

**The Relationship between Undergraduates' Life Events and Mental Health:  
Mediating Effect of Resilience**

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*Abstract: The university period is critical for the development of individual physical and mental development, and it is of great significance to pay attention to the mental health of undergraduates. When undergraduates in the face of life pressure, whether they can react to achieve a good adaptation or not, have a direct impact on their mental health status. This study use a questionnaire survey to investigate 220 undergraduates in Beijing Forestry University on the relationship between life events and mental health of, and to explore the mediating effect of resilience between life events and mental health. The results show that life events of undergraduates have significant negative predictive effect on the general mental health, and the resilience plays a part of mediating role.*

*Keywords: life events, resilience, general mental health, mediating effect.*

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## **1. INTRODUCTION**

The university period is the important turning point in life, institutions of higher learning of undergraduates are a special group, is the key to the adolescent mental maturity stage, the stage of undergraduates is facing a lot of confusion and challenges. Era, with the constant progress of the society and the development of undergraduates can also constantly improve their own quality, good undergraduates need to master rich knowledge and technology, not only have more social experience, more important is to have good psychological quality and mental health, in the face of various pressure, can actively adjust their mentality, optimistic and good adaptation, easy to solve the various problems brought by the life events.

Undergraduates need to deal with all kinds of pressure in their daily life, which mainly comes from the life events of undergraduates. Life events are the sum of all kinds of stimulation in daily life, including study, life, work, friendship, health adjustment and so on. Life events can

affect the individual way of thinking and ways to deal with problems, make the individual emotions have a negative impact, undergraduates' physical and mental development is not mature enough, and various aspects of ability is not enough perfect. Mishandling of life events can cause all kinds of problems, not only affect the study, life and work, even can produce a series of psychological problems, which influence the development of individual life[1]. Resilience can increase the individual's ability to resist pressure, improve individual psychological quality, in the protection of individual mental health play an important role in the process. Daily life events are uncontrollable, but the psychological impact brought by the life events can intervene, by raising the level of individual resilience, strengthen individual compressive ability, enhance one's ability to deal with difficult situations, regulating the bad psychological reaction caused by life events, enhance individual self-efficacy, and improve the level of individual mental health.

On the basis of summarizing the previous research, this study put forward the following hypothesis: there is a significant relationship between undergraduates' life events and mental health, and resilience plays a mediation role between them, From the view of practice, to strengthen undergraduates' compressive ability and problem solving ability, improve the psychological quality of undergraduates, as well as for the school, family, provide effective basis for undergraduates' mental health education.

## **2. BACKGROUND AND HYPOTHESES**

### **2.1 Life Events**

Life events are closely related to our lives, and individuals face various social life situations and events in their lives. In 1976, Holmes and Rahe proposed that "life events refer to the major changes in life that enable individuals to activate corresponding psychological resources to adapt to social life situations and events" [1]. Brown and Birley argue that "life events are events that can trigger a major change in the mood of most people and affect the lifestyle and health of individuals"[2]. Foreign researchers have argued that "life events that occurred in the life of the easy to cause the majority of the emotional disorders, and involves risk, health and lifestyle of significant change, or involve significant successes and failures of events"[3]. Domestic scholar Liang believed that "life events are the life changes that can cause a strong psychological (mainly emotional) reaction, acute occurrence and short-term end of life" [4].

