

The Relationship and Mechanism between Residential Mobility and Sense of Meaning in Life

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Abstract

Residential mobility is becoming more and more frequent, which has become a social problem that can not be ignored by the government and academia. Although residential mobility promotes the cultural exchange and economic development between cities, it also has a far-reaching impact on the psychology and behavior of the floating population. Taking relational mobility as an index to measure the availability of social network in the inflow place, this paper examines the mechanism that relational mobility affects the willingness to live. The experience of the sense of meaning of life has an important influence on individual's physical and mental health. The increase of interpersonal communication opportunities does not necessarily lead to a more satisfactory feeling of life, which may involve the quality of interpersonal communication. At the same time, the establishment of the sense of meaning in life is related to all aspects of people's physical and mental development, affecting people's healthy growth, personality improvement, good adaptation to the society and the realization of their own value, and also promotes people's sense of happiness to a certain extent. At the same time, the establishment of the sense of meaning in life is related to all aspects of people's physical and mental development, affecting people's healthy growth, personality improvement, good adaptation to the society and the realization of their own value, and also promotes people's sense of happiness to a certain extent. This article starts with the changes in social environment caused by residential mobility, and summarizes its psychological impact. For adults, relocation makes the social environment unfamiliar, the group changes frequently, and affects mental health, interpersonal communication, self-concept, and group identity. Relational mobility has the greatest explanatory power on the willingness to live, and the higher the relational mobility, the weaker the willingness to live. Relationship mobility can not only directly affect the quality of life of modern people, but also affect the sense of meaning of life of modern people through social support, and then affect the quality of life.

Keywords

Residential Mobility; Sense of Meaning of Life; Happiness.

1. Introduction

Modern society is a society with highly developed scientific and technological civilization. People enjoy a highly developed material life, but their spiritual connotation and spiritual enrichment are not synchronized with the development of science and technology [1]. The experience of meaning in life may play a mediating role in the relationship between extraversion and life satisfaction. Although the relationship between life meaning seeking and extraversion and life satisfaction is not significant, it can regulate the relationship between life meaning experience and life satisfaction [2]. The sense of meaning of life is displayed in the degree of individual's sense of meaning and purpose, perception and feeling of his own life: when a person feels that his life has important meaning and purpose, the sense of value of self-identity will be improved. Only in the face of setbacks and difficulties in life can he endure and

find ways to overcome adversity and create a new situation. With urbanization entering a critical period of in-depth development, population mobility and migration will become the norm [3]. Therefore, individual subjective psychological factors and social ecological factors will also have an impact on the decision-making of residence mobility. With the deepening of the reform of household registration system and the deepening development of urbanization, the core issue in the process of population mobility and migration is how the migrating population views its new identity, how to adapt to the inflow place, and finally achieve the psychological integration of the inflow place [4]. Social support is one of the conditions to achieve psychological integration, and social identity is the basis of psychological integration. It is necessary to clarify the impact of residential mobility on well-being and its internal mechanism from the perspective of social risk. However, if theoretical research cannot give a positive answer to the sense of emptiness and life value, and help people to obtain a life full of meaning and value, then mental health education can only be superficial and cannot play its due role.

2. Urban Identity and Residential Mobility

2.1. Structural Characteristics of Residential Mobility

Residential mobility refers to the frequency with which individuals have changed their residences in the past. Existing studies have shown that residential mobility affects individuals' subjective well-being and interpersonal relationships [5]. The urban-rural income gap senior high school entrance examination registered residence in the developed city and the big city. The floating population in the high and large scale cities had a high willingness to transfer their household registration. The floating population who live in rural communities, unit communities, don't know their neighborhood status and live in free housing has a weak long-term floating intention. The population living in communities dominated by locals is the opposite. The household registration system has a certain influence on the floating population's willingness to live and flow, and has become the most important factor affecting people's willingness to live and flow [6]. On the other hand, improving the happiness of the floating population is not only conducive to the development and social adaptation of the floating individuals, but also is very important to the harmony of the floating population's family and even the stability of the country. However, the impact of residential mobility on environmental security may be different from personal security and property security, and residential mobility may have a positive impact on environmental security. Relationship mobility refers to an individual's view of the opportunities for group members to find new partners or establish new partnerships. It is an individual's perception of the difficulty of establishing new interpersonal relationships or getting rid of old interpersonal relationships. The change of living environment may lead to the change of life satisfaction. The perception of interpersonal mobility will also make people choose a more cautious attitude when making friends. People have the motivation to meet their belonging needs. The increase of interpersonal opportunities may be beneficial to the satisfaction of people's belonging needs. Residential mobility has an impact on psychological behavior. The first feature is defamiliarization. Relocation, breaking the original normal life, makes people enter strange life and experience trivial and complicated adaptation process. At the same time, it breaks the original interpersonal relationship, makes people enter unfamiliar social relationships, and feels lack of social support.

