

Analysis and Countermeasures of College Students' Value Orientation Education and Mental Health Education from the Perspective of traditional Chinese Medicine Constitution

Xiaoxu Wang[†], Chang Liu[†], Yufan Zhang, Wenzheng Wu, Yuxiao Tian, Mengsitong Li, Dongsheng Zhao, Pan Zhao, Peizheng Yan*

Shandong University of Traditional Chinese Medicine, Jinan, Shandong Province, China

* Corresponding Author

[†]These authors have contributed equally to this work and share first authorship

Abstract.: The value orientation and mental health education of contemporary college students is an important link for colleges and universities to implement the fundamental task of Building Morality and cultivating people. In order to understand the value orientation and mental health status of college students and put forward corresponding countermeasures, this paper uses the traditional Chinese medicine system scale and map personality test to carry out a questionnaire survey on Shandong universities such as Shandong University, Shandong Normal University and Shandong University of traditional Chinese medicine to explore the correlation between traditional Chinese medicine constitution and mental quality. The results show that in addition to the peaceful quality, the top three in the biased constitution types are damp heat quality, Qi deficiency quality and yang deficiency quality. Most of them are not sociable, less Qi and lazy words, and irritable, which is related to the inherent factors of College Students' physique and the loss of support after the day. From the perspective of TCM Constitution, this paper analyzes the value orientation and mental health status of contemporary college students, and applies TCM constitution theory to college students' value orientation and mental health education, so as to promote the innovative development of psychological intervention in Colleges and universities.

Keywords: College students; TCM Constitution; Value orientation; mental health.

1. Introduction

The 19th CPC National Congress pointed out, "Core socialist values are the embodiment of the spirit of contemporary China, and embody the values shared by all the people. We should focus on cultivating new people of the time who will shoulder the task of national rejuvenation. "Colleges and universities should always put value education in the first place and always pay attention to the value orientation and psychological quality of college students. Value orientation refers to the basic value position and attitude held by the subject's own values when facing or dealing with various contradictions, conflicts and relationships, as well as the basic value orientation reflected[1]. Firm and clear value orientation is also a sign to judge the level of a person's psychological quality. Colleges and universities shoulder the important task of training talents of the motherland, but also an important position and platform to cultivate socialist core values.

The theory system of traditional Chinese medicine contains the ancient simple materialism and dialectic thought, which is not only humanistic and philosophical, but also the organic unity of medical skill, medical ethics, medical science and medical ethics[2]. It is of profound significance to the cultivation of contemporary college students and the ideological source of the value orientation education of college students in the new era. The constitution of traditional Chinese medicine is an objective phenomenon of life, which exists in the course of individual life, is based on innate inheritance and acquired, and is a comprehensive and relatively stable trait manifested by morphology, physiological function, psychological state and other aspects. At present, it is an important means to improve the ideological education in colleges and universities to deeply understand the inner connection between the value orientation and psychological quality of college students from multiple dimensions, and to apply the theory of TCM constitution to the guidance of the value orientation and

psychological health of college students. Therefore, this study takes college students as the breakthrough point, discusses the value orientation framework of contemporary college students, analyzes the correlation between physique and mental health problems of college students, and discusses the intervention of TCM physique theory in mental health problems.

2. The survey design

2.1 The conceptual meaning of value orientation

Value orientation is the general trend of value change reflected by the value subject in the process of activity, that is, the individual's tendency to choose social value and self-value. With the rapid development of China's economy and society, the value orientation of college students is becoming more and more diversified. In view of the present situation and development trend of the value orientation of contemporary college students, we should find out a new way of thinking suitable for them to establish the correct value orientation. The real significance of studying the value orientation of college students lies in the effective influence of the integration education of traditional Chinese medicine ideological culture and college value orientation on the mental health of college students through multi-path and multi-angle.

2.2 Value orientation and mental health issues

In his speech on the social value orientation of Socialism with Chinese Characteristics for a New Era, President Xi Jinping proposed to creatively develop traditional culture, organically combine traditional culture with the new era, and set up the correct value orientation for the youth and college students in the new era. Since then, the value orientation and mental health of college students have gradually become the focus of hot social debate.

With the rapid development of social science, technology and economy, and the constant change of social values, the value orientation and mental health of college students also present a diversified trend of change. In addition to the complex social and personal problems in the process of growing up, contemporary college students also have to face the family, emotion, study, school and other aspects of psychological pressure, so it is particularly important for colleges and universities to pay real-time attention to the value orientation and mental health of college students and effective education.