Researcher Chen used 721 engineering undergraduates as subjects, investigated and the relationship between the mental health of undergraduates and life events, the results showed that: compared with the same age group norm, undergraduates are more likely to have mental health problems, and life events are the main factor lead to undergraduates' mental health problems; In addition, the grade difference is more apparent, psychological health problems mainly appear in the second and third grade, this requires targeted psychological health education, pay more attention to the influence of life events on mental health[5]. Some scholars used 468 undergraduates as subjects, to investigate the study of undergraduates the relationship between negative life events and mental health, it is found that undergraduates' life events in

each dimension, the two dimensions of learning pressure and interpersonal relationship most affect undergraduates' mental health [6]. That is to say, the undergraduates' daily life by learning pressure and interpersonal communication, it brought a lot of pressure to the undergraduates' psychological, prone to negative emotions, and further affect the individual interpersonal, a vicious cycle, prone to mental health problems. In other words, undergraduates' negative life events can trigger anxiety, and the individual coping style plays an mediating role. It can be seen that life events are the major stressors for undergraduates. When life events occur, individuals cannot actively and effectively respond to them, which can cause negative emotions and affect their physical and mental health.

## **2.2 Resilience**

On resilience of the direction of the research is a relatively new, the researchers from different Angle, to the different definitions of resilience, can be roughly summed up in three kinds of orientation: "trait theory" and "results" and the "researcher". The viewpoint of "trait theory" regards resilience as a stable personality trait. Masten believes that resilience is an ability that enables individuals to recover from difficult situations [7]. "Consequentialism" regards resilience as the result of an individual overcoming adversity. According to the theory of "the process theory", resilience is the dynamic process of interaction between individuals and the surrounding environment. Resilience "researcher" thought has the possibility of changing ascension, resilience has the dynamic characteristics of the development, people can use the negative response of the resilience to life events for effective intervention, the perspective of a more comprehensive reflected the nature of resilience. To sum up, resilience refers to the dynamic process where individuals can successfully cope with adversity or stress environment and achieve good adaptation.

Resilience is a new research field in psychology, and it is of great significance to study the resilience to focus on the positive development of individuals. Researcher Li waiting for senior students anxiety depression and the relationship between resilience and investigation and study, the results showed that the resilience to anxiety and depression was significantly negative related, resilience high levels of the students' anxiety and depression symptoms lighter, high three students face enormous pressure of college entrance examination, the psychology become more sensitive to mishandling of life events, easy to produce more of the negative emotions, and the resilience to protect the students' mental health, that is to say, resilience can alleviate negative moods to the negative impact of individual mental health [8].

Domestic researchers Chen & Wang study of adolescents after the earthquake survivors, the results show that social support can improve the level of individual resilience, to reduce symptoms of post-traumatic stress disorder (PTSD), good social support is beneficial to promote the development of individual resilience, make the individual more strong in the face of adversity, enhance one's ability to overcome adversity [9]. Thus, resilience is the protective factor of individual mental health, and it is of positive significance for the treatment of post-traumatic stress disorder. Werner & Smith in Hawaii for children to study the relationship between mental health and resilience, can still be found in adverse environment healthy growth

of children's resilience level is higher, resilience can protect children's mental health development[10].

### **2.3 Mental Health**

Psychology has always been concerned with the research of mental health. Mental health is closely related to the life of every one of us, and it is of great significance to pay attention to mental health. The UN's world health organization (WHO) is defined as follows: under the mental health by mental health refers to individuals without mental illness, the personality is perfect, can better adapt to society, to a certain objective conditions to display the individual psychological potential to the best state [11]. In 1985, the concise British encyclopedia that mental health is refers to the individual psychological within itself and the environment conditions permit can achieve the best condition, but it is not absolutely perfect state [12].

Research on psychological health and mental health evaluation requires a judgment standard of mental health, for mental health evaluation. However, it is no accurate, easy to measure index. From the perspective of individuals researchers often adapt to the environment, in view of the level of the individual self consciousness, emotion regulation ability, social intercourse ability, environmental adaptability, frustration tolerance and other aspects to evaluate a person's mental health. The United Nations world health organization (WHO) puts forward seven criteria for mental health: normal intelligence; Good at coordinating and controlling emotions; Have strong will and quality; Harmonious interpersonal relationship; Able to adapt and improve the real environment; Maintain integrity and health of the personality; Psychological behavior accords with age characteristics [13]. Based on the above viewpoints, the standard of mental health of undergraduates can be summarized as: normal intelligence; Integrity of personality; Self-evaluation is appropriate; Strong emotional regulation ability; Good social adaptation; Harmonious interpersonal relationship; the learning motivation is clear. For mental health standards is relative, to judge a person's mental health level and to comprehensively consider the past and present state of body and mind, with a dynamic view of the development of their mental health development, the development of science and predict its mental health conditions.