2.2. The Moderating Effect of Residential Mobility

Studies have shown that the length of local residence is one of the important factors affecting the willingness of residential mobility. The willingness of residential mobility does not entirely depend on relationship mobility and urban identity. This study speculates that the length of local residence may play a regulatory role in the impact of relationship mobility on residential

mobility willingness and urban identity [7]. Local residence time may regulate the influence of relationship mobility on urban identity. For individuals who have lived in the local area for a long time, the influence of relational mobility on urban identity may be stronger; for individuals who have lived in the local area for a short time, the social support they get is weaker, and they have not yet formed higher social capital, so the influence of relational mobility on urban identity may be weaker. However, individuals who have lived locally for a long time have completed the transition from the city identity of the place of emigration to the identity of the city of the inflow place, so the influence of city identity on the willingness to live and move is stronger. Figure 1 is a hypothetical model diagram of the role of local residence time in the relationship between residence mobility.

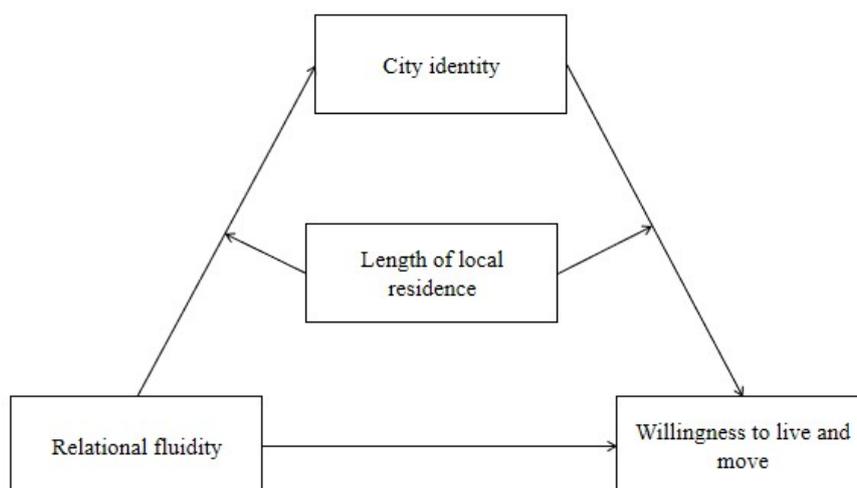


Figure 1. Hypothetical model of the role of local residence duration in residential mobility relationship

Mobility is not the individual level but the construction of ecological level, which reflects the availability of relationship choices in the social environment. It can be reflected in different levels of individuals, groups, cities, countries and cultures. According to social ecology, the social ecological environment (family, group, relationship, etc.) in which human beings live will interact with human beings and affect their psychological tendency and behavior patterns. The mediation model of urban identity is moderated by the length of local residence, and its moderating effect is mainly manifested in two ways. One is to moderate the influence of relationship mobility on urban identity, and the other is to moderate the influence of urban identity on the willingness to live in mobility. . In the final analysis, the level of the mobility of a city's relationship comes from the openness and acceptance of its citizens, and it is a reflection of the overall quality of urban citizens [8]. The migration policy of population mobility should implement corresponding policies according to the length of time that the migrant population has lived in the city and their psychological needs, and gradually guide the migrant population from psychological integration into the inflow place.

3. The Relationship between Residential Mobility and Sense of Meaning in Life

3.1. Factors Affecting the Sense of Meaning in Life

The sense of meaning of life may also be another important intermediary variable of relationship mobility affecting people's quality of life. The sense of meaning of life refers to the subjective experience of individuals who believe that their life has a sense of value, direction

and goal. People with a high sense of meaning in life may have high life pressure in a life of high sense of responsibility and pursuit, but they may also have low life pressure due to proper decompression. The stronger the sense of meaning in life, the higher the quality of life [9]. People whose emotional stress is strongly associated with a sense of meaning in life may see emotion as a relevant component of their meaning in life. The meaning of life experience is coping with stress, alleviating negative emotions such as anxiety and depression, maintaining health, reducing psychological symptoms, improving self-esteem and seeking higher meaning of life. Extraversion can not effectively predict the meaning of life experience; For individuals with low life meaning seeking, extraversion performance can effectively predict life meaning experience. Positive emotions and well-being are of great significance. Figure 2 shows the reaction orientation of pressure.

