

# Analysis of Factors Influencing the Subjective Well-being of Youth Groups

Honghui Zhu

Anhui university of finance and economics institute of finance and public management,  
Bengbu 233000, China

## Abstract

Young people are the backbone of social development, and it is of great significance to study the well-being of young people. This study uses the annual data of CGSS, takes young people aged 18-44 as the research object, and uses the data of China General Social Survey in 2017 to analyze the influencing factors of the subjective well-being of young people. On the basis of summarizing the existing research and theories at home and abroad, this paper constructs the influencing factor system of youth happiness, including personal information, economic income, social and entertainment, social factors and physical and mental health status, and 18 factors such as gender, household registration type, age and marital status. For as much as possible to reduce the sample data error, to ensure the objective accuracy of variable selection, with elastic network regression method for variable selection, data from a large number of samples in the summary, screening is happiness of the young people a possibility, may affect the data from the influence factors of preliminary build system, select the appropriate variables. The Order Logit regression model was used to conduct coefficient estimation and significance test. The results showed that variables were selected from all 5 groups, which indicated that these factors had a significant impact on the happiness of youth. Excluding the effect of multiple reproducibility, this paper found that under different individual characteristics, there were certain differences in the influencing factors of youth happiness in the grouping studies based on gender, household registration type and marital status.

## Keywords

The Youth Group; Subjective Well-being; Influence Factor; Logit Model.

## 1. Introduction

Subjective Well-being (SWB), is an important measure of people's satisfaction with the subjective quality of life, all the behaviors that occur in people's lives, the ultimate goal is to improve life satisfaction, to obtain a sense of subjective well-being. As early as 1958 for the subjective sense of well-being of the research source appeared, is the American economist Galbraith in the [1] "quality of life" (quality of life) the concept of the proposed and came, in his view, the essence of the quality of life is a kind of subjective experience, the specific content of the individual life experience, the degree of inner satisfaction and social self-realization. The quality of life in his view is a sense of subjective experience, the specific content of which includes the individual's life experience, the degree of inner satisfaction and social self-realization of personal satisfaction. As soon as the subjective well-being thesis was introduced, it has received extensive attention from many disciplines such as psychology, sociology, and medicine, and scholars' research on the thesis has been increasing.

From the 1950s to the present, the research on subjective well-being in foreign countries formally began, respectively: the descriptive research stage (from the mid-1950s to the early 1980s), the theory construction stage (from the mid-1980s to the 1990s), and the empirical

research stage (from the 1990s to the present). Research on subjective well-being began to be conducted in China around the mid-1980s, almost 25 years later than 1958, when Galbraith's theory was proposed. In the research on subjective well-being, many domestic scholars have now gradually departed from the irrational research method of copying foreign theories, and have emerged as a group of outstanding representatives, such as Xing Zhanjun and Xi Kaiyuan, by taking a practical approach and combining with national conditions.

In the early stage, domestic scholars learn from the strengths of foreign families, refer to foreign theoretical methods and models, take the essence and discard the dregs. It was combined with national conditions and applied to practice. At that time, the research on happiness was limited by the difficulty of data collection and the lack of scientific research strength, and most of them adopted small-scale and small-area survey research. At this stage, domestic scholars have learned from the experience of their predecessors, utilized foreign measurement tools and methods, and combined them with Chinese reality to compile a subjective happiness scale, measure the happiness index, and conduct scientific and reasonable research based on the data.

Young people are the future and hope of a country. They are quick-witted and creative. The youth group is taken as the research object because the youth stage is a very important period in a person's growth process, when their thoughts begin to mature, the early stage of their career, young people are the surging power to promote the economic development and social progress, but at the same time, as the school, the society and the parents, we should care for them and respect them. Heavy work and study tasks, fierce social competition, and high expectations of young people from their families make young people's psychological pressure increasing. At the same time, due to the introversion of some young people, the lack of openness in traditional Chinese cultural education, and the society in transition, some impetuous and radical social emotions have a great impact on young people's body and mind, so their happiness will inevitably be affected by various social factors. Studying the state of happiness of China's youth groups and analyzing their influencing factors in depth is of great significance in exploring ways to enhance the happiness of youth groups and thus improve the subjective quality of life of young people.