The psychological health of undergraduates is influenced by many factors, including genetic factors, environmental factors, subjective factors and life events. Genetic influences on undergraduates' mental health is difficult to control, because individual genetic and physiological factors, there are some innate physical defects, personality defects, such as some life to disability, some problems such as insecurity, prone to psychological stress, physical, psychological quality is not strong enough, psychological vulnerability, inner capacity is small, easily defeated by negative emotions, produce low self-esteem, anxiety, harmful to their mental health, affect the normal development of the individual. Individual mental health is influenced not only by internal genetic factors, but also by external factors such as environmental factors. After entering the university campus, undergraduates' interpersonal communication began to become more extensive and complex, want to in the short term to establish a good and harmonious interpersonal relations, is not easy, it need to handle a lot of communication skills,

however, undergraduates lack of social experience, experience in dealing with people and also is relatively small, easy to appear all sorts of problems, brings to the undergraduates' psychological pressure. In 2005, Mao et al. used 579 undergraduates as subjects, measuring the interpersonal trust and psychological health, the results show that the interpersonal trust of undergraduates was associated with a significant mental health, interpersonal trust of undergraduates will produce important influence on mental health [14]. Therefore, the establishment of interpersonal relationship is very important to individual life, school education should pay more attention to the cultivation of undergraduates' interpersonal communication ability, can add on the subject, teach students to communicate with people skills, improve the students' ability to communicate with people, actively guide undergraduates to establish good relationships with others. Family is the basic unit of society, family atmosphere, family structure, parenting style and education concept will have important influence on children's growth. In 2003, Chen used 2246 high school students in Kunming, the questionnaire survey to the results of the study found that parents upbringing can significantly affect a child's mental health, mental health status of children growing up democratic parenting will be better [15]. This is for the enlightenment of family education, parents in the process of education child should pay attention to the child's psychological health education, to give their children more care and support, adopt the way of science education of children, learn to communicate with children, pay attention to the child's inner world, let yourself into the child's friends.

The mental health of a person is not only influenced by various factors of the objective environment, but also has important connections with the subjective factors of the individual. Individual's self-consciousness, personality characteristics, coping style, outlook on life and values, as well as cognitive attitude, will have a certain impact on the individual's mental health. In 2004 Ye on the relationship between the undergraduates' coping style and mental health research found that different ways of undergraduates' psychological health level will produce different effects, positive coping styles can promote undergraduates' mental health [16]. Therefore, undergraduates should pay attention to personality development problems in life and keep positive and optimistic attitude, set up the correct outlook on life, values, form a good way of thinking and behavior, improve the ability of self-regulation, learn to deal with negative life events and negative mood, make oneself healthy growth. Life events is closely related to the mental health of undergraduates, life event is the most direct factors that affect undergraduates' mental health, but not affect undergraduates' mental health life event itself, but the individual's perception of life events, evaluation, and coping styles. Chen for engineering undergraduates' psychological health and life events, it is found that undergraduates' mental health problems than their peers, and life events is one of the important factors lead to undergraduates' mental problems [17].