2.3 Analysis of the current situation of value orientation and psychological quality

Contemporary college students are the successors of socialism, and the value orientation of youth largely determines the value orientation of the future society [3]. On the whole, the value orientation of contemporary college students develops in a good direction, but also has the characteristics of diversification and individuation [4-5]. But there are still a few students' value orientation is not right, there is psychological extreme phenomenon, students utilitarian, extreme, nihilism is more serious. They are mostly affected by their family background and growing environment, and lack of social experience, which makes them unable to view and solve problems comprehensively and objectively. In recent years, more and more college students drop out of school and leave school due to mental health problems, college students' suicide, crime and other adverse events level [6]. Through literature review, we learned that the mental health problems of college students can be roughly divided into two categories: one is that the psychological problems of college students account for about 25% of the total number; The other is the psychological disorders caused by the total number of about 8%. At the same time, WHO also announced that about 20 percent of college students suffer from psychological problems, and the suicide rate among their peers is two to four times.

At the historical intersection of the "two centenary Goals", a new generation of college students is bound to shoulder an arduous historical mission. The formation of value orientation is not overnight, colleges and universities should gradually guide students to internalize their values in mind and externalize them in practice. At the same time, it is necessary to establish the correct concept of mental

health education, actively change the concept of work, carry out theoretical innovation and system innovation, and explore the value orientation and new mode of mental health education suitable for the psychological characteristics and growth needs of contemporary college students [7].

3. Organization and implementation of the investigation

3.1 Objects and Methods

3.1.1 Objects

From January 2021 to February 2021, cluster sampling method was adopted to select students from Shandong University, Shandong Normal University, Shandong University of Traditional Chinese Medicine and other universities in Shandong province as the survey objects. A total of 70 copies of constitution questionnaire[8-9] and occupational personality questionnaire were collected in this survey (all 70 cases of constitution questionnaire were correct, 4 copies of MAP occupational personality questionnaire were invalid and 3 copies had logical errors), with an effective rate of 90%.

3.1.2 Methods

The standardized TCM system scale with good performance was used to conduct the questionnaire survey. The questionnaire was filled in by self-evaluation method, which had good reliability and validity.

3.1.3 Statistical processing

SPSS22.0 system software was used for statistical description, correlation and difference analysis.

3.2 Results

3.2.1 The general situation

Among the 63 valid subjects, 19 were male (30.16%) and 44 were female (69.84%). There were 21 students majoring in science and engineering (33.33%), 17 students majoring in medicine (26.98%), and 25 students majoring in other majors. There were 50 freshmen and sophomores (79.37%) and 13 juniors and seniors (20.63%), as shown in Table 1.

Table 1. Basic information of respondents

Indicators	Groups	Cases	Constituent ratio (%)
Gender	Males	19	30.16
	Female	44	69.84
Profession	Science and engineering	21	33.33
	Medicine	17	26.98
Grade	Freshman and sophomore	50	79.37
	Senior year	13	20.63

3.2.2 Type of Traditional Chinese medicine constitution of university students

Among the 63 effective samples, 22 cases (34.92%) had gentle quality, 7 cases (11.11%) had Qi deficiency quality, 3 cases (4.76%) had Qi Yu quality, 7 cases (11.11%) had Damp-heat quality, 1 case (1.59%) had Phlegm quality, 15 cases (23.81%) had Yang deficiency quality, 5 cases (7.94%) had Yin deficiency quality. 3 cases of blood stasis quality (4.76%). The top four constitution types are: peaceful quality, Yang deficiency quality, Damp-heat quality and Qi deficiency quality, as shown in Figure 1.