## 2. Data Description and Model Selection

### 2.1. Data Description

Due to the existence of anomalies and missing values in the data of the original sample, after rigorous consideration, screening part of the unreasonable values and filling in part of the missing values, this paper has obtained a total of 4554 valid data, on the basis of reference to summarize the relevant domestic and foreign data and literature, combined with the status quo of the youth in contemporary China, selected a reasonable data to build a system of influencing factors affecting the sense of well-being, and used 5 subgroups with a total of 18 A total of 18 influencing factors in 5 subgroups were used as research objects. In order to ensure the rationality and validity of the data distribution, this paper makes a descriptive statistical analysis of the screened data, and the results of the analysis are shown in Table 1, which lists the mean, standard deviation, maximum value, and quartile of each segment of the data, and it can be seen from the descriptive statistics that the screened data are reasonable, and there are no outliers interfering with the results of the analysis.

Among the 4554 valid individuals, 49.65% are male and 50.35% are female, and the number of men and women is basically the same, which ensures the accuracy of the data and excludes the influence of gender; the samples of agricultural household accounted for 53.51%, and the samples of non-agricultural household accounted for 24.73%; among them, the marital status is classified into unmarried, cohabitating, and having a spouse for the first time, the number of samples of the married status accounted for 82.87%, and the sample number of unmarried

status accounted for 17.13%, in which the unmarried status in the sample was divided into four marital statuses: unmarried, cohabiting, divorced, and widowed, and the married status was divided into three marital statuses: first marriage with a spouse, remarried with a spouse, and separated and not divorced; the number of children took the value of 0 to 8, and was treated as a continuous variable, and from the descriptive statistics, the majority of the people only had one child in terms of the age structure, which is most likely caused by the national policy of family planning.

**Table 1.** Descriptive statistics of the data

variable	sample size	mean	std	min	p25	p50	p75	max
Sense of well-being a36	4554	3.837	0.810	1	4	4	4	5
Gender a2	4554	1.504	0.500	1	1	2	2	2
Residential status a18	4554	1.827	1.093	1	1	1	2	7
Marriage a69	4554	2.679	0.719	1	3	3	3	3
Age v31	4554	49.18	15.22	22	36	50	60	96
Number of children a681	4554	0.553	0.497	0	0	1	1	5
With house ownership a121	4554	0.433	0.496	0	0	0	1	1
Family economic situation a64	4554	2.504	0.664	1	2	3	3	5
Number of cars a66	4554	1.706	0.456	1	1	2	2	2
Number of houses a65	4554	0.889	0.314	0	1	1	1	1
Size of house a11	4554	113.4	98.84	6	62	90	120	1500
Religious belief a51	4554	0.919	0.273	0	1	1	1	1
Social a311	4554	2.872	0.967	1	2	3	4	5
Entertainment a31b	4554	3.212	1.277	1	2	3	4	5
Social equity a35	4554	3.038	1.049	1	2	3	4	5
Social class a43a	4554	3.741	1.300	1	3	4	5	5
Social status a43e	4554	3.896	0.769	1	3	4	4	5
Physical health a15	4554	3.642	1.036	1	3	4	4	5
Mental health a17	4554	3.844	0.940	1	3	4	5	5

## 2.2. Model Selection

According to the existing research theories, Lasso regression method and ridge regression are generally considered to be the appropriate variable selection methods. The principle of this method is to add the L1-parameter and the L2-parameter to the residual sum of squares as a penalty term for variable selection and dimensionality reduction, respectively. As a penalty term for variable selection and dimensionality reduction. However, both Lasso method and ridge regression method have disadvantages: the disadvantage of Lasso method is that it tends to choose one of a set of relevant variables and ignore the others, which greatly loses the predictive ability and accuracy of the model; ridge regression cannot reduce any of the coefficients to 0, otherwise there will be problems in the interpretation of the model. After

synthesizing the advantages and disadvantages of the three methods, Elastic Net is chosen for analysis, which is a dynamic combination of Lasso method and ridge regression, which can improve the accuracy as well as the predictive ability, and the principle of the algorithm is shown below:

$$\min_{\beta_0, \beta \in R^{o+1}} \left[ \frac{1}{2N} \sum_{i=1}^N (y_i - \beta_0 - x_i^T \beta)^2 + \lambda P_\alpha(\beta) \right] \tag{1}$$

$$P_\alpha(\beta) = (1 - \alpha) \frac{1}{2} \|\beta\|_{L_2}^2 + \alpha \|\beta\|_{L_1} \tag{2}$$

