

Psychological Analysis of the Solitary Youth's Concealment from the Perspective of Kelly's Individual Constructivism

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Abstract: From the perspective of Kelly's theory of individual construction, this paper analyzes the secret psychology of youth living alone, using questionnaire survey methods to analyze the current situation, reasons, and positive influence of secrets among youth living alone, and take an objective view of youth choosing to live alone.

1. Introduction

According to the Report on the Development of China's Floating Population 2018 released by the National Health Commission, the size of China's floating population in 2017 was 244.5 million, accounting for about 17.6 percent of the total population, equivalent to one in six people is a floating population. In other words, more and more young people leave their parents and struggle alone because of various problems such as employment or the realization of personal value. 25 In 2018, there were more than 200 million single adults in China and more than 77 million living alone. In 2020, "single family households" in China exceeded 100 million, accounting for more than 25 percent, of which urban youth living alone are the main component, and the number continues to grow, and the fourth wave of singles in China also swept. Regarding the definition of youth age. There was no consensus in academia. In 2017, the State Council issued the Medium-term and Long-term Youth Development Plan (2016-2025). The defined age range of Chinese youth is from 14 to 35, but this paper considers that youth living alone are working. And with increasing average life expectancy and more reemployment, this paper considers the age range of youth living alone should be 18-39 years old. It mainly refers to a certain degree of education, working in the big city, self-esteem, self-confidence, a strong sense of independence, leaving your parents and your relatives, Young people who live alone; And include both divorced and married, But the people who still live alone^[1-8].

2. Kelly's theory of individual construction

Kelly is a pioneer of personality theory in the cognitive school. He innovatively proposed personal constructionism. The discussion of personality began with his hypothesis of human nature. The basic hypothesis of individual constructionism is that the process of individual information processing is guided by his expectation of events. He believes that expectation is the psychological force that drives and pulls in the personality structure, and that the future and not the past is guiding people. At the same time, Kelly's individual construction theory emphasizes people's active and cognitive

construction of their own subjective world. The differences between individuals are reflected in the different categories and numbers of the constructs they use, and the complexity of the construction system is also different.

Kelly believes that the main method a person uses to anticipate events is personal construction. He believes that everyone has his own unique personal construction. If people can constantly incorporate complex information about experience into personal construction, they must constantly review and adjust the existing constructs. Kelly pointed out that the difference in behavior is mainly derived from the difference in how people construct the world. One construction is an idea, an experience, and a miniature "scientific theory" that people use to control events and predict the future.

3. Tibetan secrets and current analysis of youth living alone

3.1 The definition of hidden secrets

Margolis first argued that Tibet had deliberately refused to give others information about individuals^[9]. Larson and Chastain argue that self-concealment is a tendency to actively conceal distressing or negative personal information from others^[10]. Friedlander believes that self-concealment is a personality variable, a personality tendency of an individual to actively conceal what he considers painful^[11]. Duan Jinyun and others also think that hidden secret is a tendency to hide information personality traits (self hidden trait), but also can be a specific situation to hide some information from others behavior (hidden secret behavior), these information can be about yourself, also can be the individual master others or organization not self related information^[12]. Therefore, in this study, self-concealment is the psychological tendency of an individual to actively conceal personal information self-considered negative or painful from others^[10]. Self-concealment has three aspects: the tendency to keep your own secrets; not sharing the secrets of personal pain or negative thoughts about yourself; and the fear of leaking concealed personal information.

3.2 Analysis of the current situation of Tibetan secret psychology among young people living alone

3.2.1 Subjects

In order to investigate the current situation of Tibetan secret psychology in the youth living alone, snowball sampling was used to select the eligible subjects for the questionnaire survey. 34 invalid questionnaires were eliminated and 433 valid questionnaires were obtained, with an effective rate of 92.7%. The mean age was 28.32 ± 3.087 years (age range 18-40 years), with 266 males (61.44%) and 167 females (38.56%), respectively. The details are shown in Table 1.

3.2.2 Status quo analysis

In this study, the self-concealment scale (Self-concealment scale (SCS)^[10]The scale contains 10 items, with five points scored (1= completely no, 2= very few, 3= sometimes, 4= frequent, 5= always). The higher the score indicates that the deeper the degree of self-concealment. The collected questionnaires were sorted out, and the invalid data such as invalid questionnaires were excluded. The descriptive statistics and correlation analysis of the data were performed using SPSS 26.0.