Mental health is an important field of psychology, and the study of mental health is closely related to our life, and the research on mental health has never stopped. In 2007, some scholars studied the relationship between life events and mental health of undergraduates, as well as the

role of cognitive emotion regulation strategies between the two, it was found that undergraduates was significantly associated with life events and mental health, cognitive emotion regulation strategies play a regulatory role between them[18]. Researchers Huang & Liu waited for life events and the relationship between undergraduates' suicide ideation and research, it was found that the incidence of undergraduates' suicide ideation is higher than before the entrance, the entrance condition of psychological health of undergraduates is lower than before enrollment, after entering the university after the adolescent psychological pressure is significantly higher than the entrance, in the life events of six dimensions, interpersonal relationships, learning stress, and loss of the three dimension is the main dimension affecting undergraduates' suicidal ideation, undergraduates' life events and anxiety, and depression has a significant correlation between them[18]. That is to say, undergraduates' life events bring about more psychological pressure, while undergraduates' psychological endurance is not high, which tends to produce negative emotions and even choose light students.

This study selected the adolescent life events scale, "adolescent mental resilience scale" and "general fitness scale integration for the undergraduates' mental health questionnaire, through the questionnaire investigation of undergraduates' life events and mental health, the relationship between the general and to investigate the resilience to play mediating effect between life events and mental health.

The research hypotheses are as follows:

H1: There is a significant correlation between undergraduates' life events and general mental health, and undergraduates' life events have a significant negative predictive effect on general mental health.

H2: Resilience is the intermediate variable between undergraduates' life events and general mental health.

### **3. METHOD**

#### **3.1 Sample selection and data collection**

This study uses panel data for research, in the form of random sampling, selecting Beijing forestry university undergraduates' to carry on the questionnaire survey, questionnaire 220, weed out the wrong answer, there is a clear answer and lack of the data of questionnaire, recycling effective questionnaire 199, recovery rate was 90.45%.

#### **3.2 Measures**

Life Event Scale. This study adopts the adolescent life event scale compiled by Liu in 1987. The scale structure of the content by the might of adolescent mental health impact of negative life events, scale including interpersonal relationships, learning pressure, punishment, loss, health and other these six dimensions, scale with level 5 score, the higher the score shows that the greater the pressure source of individuals. The scale is suitable for measuring the frequency and intensity of life events of middle school students and undergraduates. The Cronbach of the scale is 0.875, the internal consistency coefficient is 0.85, and the semi-reliability is 0.88. In

this study, the Cronbach alpha coefficient of the scale was 0.913, which met the requirements of the measurement and had a good reliability.

**Resilience Scale.** This study selected the adolescent mental resilience scale (Connor-Davidson resilience scale, CD - RISC), is due to the Taiwan incense cedar and zhang translation revision, a total of 25 items of the scale, the three dimensions including tenacity, strength and optimism. The tenacity dimension is used to describe the individual town's character, sensitivity, durability, and control in the face of difficulties and challenges, including 13 topics. The strength dimension mainly reflects the recovery ability of individuals after trauma, including 8 topics. The optimistic dimension mainly reflects the individual's positive attitude towards things, and maintains an optimistic and promising quality, including four topics. The scale was rated at level 5, and the higher the score, the higher the resilience. The reliability coefficient (Cronbach alpha) of the scale was 0.89, and the retest reliability was 0.87. In this study, the Cronbach alpha coefficient of the scale was 0.916, which met the requirements of the measurement and had a good reliability.

**General Health Questionnaire.** This study selects the GHQ-20 (General Health Questionnaire), a former Goldberg, by Dr Li Hong education institute, tsinghua university and others after revision. A total of 20 items of the scale, including three subscales: the self-esteem scale and anxiety and depression scale. Self-affirmation subscales back scoring, the three subscales scores get general health score, the higher the score, suggests that individual's physical and mental health level is lower. In this study the scale of the Cronbach alpha is 0.685, the reliability coefficient is low, the reason may be that the sample range, small size.

The selected subjects were given a comprehensive questionnaire for the test, and the valid questionnaire was filtered after the questionnaire was collected. The effective data of the questionnaire was recorded into SPSS19.0 and AMOS21.0 for data analysis, and the reliability and validity of the questionnaire were analyzed. Descriptive statistics, correlation test and variance test of valid data were conducted to analyze the influence of demographic variables in the study and analyze the mediating effect of resilience through regression equation. Arrange the results, verify the hypothesis and draw the conclusion.