$\lambda P_\alpha(\beta)$  is the penalty term,  $\lambda$  is the penalty parameter, and  $\lambda \geq 0$ , when  $\lambda = 0$  means no penalty, when  $\lambda = \infty$  means full penalty.  $\alpha$  controls the proportion of ridge regression components and components accounted for,  $0 \leq \alpha \leq 1$ , when  $\alpha = 0$  is the ridge regression, when  $\alpha = 1$  is the Lasso. Because happiness is a 5-level ordered discrete variable, So this paper chooses Order logit regression model to analyze its regression.

$$P(Y_i \leq k) = \frac{e^{\mu_k - \sum_{l=1}^k \beta_l x_{il}}}{1 + e^{\mu_k - \sum_{l=1}^k \beta_l x_{il}}}$$

$$P(Y_i = k) = P(Y_i \leq k) - p(Y_i \leq k - 1) = \frac{e^{\mu_k - \sum_{l=1}^k \beta_l x_{il}}}{e^{\mu_k - \sum_{l=1}^k \beta_l x_{il}} + 1} - \frac{e^{\mu_{k-1} - \sum_{l=1}^{k-1} \beta_l x_{il}}}{e^{\mu_{k-1} - \sum_{l=1}^{k-1} \beta_l x_{il}} + 1}$$

$$L(\beta) = \prod_{i=1}^n \left\{ \prod_{k=2}^K [\delta_k(X)]^{y_{ik}} [1 - \delta_k(X)]^{-\sum_{j=k}^K y_{ij}} \right\}$$

### 2.3. Estimation Results

#### 2.3.1. Overall Sample Benchmark Regression

This paper uses the elastic network method to select a total of 18 variables, in order to analyze whether these variables have a significant impact on the happiness of the youth group, the construction of Order logit regression model to carry out empirical analysis in order to test which factors affect the happiness of young people, the specific regression results are shown in Table 2.

**Table 2.** Total sample ORDER LOGIT benchmark regression

	(1)	(2)	(3)	(4)	(5)	(6)
Variable	well-being	well-being	well-being	well-being	well-being	well-being
Gender	0.190**					0.182*
	(2.06)					(1.92)
Residential status	0.135***					0.048
	(3.07)					(1.05)

Marriage	0.375***					0.302***
	(5.43)					(4.21)
Age	-0.031***					-0.015
	(-3.11)					(-1.49)
Number of children	-0.114					-0.052
	(-1.37)					(-0.61)
With house ownership		0.002				-0.088
		(0.02)				(-0.72)
Family economic situation		0.446***				0.173**
		(5.89)				(2.02)
Number of cars		-0.479***				-0.401***
		(-4.91)				(-3.96)
Number of houses		0.094				0.092
		(0.71)				(0.68)
Size of house		0.001*				0.001*
		(1.75)				(1.87)
Religious belief			-0.203			-0.415**
			(-1.18)			(-2.31)
Social			0.202***			0.136**
			(3.85)			(2.55)
Entertainment			-0.037			-0.033
			(-0.90)			(-0.76)
Social equity				0.428***		0.387***
				(9.27)		(8.22)
Social class				0.058		0.001
				(1.29)		(0.03)
Social status				-0.368***		-0.249***
				(-4.85)		(-3.08)
Physical health					0.358***	0.317***
					(6.31)	(5.38)
Mental health					0.389***	0.351***
					(7.28)	(6.46)
<i>N</i>	1953	1953	1953	1953	1953	1953

t statistics in parentheses \* p < 0.1, \*\* p < 0.05, \*\*\* p < 0.01.

