

Research on the network structure and gender/age differences of psychological safety among urban residents: Network analysis based on a large sample



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Psychological safety as the key to mental health, not only affects individual happiness and quality of life but also relates to social stability and harmony. However, psychological safety is complex and multidimensional, with unclear internal structures and influencing factors and insufficient research on gender and age differences. Therefore, in-depth exploration of its core dimensions and network structure is crucial for formulating effective mental health strategies and enhancing residents' sense of psychological security. A survey was conducted on 9,282 urban residents using the Psychological Safety Scale. Using R version 4.3.2 for network estimation, centrality estimation, accuracy and stability estimation, and network comparison. The results found that the expected influence index of the general sense of safety (GS) dimension is always the highest in the total network and networks of different genders and ages. The network comparison results show that there are significant gender and age differences in the dimensions/item networks of psychological safety. There are connections between trust (TU) and relaxation (RE), excitement (EX), and calmness (CA) in the dimension network of male samples ($p < 0.05$), while there are no such connections in the dimension network of female samples. The GS and RE connection strength on the male dimension network is significantly stronger than that on the female dimension ($p = 0.034$). In the dimension network of the youth sample, the strength of the connection between CA and RE ($p = 0.016$), TU and RE ($p = 0.005$) were significantly stronger than those of the middle-age sample, while the strength of the connection between RE and EX was significantly weaker than that of the middle-age sample ($p = 0.001$). Researchers should fully consider gender and age factors and adopt more personalized and differentiated strategies for promoting individual psychological safety.

Biography:

Tao Yang is a doctoral student at the School of Economics and Management, China University of Geosciences (Beijing), with a research focus on management psychology. Her research interests include psychological safety and risk warning, social psychological phenomena, group emotions, group behavior, and mental health.