## **4 RESULTS**

### **4.1 Reliability**

Reliability analysis results as shown in table 1, the results show that adolescent life events scale of internal consistency reliability coefficient is 0.913, resilience scale of internal consistency reliability coefficient is 0.916, general health questionnaire of internal consistency reliability coefficient of 0.685.

Table1. the internal consistency reliability and semi-reliability analysis results

Table	Amount	Number	Cronbach's Alpha	Part-table	Member	Cronbach's Alpha
Life events table	n=199	27	0.913	Ralationships	5	0.756
				Study	5	0.603
				pressure	5	0.603
				Punishment	7	0.887
				Lost	3	0.692
				Health fit	4	0.445
Resilience	n=199	25	0.916	Others	4	0.633
				Stronthness	13	0.853
				Powerness	8	0.807
				Positiveness	4	0.502
General health	n=199	20	0.685	Selftrust	9	0.688
				Sadness	6	0.503
				Anxiety	5	0.703

#### 4.2 Validity

Validity of measurement tools can be the result of the real situation, the measurement results and the investigation content is consistent, the validity of the higher, the validity is usually can be divided into criterion related validity, idea validity, internal validity and external validity. Idea validity can reflect each observation index of correlation under the same measurement variables, and the correlation of each observation indexes under different observation variable, in social science research, the conception of validity index is very important. The theoretical framework of this study based on the previous theory, puts forward the assumption which was founded on the previous research conclusions, this research adopts the research tool is according to the maturity scale revised in previous research, this study use AMOS21.0 confirmatory factor analysis was carried out on the scale.

Table 2. results of confirmatory factor analysis of life events, resilience, general health (n=199)

Table	$\chi^2$	df	$\chi^2/df$	TLI	RFI	NFI	IFI	CFI	RMSEA
Life events	115.762***	151	2.65	0.918	0.871	0.900	0.932	0.941	0.074
Resilience	286.183**	231	1.793	0.764	0.828	0.802	0.900	0.902	0.059
General health	566.546*	168	3.372	0.857	0.845	0.902	0.925	0.829	0.065

\* $p < 0.05$ ; \*\* $p < 0.01$ ; \*\*\* $p < 0.001$ 

In this study, we used the method of "square" /df, RFI, TLI, NFI, IFI, CFI and RMSEA index as the model index, and determined the fitting standard of each index is: "square" /df is less than or equal to 5; RFI, TLI, NFI, IFI and CFI are greater than 0.90. RMSEA is less than 0.08, and the closer to 0, the better. By table 4-5, according to the results of test card party life events scale model namely  $\chi^2/df = 2.65 < 5$ , test card party mental resilience scale model namely  $\chi^2/df = 1.793 < 5$ , general health scale model of card square test namely  $\chi^2/df = 3.372 < 5$ , three scale model of the  $\chi^2/df$  are less than 5, so the model fitting degree is better. The TLI, NFI, IFI and CFI indexes of the life event scale model are all around 0.9, and RMSEA=0.074<0.08, so the fitting degree of the life event scale model is very good.

The IFI and CFI indexes of the resilience scale model were all above 0.9, and the RFI and NFI indexes were close to 0.09 and RMSEA=0.059<0.08. Therefore, the fitting degree of the resilience scale model was better. The NFI and IFI indexes of the general health scale model were above 0.9, and the indexes of TLI, CFI and RFI were all around 0.8, and RMSEA=0.065<0.08, so the fitting degree of the general health scale model was good. To sum up, the fitting degree of the three scale models is better.