Analyzing the regression results in Table 2, it can be seen that the coefficients of each independent variable have different significance, which indicates that the influencing factors of the happiness of the youth group are more complicated, for example, in the module of economic income, the economic status of the family is related to the number of houses and the number of cars, and under certain circumstances, all these factors can be substituted for each other. Therefore, considering the influence of multicollinearity, different modules are analyzed separately according to the previous modules in order to test the influence of each module on young people's happiness, and finally all the factors are regressed in total.

1) Among the personal information factors, the five variables of gender, hukou type, marriage, age and number of children are screened out, in which the coefficients of gender, hukou type, marriage and age factors are all significant, while the variable of number of children is not significant, which indicates that young people's well-being is mainly affected by the factors of gender, hukou type, marriage, and age at the personal level. Of these, marriage is statistically significant at the 1% level. This indicates that the happiness of youth groups in the state of marriage, i.e. married youth groups, is higher than that of the unmarried state; although age also significantly affects young people's happiness, age and happiness show a negative relationship, which suggests that young people's happiness is weakened as they get older. In the gender factor, the happiness of female youths is higher than that of males; in the hukou factor, youths with non-agricultural hukou have a higher sense of happiness than youths with agricultural hukou.

2) In the economic income factor, house ownership, family economic status, the number of cars, the number of houses house area and 5 variables are screened out, and the statistical significance of the variable coefficients indicates that there is a significant impact of these 5 variables on the happiness of youth. Among them, the total family income has a significant positive effect on youth happiness, the increase of the number of cars does not increase the happiness of young people, the size of the house has a positive effect on the happiness of young people, but the variable of having a house title is not significant, which indicates that whether or not having a house title does not affect the happiness of young people.

3) in the social and recreational factors, a total of three variables, respectively, religious beliefs, social and recreational, of which the social factors at the level of 1% on the happiness of young people statistically significant, indicating that socialization has a significant impact on the happiness of young people. In today's society, the pace of life is faster, and the pressure of young people has become greater, and correct social interaction can very often help people get care and help in their career, emotionally comforted, and give you praise and encouragement, and when encountering setbacks, mutual encouragement and support can help people get out of the dilemma faster, and these can significantly improve the subjective well-being of young people.

4) in the social factors, a total of three variables of social equity, social class and social status are screened out, it is worth paying attention to the fact that the variable of social class is not significant and has little impact on the happiness of youth, while the remaining two variables have a great degree of impact on the happiness of young people. It is well known that social fairness significantly increases youth happiness because the issue of fairness has always been a priority in our culture, and governments of all dynasties have made great efforts to create fair and just societies in order to improve the happiness of their citizens. There is a negative correlation between social status and youth happiness, the higher the status does not make youth happiness higher, for youth in high social status, the social pressure and responsibility will be greater, in youth with high social status does not bring happiness.

5) in the physical and mental health status factors, it is not difficult to find that the physical health and mental health two variables for young people is crucial, good physical health status

option at the 1% level statistically significant, the data show that the physical health of the youth of the higher sense of well-being, which further indicates that the physical condition of youth and the sense of well-being shows a positive correlation. The variable of mental health is statistically significant at the 1% level, which indicates that good mental health significantly increases youth well-being, which is easy to understand, given that young people are under tremendous pressure in contemporary competitive societies, where all kinds of problems can induce psychological problems in young people, significantly reducing their sense of well-being.

### 2.3.2. Subsample Regression

In order to further study the differences and similarities of the factors affecting the happiness of young people under different individual characteristic factors, the screened 1,953 samples were grouped according to the grouping of gender (male and female), hukou type and marital status. To analyze whether the factors affecting the happiness of young people differ according to the type of hukou, gender, and marital status, according to the way of variable selection first, and then regression with Order logit model, the specific variable selection and regression results are shown in Table 3.

1) In the personal information factors: in the gender group, the differences in the factors affecting the happiness of men and women are shown in the age and marriage differences. The age factor has a significant negative impact on the happiness of female youth, and the older the female, the lower the happiness; the marriage factor has a positive impact on both male and female youth, with marriage having a greater impact on male youth than female youth.