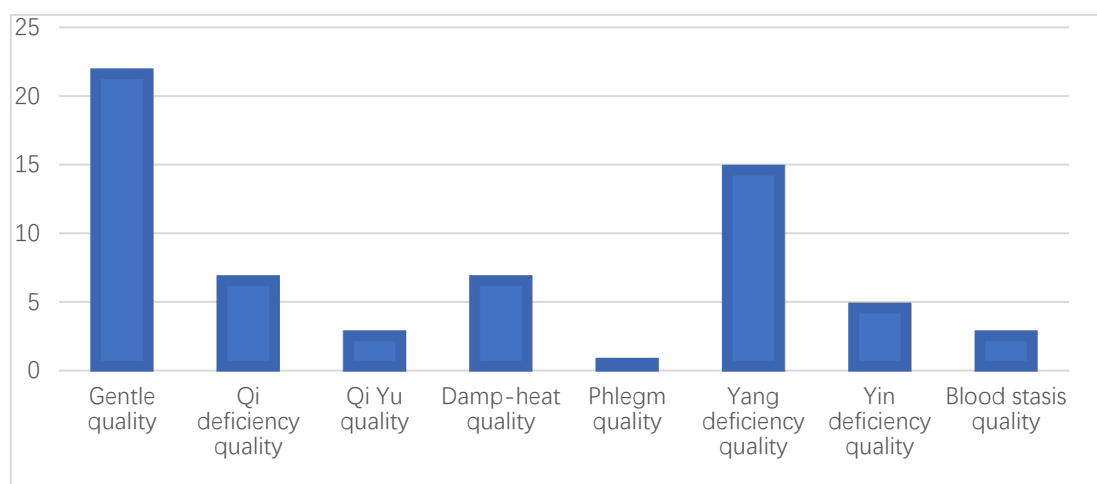


Figure 1. Distribution of TCM constitution types

3.2.3 The regional distribution of mental health index of different TCM constitution types

The mental health index scores measured by MAP occupational personality test were as follows: the proportion of gentle quality, Qi deficiency quality, Yang deficiency quality, Yin deficiency quality and Damp-hot quality was high in the 80-70 segment; The proportion of phlegm quality above 80 was very small, mainly concentrated in the 80-70 section. The proportion of blood stasis above 80 was the largest in all constitutions. The proportion of Qi depression score below 70 was large, and the mental health index was low.

3.2.4 Univariate analysis

3.2.4.1 Linear correlation analysis of competency potential of different TCM constitution types

The current situation of college students' value orientation and mental health is the result of multiple factors. Through the investigation of TCM constitution and occupational personality test, taking the dimensions of competency potential as the dependent variable and the type score corresponding to TCM constitution as the independent variable, linear regression was made to further explore the internal relationship between the dimensions of occupational personality and TCM constitution. When R^2 is greater than 0.1, there is a strong correlation between dependent variables and independent variables; otherwise, the correlation is weak.

Table 2. R^2 values of linear correlation of competency potential of different TCM constitution types

	Achievement orientation	Responsibility	Stress tolerance	Flexible adaptability	Team collaboration	Interpersonal communication
Gentle quality	0.038	0.002	0.030	0.002	0.007	0.015
Qi deficiency quality	0.199	0.008	0.246	0.472	0.042	0.037
Yang deficiency quality	0.003	0.093	0.053	0.081	0.034	0.015
Yin deficiency quality	0.558	0.000	0.630	0.145	0.003	0.031
Phlegm quality	0.926	0.273	0.929	0.681	0.217	0.043
Damp-heat quality	0.046	0.079	0.132	0.005	0.016	0.011
blood stasis quality	0.126	0.344	0.001	0.380	0.016	0.438
Qi Yu quality	0.033	0.181	0.189	0.006	0.012	0.335

Through the analysis of 63 college students' competency potential scores of different types of TCM constitution, it can be seen from the results that: the explanation degree of gentle quality to each dimension is generally low; Qi-deficiency has a high explanatory degree for achievement orientation, pressure tolerance and flexible application. The explanation degree of Yang deficiency quality to each

dimension is low; Yin deficiency quality has a high explanatory degree for achievement orientation, pressure tolerance and flexible adaptation. Phlegm quality has a high explanatory degree for achievement orientation, responsibility, pressure tolerance, flexibility and teamwork. The moisture and heat have a high explanatory degree for pressure bearing. Blood stasis has a high explanatory degree for achievement orientation, responsibility, flexible adaptation and interpersonal communication. Qi Yu quality has a higher explanatory degree for responsibility, stress tolerance and interpersonal communication, as shown in Table 2.

3.2.4.2 Linear correlation analysis of mental health indexes of different TCM constitution types

Through the analysis of the score of mental health index of 63 college students with different types of TCM constitution, it can be seen that: the explanation degree of gentle quality to mental health index is generally low; The quality of Qi deficiency quality has a high explanatory degree to positive optimism, self-knowledge and adaptive ability. Yang deficiency quality has a high explanatory degree to self-knowledge. Yin deficiency quality has a high degree of explanation for positive, optimistic and adaptive ability. Phlegm quality has high explanatory degree to positive optimism, self-knowledge and adaptability. Damp-heat quality has a relatively high explanatory degree to positive optimism; Blood stasis has a high degree of explanation for self-knowledge, adaptability and interpersonal communication. Qi depression quality has a high explanatory degree for positive optimism, self-knowledge and interpersonal communication, from which it can be seen that mental health indicators of contemporary college students with various physical conditions all perform well in positive and optimistic dimensions, as shown in Table 3.