### 4.3 Mediating Effect of Resilience

In this study, we took the independent variable x as the life event, the dependent variable Y was the general mental health, and the intermediate variable M was the mental resilience, and the mediation effect was tested in spss19.0. The first step was to use regression analysis to investigate whether life events were significantly predictive of general mental health. First, the psychological toughness and the life events of the independent variables were centralized. Based on the independent variables of life events and general mental health as the dependent variable, linear regression analysis was performed using the entry method, and the results showed that the model reached a significant level (t=-4.166,p<0.001). F=17.356, p<0.001), which showed that there was a significant linear relationship between life events and general mental health (a), and life events could significantly predict general mental health.

Table 3. life events are predictive of general mental health

Factor	B	F	$\beta$	t
Life events	-0.059	17.356***	-0.285	-4.166***

In the third step, after the introduction of psychological toughness as a mediating variable, the impact of life events on general mental health was significant. To general mental health as the dependent variable, the first layer to control variables (age, gender, grade) into the regression equation, the second for independent life events resilience and the mediation variables into the regression equation, with access to the method for regression analysis, the results are as follows:

Table 4. the mediating effect of resilience in predicting the general mental health of life events

Level		B	$\beta$	t	F	R <sup>2</sup>	Adopt R <sup>2</sup>
Step 1							
Control factor	Age	0.175	0.046	0.589	2.449*	0.053	0.031
	Gender	3.098	0.230	3.514			
	Grade	0.181	0.031	0.425			
Step 2							
Self-factor	Life events	-0.058	-0.283	-3.982***	11.462***	0.283	0.259
Mediating factor	Resilience	0.117	0.393	5.956***			

The results show that the demographic variables on the dependent variable of general mental health forecast effect is not significant, mediating variable resilience to the dependent variable of mental health in general has significantly positive prediction function (t = 5.956, p<0.001), the coefficient b is remarkable. Life events of independent variables have a significantly negative predictive effect on the general mental health of dependent variables (t=-3.982, p<0.001), i.e., c 'coefficient is significant. According to the equation of the mediating effect,

resilience is a mediating variable, which plays a role in the prediction of the general mental health of the dependent variable.

## **5. DISCUSSION AND ENLIGHTENMENT**

### **5.1 Discussion**

In this study refer to borrow on the basis of related literature at home and abroad, to determine the concept of undergraduates' life events and mental health, and on the relevant maturity scale at home and abroad were reviewed and confirmatory factor analysis, integrated into a questionnaire, using the method of questionnaire survey and empirical research, the relationship between life events and mental health for undergraduates, and probes into the resilience as a intervening variable, between undergraduates' life events and mental health of mediating role, after strict hypothesized and verify the hypothesis, using the method of regression analysis, the mediating effect analysis, the result of get the following several aspects:

(1)There is a significant correlation between undergraduates' life events and general mental health, undergraduates' life events and resilience, and resilience and general mental health of undergraduates. Regression analysis showed that in all dimensions of life event, learning pressure, interpersonal relationship, health and other dimensions of the four general mental health for undergraduates has significant negative predictive, the reason may be that the implementation of quality education, school education, family education is rarely used in punishment; In addition, undergraduates are less likely to suffer from loss of events during this age, so the loss of factors has no significant effect on undergraduates' mental health. However, the impact of life events on general mental health depends not only on the frequency and intensity of life events, but also on the level of individual resilience. School education in guiding undergraduates to improve their own quality, to actively guide students to stimulate their own potential, strengthen the psychological regulation ability, improve the undergraduates' resilience, and thus promote the development of their mental health[19].

(2)The loss of juvenile life events and the punishment factors are not significant for the general mental health status of undergraduates. Reason may be that, the loss factor is mainly reflect individual experience in friends and family and property loss event, and undergraduates in this age is less suffer loss events such as family died[20], even if a similar incident, mostly are dealt with by their parents, therefore, the loss factor of undergraduates' general mental health does not produce significant effect; Along with the social civilization progress, on the other hand, the popularization of quality education, people's education idea change, the school education more attention to actively guide students, attach importance to strengthen the students' mental health education, rarely use the way of punishment, in the process of education, therefore, punishment factor, there is no significant influence on undergraduates' general mental health status.