In the household type group, the happiness of youth in agricultural households is significantly affected by marital status and gender, and youth in non-agricultural households are not significantly affected by any other factors except marital status, which indicates that for contemporary youth, marriage can bring happiness to youth, and also gender affects the happiness of agricultural households at the 10% significance level; for youth in non-agricultural households, the economic conditions are relatively good, and they are only affected by the factor of marital status.

Under the marital status subgroup, gender, hukou and age are screened out in the non-unmarried sample, and the coefficients of gender and hukou are positive and statistically significant at the 1% level and 10% level, respectively, which indicates that gender differences and hukou factors have a significant positive effect on unmarried youths, and the effect of age on unmarried youths is negatively significant, and that the salient result is that unmarried female youths have a significantly higher level of well-being than unmarried males' The result is that the happiness of unmarried female youths is significantly higher than that of unmarried male youths, while there is no significant effect on married youths; for unmarried youths, the effect of age on the happiness of unmarried youths is significantly negative, and it is not difficult to understand that the older the unmarried youths are, the greater the pressures and responsibilities in their lives, and the lower the sense of well-being naturally will be.

2) Among the economic income factors: under the gender subgroups of men and women, family economy, the number of cars owned, the number of houses owned and the size of the houses all affect the happiness of young people, but the difference is that the number of houses owned does not have much effect on male youth, and the family economy does not have much effect on female youth. In the analysis of numerical results, the happiness of male youth and the number of cars has a significant negative correlation under the condition of 1%, and the happiness of female youth has a smaller impact than that of male youth, which is supposed to be the greater pressure of "car loan"; the house property right will not affect the happiness of youth, which indicates that contemporary youth have a rational and objective understanding of the property right of the house. This shows that contemporary youth have a rational and objective understanding of house ownership.

Under the household grouping, the house property right, the number of cars and the area of the house all have an impact, and these factors are more significant for agricultural households, and the house property right and the number of cars will have a negative impact on the happiness of rural households, which indicates that for rural youth, the caravan has brought great economic pressure to rural youth, resulting in their sense of well-being is not high; however, for the non-agricultural households, only the number of cars has a greater impact on the happiness of young people. youth, only the item of the number of cars owned is more significant and shows a negative impact with it.

Under the subgroup of marriage, the economic status of the family, the number of cars owned, and the size of the house all have a significant effect on youth. Family's economic status and house size will have a significant positive impact on unmarried youth, this result is self-evident, under the pressure of high house price, unmarried youth whose family's economic status is better will have a higher sense of well-being, and the larger the house size will also increase the sense of well-being of the unmarried youth; for the married youth, neither the property right of the house nor the number of the house will have an impact on them, because they basically have already bought a house that Satisfy the desire for a house, but the variable of owning the number of cars will bring them a significant negative impact, because cars belong to high-grade consumables, the more the number of cars, for the married youth, the more they need to pay for gasoline, parking, maintenance and other costs, and their sense of well-being will be reduced.

3) In the recreation and interaction factors; under the male and female gender grouping, the socialization factor has a significant effect on male youth, and the increase in happiness for female youth is not significant, indicating that frequent socialization behavior will bring happiness to male youth.

Under the grouping of hukou, frequent socialization brings happiness to youths from non-agricultural hukou, while socialization does not bring happiness to youths from agricultural hukou.

Under the subgroup of marriage, religious belief reduces the happiness of unmarried youth, but has no significant effect on the happiness of unmarried youth; however, socialization enhances the happiness of both married and unmarried youth.

4) Among the social factors, there are two salient features: first, the social equity variable significantly affects the happiness of youth under each subgroup. This indicates the importance of maintaining fairness and equity in society for the well-being of the youth at large, which is a reflection of the healthy functioning of a society. Second, social class does not significantly affect the well-being of young people under each subgroup.

Under the gender subgroups, rising social status decreases the well-being of male youths and has no significant effect on female well-being. This suggests that an increase in the social status of young people brings more pressure and responsibility, which reduces their well-being.

Under the grouping of hukou, social status also reduces the happiness of youth in agricultural hukou, and the effect on the happiness of youth in non-agricultural hukou is not significant.

In the grouping of marriage, both married and unmarried are negatively affected by the variable of social status.