Table 3. Linear correlation R^2 values of mental health indicators of different TCM constitution types

	Positive & Optimistic	Self-knowledge	Adaptability	Interpersonal communication
Gentle quality	0.017	0.000	0.011	0.045
Qi deficiency quality	0.331	0.106	0.379	0.060
Yang deficiency quality	0.070	0.135	0.030	0.071
Yin deficiency quality	0.489	0.022	0.514	0.021
Phlegm quality	0.818	0.601	0.941	0.004
Damp-heat quality	0.213	0.000	0.029	0.009
blood stasis quality	0.044	0.404	0.198	0.471
Qi Yu quality	0.110	0.161	0.016	0.275

3.2.5 Linear correlation analysis of MAP three dimensions of different TCM constitution types

With each small dimension in the three dimensions of MAP as the dependent variable and the score of the corresponding type of TCM constitution as the independent variable, linear regression was conducted to explore the internal relationship between each dimension of occupational personality and TCM constitution. When R^2 is greater than 0.1, it indicates that the dependent variable has a strong correlation with the independent variable; otherwise, the correlation is weak.

Through the analysis of the score of thinking tendency (M) of 63 college students with different types of TCM constitution, it can be seen that: Gentle quality has a higher explanatory degree for prospective and data-oriented; The quality of Qi deficiency quality has a high explanatory degree to all dimensions of M's thinking tendency. The explanation degree of Yang deficiency quality to M thinking tendency is low. Yin deficiency quality has a high explanatory degree for innovation, prospective, theoretical thinking and questioning. Phlegm quality has a high explanatory degree for prospective, theoretical thinking, questioning and attention to detail. Damp-heat quality has a high explanatory degree for practicality; Blood stasis has a high explanatory degree for prospective, data-oriented, practical and detail-oriented. Qi-depression quality has a high explanatory degree for innovation, theoretical thinking, questioning, and attention to detail, as shown in Table 4.

Table 4. Thinking tendency of different TCM constitution types (M) R² values of linear correlation

	Creativity	Prospective	Theoretical thinking	Query	Data orientation	Practicality	Attention to details
Gentle quality	0.012	0.106	0.007	0.003	0.145	0.013	0.004
Qi deficiency quality	0.537	0.136	0.121	0.345	0.625	0.120	0.196
Yang deficiency quality	0.000	0.025	0.075	0.032	0.021	0.006	0.062
Yin deficiency quality	0.239	0.615	0.264	0.169	0.089	0.033	0.001
Phlegm quality	0.063	0.615	0.569	0.258	0.066	0.059	0.903
Damp-heat quality	0.049	0.032	0.093	0.009	0.007	0.127	0.010
Blood stasis quality	0.028	0.207	0.099	0.009	0.648	0.143	0.454
Qi Yu quality	0.122	0.069	0.473	0.357	0.077	0.003	0.115

By analyzing the scores of attitude and motivation of 63 college students with different types of TCM constitution (A), it can be seen that: gentle quality have a high degree of explanation for decisiveness; The quality of Qi deficiency quality has a high explanatory degree to emotional stability, optimism, tenacity, achievement motivation, competitiveness and decisiveness. Yang deficiency quality has a high degree of explanation for conscientiousness; Yin deficiency quality has a high degree of explanation for emotional stability, optimism, tenacity, discipline, initiative, achievement motivation and competitiveness. Besides initiative and competitive spirit, Phlegm quality has high explanatory degree. Damp-heat quality have a high degree of explanation for emotional stability, optimism, tenacity and achievement motivation. The blood stasis quality has a high explanatory degree except the regularity, initiative and decisiveness. Qi Yu quality has a high degree of explanation for optimism, tenacity, conscientiousness and initiative, as shown in Table 5.