(3)Interpersonal relationship, health adjustment, learning pressure and other factors in adolescent life events have a significant predictive effect on the general mental health status of

undergraduates. Interpersonal factors mainly reflect some negative interpersonal events that individuals experience in life, which can have important influence on individual emotions, life, study and work. Undergraduates in a critical period of physical and mental development and social adaptation, is in the transition period from immaturity to maturity, the desire for recognition and respect from others, hope to establish a good and harmonious interpersonal relationship with others, negative interpersonal events will directly affect the condition of psychological health of undergraduates. When the individual is entered into another new environment by the familiar environment, it will cause problems such as adaptation difficulties, thus showing a series of adverse psychological reactions, affecting individual mental health. School, family education should pay attention to follow the rules of undergraduates' physical and mental development, to guide undergraduates to deal with interpersonal communication, emotional adjustment, to adapt to environment and health problems, guide undergraduates to set reasonable goals, and enhance students' self-efficacy, compressive ability, improve the ability to cope with difficult and resilience in adversity, promote the development of psychological health of undergraduates.

(4) Resilience plays a mediating role between undergraduates' life events and mental health. Undergraduates is the main task of the study, academic status may affect the future career development prospects, academic and employment pressure is very big, need to stimulate strong psychological potential, enhance their psychological quality in response to these pressures. Resilience is the positive psychological potential of individuals to cope with external stimuli. Therefore, resilience is of great significance to undergraduates' mental health. In the university stage, proper study of psychological counseling can stimulate the individual potential, make it present a positive mental state, improve the individual's anti-pressure ability, and thus improve their mental health level. Other factors mainly reflects the individual family economy, such as family conflicts experienced by some important stress events, the happening of this kind of life events have a chance, but the range is wide, influence is big, therefore, such events will produce important influence on development of individual mental health. A high level of resilience can enhance individual compressive ability, improve the individual's ability to deal with all kinds of negative life events, make the individual actively overcome adversity and difficulties, and promote the development of individual mental health. School education course to join the development of resilience, guide students to stimulate their own potential, continuously improve the level of resilience, undergraduates' psychological problems and to prevent and reduce the generation of bad behavior, enhance the level of undergraduates' mental health, so as to promote the positive development of undergraduates [21].

## **5.2 Enlightenment**

Due to the geographical limitations of the sampling, the sample is not representative enough and the sample size is small, which will have a certain effect on the research results. Restricted by research methods and personal abilities, the exploration of the internal mechanism of life events, resilience and general mental health is not thorough enough. The research method is single. This paper only adopts the questionnaire survey method, and the results of the

questionnaire survey may be influenced by the social desirability and the measured environment.

According to the conclusions and shortcomings of this study, combined with the existing research results and actual needs in management practice, there are still many problems that need to be further explored and solved:

The scale used in this study was the adolescent life event scale, the resilience scale and the general health scale. The adolescent life events scale and the mental resilience scale using 5 point scoring method, and the general health questionnaire using 2 point scoring method, in order to guarantee the results more rigor, may be revised to use in future studies to explore other related scale or the self-made scale, try to keep subscales score in the same way, make research results more rigorous science. In addition, the scale was revised to eliminate the uncertainty caused by cultural differences at home and abroad. This study confirmed that the gender, age, educational background, grade and other demographic variables on undergraduates' life events, generally there is no significant difference between mental health and resilience, also due to the small sample size, lack of broadly representative sample, so the results may exist some unreasonable places. In view of the regional economy, cultural differences and the influence of different groups, it is possible to distinguish between different groups and regions in the future. This study confirms that undergraduates' life events have a significant negative predictive effect on mental health, and resilience plays a part in the relationship between undergraduates' life events and mental health. In the future, it is necessary to further discuss and study the inner mechanism of the life events, resilience and mental health of undergraduates.

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