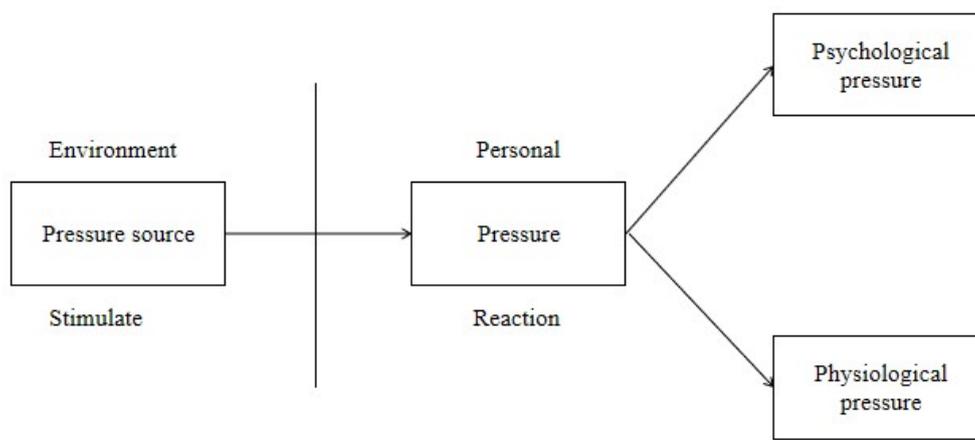


Figure 2. Schematic diagram of the reaction orientation of pressure

Social support and sense of meaning of life play a chain intermediary role between relationship mobility and people's quality of life, which indicates that the higher the relationship mobility, the higher the social support, and the social support produces certain psychological resources for people's psychology, which can help people experience a strong sense of meaning of life, and then the higher the quality of life. Personality traits mediate the relationship between residential mobility and sense of meaning in life. Both the acquisition and maintenance models of the meaning of life claim that the acquisition and maintenance of the meaning of life is a dynamic process. Its generation requires a complex process of cognition and evaluation between individuals' overall sense of meaning and situational sense of meaning.

3.2. The Impact of Residential Mobility Expectations on the Sense of Meaning in Life

With the increase of age, the willingness to live to move shows a significant downward trend. With the improvement of the educational level, the willingness to live and move shows a significant upward trend. Residential mobility mitigates its negative effects on well-being by enhancing environmental security. Effectively reduce the mental pressure experienced by individuals during the process of residential mobility, and alleviate the adverse effects of sense of meaning in life. Residential mobility can alleviate its negative impact on the sense of meaning of life by enhancing environmental security. There is a significant positive correlation between social security and well-being, which also shows that social security is the bottom line and the foundation of improving well-being for both floating population and stable population. Based on the above studies, we believe that personal security, property security and environmental security play a mediating role between residential mobility and well-being. Individuals with a high sense of meaning in life also have a high level of well-being, and individuals with a low

sense of meaning in life also have a low level of well-being. The impact of residential mobility expectation on the sense of meaning of life is mainly to investigate whether individuals have the degree of existential frustration caused by lack of meaning of life, purpose of life and feeling spiritual emptiness and anxiety. It is reflected in people's thoughts, behaviors and emotional states. According to the research, the general sense of life meaning is formed in the early stage of life and is constantly modified with different life experiences. The sense of meaning in life has two dimensions, the positive experience when meaning exists and the negative experience when meaning is threatened. The source of meaning can significantly predict the meaning of life, generally speaking, meaning is unconscious, while meaninglessness is conscious, and meaning is more stable than meaninglessness. There is a certain relationship between living mobility and the sense of meaning of life, and there is a negative correlation. The higher the mobility, the lower the sense of meaning of life, which will lead to different attitudes towards life and the possibility of realizing one's own value.

4. Conclusion

There is a close relationship between the sense of life meaning and life satisfaction. The experience of life meaning can effectively predict their life satisfaction, and then affect people's life attitude, their psychological status, physical and mental health, and their mental outlook when dealing with difficulties and setbacks. Relationship mobility can not only directly affect people's quality of life, but also improve people's quality of life by improving social support or enhancing people's sense of meaning of life. Therefore, to improve the life adaptation of the floating population, we should first strengthen people's enthusiasm for life and have a positive attitude towards life. The high citizenization ability ensures that the floating population can have the same living standard as the local residents, so that the process of migration is regarded as a process of positive self-selection, which consolidates the results of migration and enhances the willingness to live. However, the inflow place is a melting pot, and the operation of the inflow place is bound to exclude some people who do not adapt to the inflow place. Each flow process can not achieve positive flow. Therefore, it is also necessary to ensure that the floating population can have the right to choose again when facing the failure of flow decision-making. The government is the most important subject of social risk management. It is necessary to improve the market employment mechanism, eliminate the difference of basic public service supply for residents with different household registration properties, provide equal and appropriate employment opportunities for the floating population, and enhance their ability to resist property security risks. Reduce the willingness of the migrant population to live and move, and improve the citizenization of the migrant population. Cities should also carry out corresponding social psychological services according to the psychological needs of the migrant population with different living lengths, so as to guide the migrant population to gradually integrate into the inflow area. Both residential mobility and the sense of meaning in life play an intermediary role in the sense of social security. Reducing residential mobility and improving the sense of meaning in life have important practical significance for the improvement of personal happiness and the realization of one's own value.

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