Table 1: Demographic distribution of the participants (N=433)

demographic variables	class	frequency	percentage (%)
Do you live alone?	Live alone	78	18
	joint rent	355	82
sex	man	266	61.4
	woman	167	38.6
Is it an only child not	yes	27	6.2
	deny	406	93.8
marital status	unmarried	329	76
	married	103	23.8
	dissociaton	1	0.2
highest education	High school and below	48	11.1
	junior college	198	45.7
	undergraduate course	175	40.4
	Master	11	2.5
Living alone or sharing rent together	doctor	1	0.2
	0-3 Years	89	20.6
	3-5 Years	218	50.3
	More than 5 years	126	29.1
Working years	0-3 Years	37	8.5
	3-5 Years	143	33
	More than 5 years	253	58.4
age class	18-25	75	17.3
	25-33	343	79.2
	33-39	15	3.5
amount to		433	

The survey results showed that the independent sample t-test for self-concealment on gender, sharing or one person living, and whether they was an only child, as shown in Table 2. The results found that: (1) the level of self-concealment is higher for men than women in gender, but the difference is not significant; (2) the difference in sharing or one person living, the degree of self-concealment is significantly higher than one person living; (3) the difference in whether the only child is significant, and the degree of non-only child concealment is significantly higher than that of the only child.

Table 2: Self-concealment in sex, a person living or sharing, whether the only child difference test

	demographic variables	N	M±SD	t	p
Self concealment	man	266	3.31±0.56	1.348	0.178
	woman	167	3.23±0.62		
	Live alone	78	2.67±0.78	-8.198	0.000
	joint rent	355	3.41±0.43		
	the only child	27	2.62±0.89	-4.049	0.000
	non-only child	406	3.32±0.53		

Table 3: Self-concealment test of differences in marital status, age, highest education level, length of work, and length of living alone

	Demographic variables	N	M±SD	F	P
Self concealment	Unmarried	329	3.31±0.56	3.144	0.044
	Married	103	3.16±0.65		
	Dissociaton	1	2.80±0.00		
	18-25 Years old	75	3.05±0.74	8.342	0.000
	25-33 Years old	343	3.33±0.54		
	33-40 Years old	15	3.09±0.54		
	High school and below	48	3.19±0.79	4.751	0.001
	Junior college	198	3.40±0.53		
	Undergraduate course	175	3.19±0.54		
	Master	11	2.99±0.79		
	Doctor	1	2.30±0.00	18.893	0.000
	Work for 0-3 years	37	2.74±0.76		
	Work for 3-5 years	143	3.35±0.61		
	Work for more than 5 years	253	3.31±0.50	22.465	0.000
	Live alone for 0-3 years	89	3.03±0.70		
	Live alone for 3-5 years	218	3.45±0.34		
	Living alone for more than 5 years	126	3.15±0.72		

The marital status (unmarried, married, divorced), age level (18-25,25-33,33-40), the highest degree (high school and below, college, undergraduate, master, doctor), working years (0-3 years, 3-5 years, 5 years) and living alone (0-3 years, 3-5 years, 5 years), as shown in Table 3. It was found that self-concealment varied significantly in marital status, age, highest education, work and time living alone. In terms of the case of marital status, unmarried people are more self-concealed than married ones; In the age group, self-concealment scores were significantly higher between ages 25 – 33 than between ages 18 – 25 and 33 – 40, the degree of individual concealment presents the phenomenon of rising first and then falling first; At the academic level, the highest junior college-level self-concealment score, with the improvement of academic level, the degree of individual concealment has decreased; Both 3-5 years of work and living alone were 3-5 years of self-concealment scores were higher than 3 or more years, that is, after working or living alone for a certain period of time, individuals hide more than when just at work or living alone, while as time working and living alone increases, the degree of individual concealment has decreased again, but when compared to the 0-to 3-year time stage, individual self-concealment scores were also higher for more than 5 years.

4. The psychology of the hidden secrets

4.1 The causes of the emergence of Tibetan secrets

Compared with high school students and college students, young people living alone have work and have income, and are more mature and stable with increasing work experience and life experience, and combined with the development of The Times, women enjoy the same level of education and job requirements to face difficulties and setbacks independently. Women also take more responsibilities, which may be the reason.