Table 5. Attitude and motivation of different TCM constitution types (A) R² values of linear correlation

	Emotionally stable	Optimism	Robustness	Accountability	Regularity	Proactiveness	Achievement motivation	Emulous	Introspection	Decisiveness
Gentle quality	0.028	0.033	0.086	0.024	0.081	0.020	0.084	0.006	0.007	0.199
Qi deficiency quality	0.374	0.252	0.229	0.042	0.006	0.042	0.246	0.134	0.010	0.210
Yang deficiency quality	0.070	0.037	0.006	0.136	0.041	0.050	0.009	0.028	0.000	0.029
Yin deficiency quality	0.106	0.322	0.699	0.000	0.291	0.148	0.259	0.271	0.036	0.000
Phlegm quality	0.175	0.793	0.845	0.655	0.328	0.016	0.782	0.016	0.207	0.446
Damp-heat quality	0.283	0.167	0.130	0.096	0.039	0.015	0.209	0.005	0.005	0.000
Blood stasis quality	0.111	0.126	0.257	0.326	0.042	0.012	0.105	0.125	0.102	0.029
Qi Yu quality	0.043	0.126	0.116	0.125	0.077	0.246	0.000	0.037	0.001	0.007

By analyzing the scores of interpersonal characteristics (P) of 63 college students with different types of TCM constitution, it can be seen that: gentle quality has a low explanatory degree to interpersonal characteristics of each dimension; The quality of Qi deficiency quality has a high explanatory degree to social confidence, helping tendency, dominance and autonomy. Yang

deficiency quality has a low explanatory degree to the dimensions of interpersonal characteristics. Yin deficiency quality has a high degree of explanation for interpersonal sensitivity. Phlegm quality has a high explanatory degree to interpersonal sensitivity, helping tendency and dominance. Humid heat is highly explanatory for persuasion; Blood stasis quality has a high explanatory degree except interpersonal sensitivity, helping tendency and dominance. Qi Yu quality has a high degree of explanation for social confidence, agreeableness, interpersonal sensitivity and autonomy, as shown in Table 6.

Table 6. Interpersonal characteristics of different TCM constitution types (P) R^2 values of linear correlation

	Social confidence	Gregariousness	Interpersonal sensitivity	Helping tendency	Dominance	Persuasion	Autonomy
Gentle quality	0.095	0.000	0.001	0.033	0.000	0.028	0.036
Qi deficiency quality	0.101	0.011	0.000	0.125	0.315	0.013	0.120
Yang deficiency quality	0.044	0.063	0.068	0.005	0.038	0.027	0.031
Yin deficiency quality	0.007	0.091	0.143	0.033	0.001	0.008	0.095
Phlegm quality	0.040	0.036	0.926	0.214	0.662	0.008	0.007
Damp-heat quality	0.001	0.032	0.009	0.093	0.029	0.295	0.005
blood stasis quality	0.659	0.181	0.049	0.044	0.060	0.388	0.115
Qi Yu quality	0.118	0.666	0.175	0.005	0.001	0.060	0.193

4. Discussion

4.1 Analysis on the value orientation and psychological quality of college students from the perspective of TCM constitution

Constitution of TCM is formed on the basis of inheritance and availability, which is manifested in physiological structure, psychological quality and health status[22], and the relationship between disease and health can be understood from the perspective of individual differences in human life, so constitution can be objectively classified. Physical fitness is the essence of physical health and an indispensable part of correcting biased constitution [13]. Physical fitness has dynamic variability, so it can be intervened and adjusted later.

Value orientation and mental health are inseparable. Mental health is the basic premise, objective performance and external index of mental quality. Constitution is the carrier of psychological quality, and college students with different constitutions have different psychological endurance when facing difficulties. The results show that peaceful students have more peaceful and cheerful personality, and they can timely adjust their mentality, maintain physical and mental health, stand firm and have correct values. However, students with biased quality have weak psychological endurance, and are prone to tension, restlessness, depression and other negative emotions, which leads to distortion of values.

Compared with college students of other physical types, students with Qi-deficiency quality are mainly manifested as dislike of social interaction[14], over-self value judgment, they are usually indifference to people and lack of interest in things, etc. Continuously for a long time hence, they may have mental health symptoms such as interpersonal sensitivity. The reason is mainly due to the lack of healthy qi in the body. Qi is the extremely fine material of the human body[15] and an

important source of energy for life activities. When the qi inside the body is weak, the exogenous evil will take advantage of the invasion, because the body can not resist exogenous evil, and appear weak, susceptible to cold, sweaty, dislike exercise. If it exceeds the normal control ability of human organs, it will consume Qi and blood of organs and aggravate Qi deficiency. Yang deficiency quality is a kind of physical state of deficiency of yang qi in human body, which is mainly manifested as white lips, chilliness and cold limbs, and tiredness. It is mainly due to the dysfunction of human viscera function or congenital deficiency of endowment, and is invaded by cold evil or overeats cold things later on, resulting in the deficiency of Yuan yang and the manifestation of Yang deficiency resulting in internal cold.

