

## Different Friendships' Influences on Chinese High School Students' Mental Well Beings

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**Abstract :** The study is mainly focused on the influence of different kinds of friendships on the well being of Chinese high school students. The main objective is to find out whether friendship style focusing on depth rather than breadth and whether making friends based on similarities in personality and character rather than interests and hobbies improve students' mental state. Overall, 262 high school participants completed our study by filling out questionnaires online across China. Data showed, unexpectedly, optimal combinations of friendship styles indicate that students who seek depth of connection in friendship benefit more by focusing more on hobbies than on personalities, and those aiming to expand their social connections would be happier and less stressed when they made friends with those who shared their personalities rather than hobbies. The relationship between stress and the frequency of self-talk was also investigated, and a positive correlation between the pressure a student felt, and the frequency of self-talk behavior was confirmed. The results shed light on relationship management and wellbeing among Chinese high school students and may be applied by counselors and teachers to improve the overall level of satisfaction for Chinese high school students.

**Keywords :** hobbies, personalities, happiness, pressure, self-talk

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