Caring for one's reputation is one of the social motivations for Tibetan secrets in the study by McDonald et al^[13]. Individuals may worry that their hidden secrets are related to undesirable or stereotypical identities that can damage their reputation in the eyes of others, and thus they may hide such behavior. For example, individuals strategically avoid behaviors that may imply that they belong to an undesirable social group^[14]. At the same time, the desire to maintain interpersonal relationship, fear of negative evaluation, avoid other opposition and other concerns about interpersonal communication may encourage people to have self-hide motivation^[15]. Compared with the condition of a person living, the tenant may have a limited economic level, a rising career, an improved job skills and interpersonal relationship, and a higher degree of self-concealment.

Moreover, the belonging needs of individuals is also an important social motivation^[16], The need for belonging causes individuals to avoid rejection, and therefore concerns about belonging may prompt self-concealment. One reason why people often keep secret acts that they believe violate norms or are unusual, may be the fear of being excluded after being discovered, thus hindering the acquisition of a sense of belonging^[12]. Compared with the non-only child, the parents of the only child may have more energy and time to accompany them, and the relationship between the parent-child may be silent, and the only child may be closer to the parents, and the degree of self-concealment is lower. At the same time, married compared with unmarried, a more home, more home, more company, self-concealment is lower than unmarried.

In addition, the Buchholz's demand theory points out that solitude is a developmental need that helps individuals to perceive and regulate their own negative emotions^[17]To meet the desire to develop their own sense of independence and autonomy^[18]. Young people living alone actively choose to live alone and hide negative events, which can not only maintain a good self-image, but also promote the harmony and stability of interpersonal relations^[19-20]. Therefore, youth living alone have a higher degree of self-concealment at age 25-33 years, working for 3-5 years, and living alone for 3-5 years, compared with other stages. In this stage, young people are in the rise of their career, and active solitude can meet the advanced needs of self-growth, self-recovery, independent thinking, and discovery and creation, and this result also supports the self-determination theory^[21].

4.2 The positive influence of the Tibetan secrets

4.2.1 Investigate and check the individual construct system, and objectively understand the self and others

Kelly's individual construction theory emphasizes people's active and cognitive construction of their own subjective world, so people will actively hide some negative information and avoid negative comments from others^[22]In as to protect their social image and relationship with others, get good interpersonal relationship and others positive evaluation of themselves^[23]. In addition, the hidden secrets at the beginning of the communication can sometimes increase the personal appeal because of the mystery^[24].

4.2.2 Adjust the construct system, learn to think differently, and change the cognition

Differences in behavior mainly arise from the difference in the way people construct the world. When touched on the inner secrets and do not want to reveal it, a common solution is a white lie, that is, a prosocial lie. It is often goodwill, a lie that benefits others at little or no cost, such as preventing others from feeling hurt or embarrassed^[25], Or to help others financially^[26]. In addition, Tibetan secrets can also promote the creation and consolidation of member group identity, draw a clear line between internal personnel and external personnel, and increase the sense of identity of organization members to group identity^[27]. For example, the common acts of hiding secrets produce collective emotional experiences that help to promote the formation of highly cohesive small groups, and individuals can actively hide and freely develop their interaction and work content^[28].

4.2.3 Build up confidence and construct a strong self

The differences between individuals are reflected in the different categories and number of the constructs they use, and the different complexity of the construction system. Object relationship theory (Object-relations Theory) also points out that when individuals are actively alone, they can talk with their inner self to relieve negative emotions such as anxiety and tension^[29]. This also shows that people living alone will reshape themselves and improve themselves^[8], Take better control of your life^[30].

5. Conclusion

Hidden secrets is a common social psychology. With the growth of age and experience, youth living alone are more and more comfortable in their work and life. Kelly's individual construction theory helps us to break the traditional concept and analyze the secret psychology of youth living alone. The secret is not necessarily negative, and what individuals experience is not necessarily lonely and helpless. With the development of the new era and the trend of individualization, we should change our perspective and mentality. We should adopt an inclusive attitude towards the group of youth living alone. We should objectively look at the reasons why young people choose to live alone and why the young people living alone hide their secrets.

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