Self-Concept, Depression, and Negative Peer Interactions: Exploring the Social and Psychological Health of College Students

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Abstract

This exploratory self-report study examined the links between self-concept, psychological health, and negative peer interactions during college. Participants were 97 college students aged 18-22, who completed a survey that included measures of self-concept, depression, social support, self-esteem, and negative peer interactions. The findings indicate that negative peer interactions are significantly related to lower self-concept and increased depression, suggesting that students who experience more negative peer interactions may be at higher risk for developing mental health issues. These results have implications for educators and counselors who work with college students and highlight the importance of addressing negative peer interactions to promote psychological health.

Rationale

Self-concept, psychological health, and negative peer interactions are integral to the social and psychological health of college students. Understanding these factors is crucial for developing effective interventions and support systems. This study aims to explore the relationships between self-concept, depression, and negative peer interactions during this critical period.

Method

Participants were 97 college students aged 18-22, who completed the survey. The sample was diverse in terms of gender, ethnicity, and academic major. Participants were recruited through a snowball sampling method.

Results

The findings indicated that negative peer interactions are significantly related to lower self-concept and increased depression. Students who experience more negative peer interactions may be at higher risk for developing mental health issues. These results have implications for educators and counselors who work with college students and highlight the importance of addressing negative peer interactions to promote psychological health.

Discussion

The present study attempts to show how the self-concept, psychological health, and negative peer interactions are interrelated and how they affect the psychological health of college students. Future research could explore the mechanisms underlying these relationships and develop more effective interventions to support college students.

References