At the same time, the study found that in 'Lingshu · Tiannian' and 'Lingshu · Jueqi' believe that congenital genetic factors are the internal factors of the formation of damp-heat quality, and occupy a decisive position. 'Suwen · Baoming Holism' proposed: 'The human body must rely on the material conditions provided by the qi of heaven and earth to survive, and must adapt to the change law of yin and yang in four seasons to grow.' [16]. In addition to innate genetic factors, the formation of damp-heat quality is also affected by the natural environment and acquired lifestyles such as dietary habits, exercise and sleep time [17]. "Damp and hot not hustle, big tendons soft short, small tendons chi long, soft short arrest, chi long impotence", damp-hot quality characteristics are mostly shown as yellow and greasy moss, heavy body trapped, Yin qi cramps, limbs weakness, and skin prone to acne and acne. Psychologically, most of these students are irritable. They have quick thinking, distinct personality, the pursuit of emotional stimulation, novelty seeking psychology, fatigue to mainstream values, hot public opinion and so on are more attractive to them.

4.2 Using TCM constitution theory to intervene college students' mental health problems

From the perspective of traditional Chinese medicine, 'body' refers to the morphological structure, which is exposed to external and observable changes in the body, and can be used as a basis for diagnosis and treatment. And 'spirit' mainly refers to personality psychology, and dominates human physiology and psychological activities [10]. In order to better use TCM Constitution to intervene in the mental health of college students, most studies have shown that drugs, related treatment and conditioning methods can be used to guide college students to carry out daily health care in diet, living habits, sports and other aspects, so as to restore the normal operation of yin and yang, qi and blood in the body, and timely correct biased constitution.

First of all, college students adopt the method of 'distinguishing the body for treating disease', that is, according to their own 'body' changes, to choose appropriately acupuncture, massage, manipulation and traditional Chinese medicine prescription for treatment. For example, the regulation of damp-heat quality mostly follows the treatment of "Stabilize body pain and resist virus invasion in vitro". Jin qi [18] and others believed that the regulation of damp-heat quality should first focus on tranquilizing the damp pathogen in the body, and choose algofacient to relieve the internal latent fire. 'Suwen · Yin and Yang Yingxiang Dalun' pointed out that for the Yang deficiency constitution of the people's recuperation, first of all to warm the main treatment, that is, 'warming kidney-yang and nourishing renal yang to restrict excessive yin'. Prescriptions such as Jinkui Shenqi Pills for warming kidney-yang and Yupingfeng Powder for invigorating qi and enhancement of physical protection were selected. According to the severity of the disease, the ointment prepared after drug addition and subtraction was used for conditioning. At the same time, Zhang Jingyue in the Ming Dynasty pointed out in his "Jingyue Complete Book" [15] that eating too much raw cold tea every day led to the Viscera from yang to yin, so eating more sweet, warm and pungent products was an effective intervention for the acquired recuperation of students with yang deficiency constitution.

In addition, "health maintenance according to TCM constitutions" is also particularly important, which means that after the patient has identified their own physical fitness, through emotional adjustment, living habits, diet conditioning [11], exercise and fitness to keep health preserving. For example, Zhang Qingxiang [19] put forward: for people with damp-heat quality, traditional Chinese medicine intervention treatment is important, but also should pay attention to the maintenance and

prevention of daily living habits. Finally, after their condition is controlled, they should implement individualized [12] and targeted daily recuperation under the guidance of 'dialectical nursing'.

In summary, according to the results of the survey, the constitution theory has a certain explanation for mental health problems, indicating that it is feasible to intervene in college students' mental health from the perspective of TCM constitution, and the existing related research can explain its rationality. Therefore, the specific research on the intervention of TCM constitution theory on college students' mental health needs to be improved in the future. Focusing on the influence of constitution theory on college students' mental health, diet, massage and acupuncture are used to intervene and promote their physical condition to be better. At the same time, they are assisted by psychological intervention of traditional Chinese medicine and other methods [20-21] to conduct psychological counseling, so as to help college students out of difficulties, comprehensively improve the psychological quality of college students and promote the innovative development of the theory of constitution of traditional Chinese medicine in the psychological intervention of college students.

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Conflict of interest statement

The authors declare no conflict of interest.

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