5) In the health condition factor, both physical health and mental health variables passed the screening. The variable of physical health condition significantly and positively affects the well-being of youth under each subgroup. It also shows that a good physical health is the basis of happiness and a good body will enable the youth to better engage in various endeavors as well as tasks. The variable of mental health brings about an increase in the happiness of male youth, female youth, agricultural youth, married youth, and unmarried youth, but the effect of mental health status on the happiness of non-agricultural youth is not significant, which also suggests

that, in the rapid development of the modern society, physical health and mental health will significantly affect the happiness of youth.

**Table 3.** subsample regression

	Male youth well-being	Female youth well-being	Youth well-being in agricultural households	Non-farm household youth well-being	Well-being of unmarried youth	Well-being of married youth
Gender	0.000	0.000	0.225*	0.079	0.885***	-0.083
	(.)	(.)	(1.80)	(0.40)	(5.01)	(-0.70)
Residential status	0.082 (1.32)	0.028 (0.41)	0.000 (.)	0.000 (.)	0.125* (1.68)	0.015 (0.24)
Marriage	0.368*** (3.70)	0.197* (1.86)	0.232** (2.46)	0.417*** (2.77)	0.000 (.)	0.000 (.)
	0.008 (0.58)	-0.041*** (-2.71)	-0.003 (-0.21)	-0.021 (-0.95)	-0.041** (-2.18)	-0.001 (-0.09)
Age	0.067 (0.54)	-0.136 (-1.14)	-0.039 (-0.37)	0.075 (0.38)	0.122 (0.37)	-0.061 (-0.68)
Number of children	-0.232 (-1.38)	0.041 (0.22)	-0.361** (-2.11)	0.092 (0.39)	-0.465 (-1.35)	-0.058 (-0.43)
With house ownership	0.215* (1.87)	0.090 (0.70)	0.132 (1.23)	0.021 (0.11)	0.325** (2.17)	0.072 (0.67)
Family economic situation	-0.603*** (-4.12)	-0.248* (-1.73)	-0.313** (-2.33)	-0.442** (-2.13)	-0.320 (-1.62)	-0.429*** (-3.50)
Number of cars	-0.157 (-0.79)	0.347* (1.84)	0.059 (0.34)	0.347 (1.21)	0.224 (0.96)	-0.067 (-0.39)
Number of houses	0.001** (2.39)	0.000 (0.39)	0.001** (2.39)	0.001 (0.47)	0.003*** (2.97)	0.000 (0.73)
Size of house	-0.367 (-1.35)	-0.494** (-2.02)	-0.292 (-1.27)	-0.598 (-1.43)	-0.974** (-2.54)	-0.327 (-1.57)
Religious belief	0.183** (2.44)	0.106 (1.37)	0.106 (1.52)	0.283** (2.46)	0.155* (1.67)	0.160** (2.34)
Social	-0.048 (-0.78)	0.003 (0.04)	-0.031 (-0.56)	0.042 (0.45)	0.051 (0.63)	-0.063 (-1.21)
Entertainment	0.519*** (7.70)	0.263*** (3.93)	0.356*** (5.94)	0.431*** (4.19)	0.501*** (5.75)	0.370*** (6.38)
Social equity	-0.065 (-1.00)	0.071 (1.05)	0.023 (0.41)	0.071 (0.68)	0.104 (1.22)	-0.039 (-0.67)
Social class	-0.364*** (-3.17)	-0.127 (-1.09)	-0.272*** (-2.68)	-0.009 (-0.05)	-0.235* (-1.65)	-0.283*** (-2.78)
Social status	0.334*** (4.13)	0.297*** (3.39)	0.327*** (4.34)	0.473*** (3.53)	0.277** (2.51)	0.341*** (4.75)
Physical health	0.245*** (3.21)	0.478*** (6.00)	0.321*** (4.57)	0.117 (1.04)	0.549*** (5.47)	0.320*** (4.74)
Mental health						
N	947	1006	1111	477	623	1284

t statistics in parentheses \* p < 0.1, \*\* p < 0.05, \*\*\* p < 0.01.

