research on mental health education of art college students. *Intelligence*, 96-99. Doi: Cnki: Sun: caiz.0.2023-17-025.
- PEI Ling-yin. (2022) . Investigation and analysis of psychological status of art college students under the background of sudden public health events —— taking covid-19 as an example. *Psychology monthly* (24) , 209-211 + 226. Doi: 10.19738/J. CNKI. Psy.2022.24.066.
- wisdom. (2022) . Analysis of psychological problems and coping strategies of students from “Incomplete families” in art colleges. *Teachers* (12) , 6-8. Doi: Cnki: Sun: jaos 0.2022-12-002.
- Wu Lingjuan. (2018) . A probe into the employment psychology of college students majoring in music. *Contemporary music* (09) , 41-43. Doi: Cnki: Sun: ddmu.0.2018-09-020.
- it's broken. (2008) . The analysis of the psychological characteristics of music college students and the problems existing in the psychological health education. *Grand Stage (bimonthly)*(05) , 81-82. Doi: Cnki: Sun: DWTS. 0.2008-05-039.
- Feng Yun. (2008) . A study on the relationship between personality types and mental health of music majors (master's thesis, Northeast Normal University) .
- Lu Jiapeli. (2022) . Some thoughts on the development of mental health education for college students after “00” in art colleges. *Successful*, 50-51. Doi: Cnki: Sun: CHCA. 0.2022-17-024.
- Chen xumei. (2021) . The relationship between the psychological health of art students and their dependence on mobile phone (master's thesis, Southwest University) .
- Wong so-king. (2023) . Exploration of innovative approaches to psychological health education of college students in media art. *Chinese Journal of Multimedia and web-based teaching (first ten days)*(03) , 78-81. Doi: Cnki: Sun: JMNT. 0.2023-03-019.
- Zhang Shuangshuang. (2021) . The present situation and educational countermeasures of the positive psychological quality of art students in local colleges and universities. *Journal of the China University of Petroleum Victory College* (01) , 69-73. Doi: Cnki: Sun: Slys. 0.2021-01-016.
- Yuan Yi (2018) . An analysis of the mental health education of college students in music and art colleges. *Journal of Huainan Polytechnic Institute* (01) , 94-96. Doi: Cnki: Sun: HNZJ. 0.2018-01-038.

- Li Jinpeng. (2023) . Research on mental health education of art college students. *Intelligence*, 96-99. Doi: Cnki: Sun: caiz.0.2023-17-025.
- Qian Yuanyuan, Tang Feng, Zhou Xu, Huang Lingling, & Zhang Yucan. (2020). Investigation and Research on Lifestyle and Psychological Conditions of College Students. *Science and Education Wenhui* (14), 3.
- Xu Xia. (2021). Investigation and Analysis of the Current Situation of College Students' Healthy Lifestyle. *Journal of Wuyi University*, 40(9), 68-72.
- Liu Jiandong. (2006). The impact of college students' behavior on their mental health. *Chinese School Medicine*, 20(6), 2.
- Liu Liu, & Tang Xu. (2005). The relationship between mental health and physical exercise of college students in my country (a review). *Anhui Sports Science and Technology*, 26(2), 3.
- Wu Yan. (2012). Lifestyle and physical and mental health of college students. *Journal of Lanzhou Institute of Education*, 28(6), 2.
- Zhao Dongmei, & Shi Xiaoqiong. (2019). The impact of college students' healthy lifestyle on mental health: A multi-layered analysis of the role of dormitory interpersonal relationships. Abstracts of the 22nd National Psychology Conference.
- Li Hui. (2015). Research on the promotion of sports lifestyle on the mental health of college students in Hebei Province. Analysis of the factors affecting the physical exercise of college students' mental health. *Journal of North China Institute of Aerospace Engineering*, 25(3), 3.
- Fang Ling. (2008). Investigation and Research on Life Behavior Habits and Mental Health of College Students in Anhui Province. *Journal of Anqing Normal University: Natural Science Edition*, 14(4), 4.
- Sun Zhubing, Wang Zhenyi. (2014). Research on the relationship between lifestyle and mental sub-health of college students in Guizhou Province. *Journal of Nanjing Institute of Physical Education: Natural Science Edition*, 13(5), 6.
- Yin Junyi, Yu Yue, & Song Xiangqin. (2010). Correlative research on lifestyle and mental health of college students. *China Sports Science and Technology* (3), 6.
- Qiu Yuan. (2004). A preliminary study on the relationship between physical exercise and mental health of college students. *Journal of Beijing Sport University*, 27(12), 3.

- Zhang Xinyu, Chen Jihua, Wu Jingtao, & Hu Jun. (2022). Research on the Correlation between Mental Health and Lifestyle of College Students in Sichuan Province. *Contemporary Sports Science and Technology*, 12(9), 5.
- Han Xinsheng, & Wu Jia. (2018). The impact mechanism of college students' sleep quality on psychological well-being: the mediating role of anxiety. *Journal of Anyang Normal University* (6), 3.
- Jiang Liping, & Wu Yin. (2009). Research on the relationship between lifestyle and mental health of college students in Shanghai. *Journal of Tianjin Institute of Physical Education* (4), 3.
- Jin Jinhua. (2017). Research on College Students' Mental Health and Lifestyle. *Modern State-owned Enterprise Research* (4), 1.
- Gao Yajie. (2017). Discussion on the relationship between college students' lifestyle and mental health. *Journal of Jinan Vocational College* (1), 3.
- Hou Haiyan, & Tan Qunlin. (2011). Research on Sports Lifestyle and Mental Health of Higher Vocational College Students. *Shandong Sports Science and Technology*, 33(6), 4.
- Li Fenghua, & Jia Shushen. (2011). The establishment of a multi-factor structural model of college students' lifestyle and health. *Journal of Beijing Sport University*, 34(6), 4.
- Jiang Liping. Correlative research on lifestyle and mental health of female college students in Shanghai. (Doctoral dissertation, East China Normal University).