### 3. Research Findings and Policy Recommendations

#### 3.1. Findings

1) From the data of the survey, the subjective well-being of the youth group is generally at a high level, and the conclusions of the relevant studies conducted at home and abroad are also at a high level. Youth is the flowering season of life, they are always energetic, determined, full of hope for the future, and look forward to striving for a better world by their own efforts. The average value of the indicator of overall happiness is as high as 3.917, which, according to the theoretical interpretation, indicates that young people in China are generally more satisfied with their own lives. This is the result of the Chinese government's continuous efforts, economic development, and improvement of people's living standards over the past 40 years of reform and opening up, and it is also the inevitable outcome of China's comprehensive implementation of a series of policies to put people first and to safeguard and improve people's livelihoods.

2) According to the experimental data, it is found that youth happiness is significantly affected by factors such as gender, hukou type, marital status, etc. In all five subgroups of the sub-sample, there are factors that can significantly affect youth happiness. In addition, the humanistic and social analysis of all the factors can be found that, in addition to the influence of objective factors such as family economic status and income, subjective happiness, as a kind of emotional experience in thought, will also be affected by social justice, socio-economic status, and other subjective feelings after comparing with other people and other such influences from the external world of things.

3) Generally speaking, male youth take on more family responsibilities, have stronger career aspirations, and attach more importance to employment, income and economic status. Compared with youths of agricultural hukou, youths of urban hukou enjoy a better educational environment and more opportunities for development. As urban incomes are generally higher than rural incomes, this leads to lower economic needs among youth of urban hukou whose families have better financial conditions than youth of agricultural hukou; for married young people, work and family have become the focus of their lives, and they attach more importance to income from work, and their physical health is more important; compared to unmarried young people, married young people take on greater family responsibilities, attach more importance to income from work, and have significantly fewer recreational activities. For unmarried young people, they need to bear the pressure of high housing prices, and housing has become a major factor affecting the well-being of unmarried young people.

#### 3.2. Policy Recommendations

1) Mental health is very important for every young person. They should learn to positively regulate their emotions and state, learn self-identification, maintain a positive attitude towards life, prevent the occurrence of psychological problems, increase social participation moderately, balance work and family, participate in social and cultural activities appropriately in busy work, increase the regulation of daily work, and improve life satisfaction and sense of well-being.

2) The government should introduce positive policies to benefit the people, effectively narrow the income gap between urban and rural residents, promote balanced social development, pay close attention to youth employment, and give them more opportunities and resources to raise their incomes. At the same time, in order to solve the housing problem of young people, the government should increase the regulation of the housing market, stabilize housing prices, improve the rules and regulations of the housing rental market, and improve the housing security of young people.

3) Government departments should actively establish a more fair, just and open system, emphasize social justice, guarantee fair competition, protect the legitimate rights and interests of workers, and promote fair and reasonable incomes. Vigorously promote social integrity.

They should strengthen the construction of ideology and morality, create a social atmosphere that honors virtue and goodness, advocate good moral customs, build a society of integrity, and improve young people's sense of social well-being.

4) The relevant government departments, medical institutions and the community should take up the responsibility of youth mentors, pay close attention to young people, especially mental health issues, schools, communities and families to do a good job in the prevention and control of mental illnesses, to strengthen the publicity of knowledge of mental health, the establishment of psychological counseling centers, timely and good psychological counseling of employees, and regularly carry out mental health testing and screening, to prevent the occurrence of mental illnesses.

## Acknowledgments

This article is one of the phased achievements of the Anhui University of Finance and Economics Graduate Research Innovation Fund project titled " Impact of Fertility Policy Relaxation on National Health Levels - Data Analysis Based on CFPS" (approval number ACYC2022063).

## References

- [1] Hu Rong. Analysis of the Correlation between Housing Conditions and Well-being of Young Middle Class: An Empirical Study Based on Guangzhou [J]. Youth Exploration, 2016(5): 25-33.
- [2] Song Jian, Wang Jiwen. Marital Status and Subjective Well-being of Chinese Youth [J]. Chinese Youth Research, 2016, 37(9): 5-12.
- [3] Wu Ying. Research on Political Participation, Self-Efficacy, and the Enhancement of Youth Well-being [J]. Theory and Reform, 2016(2): 62-65.
- [4] Lan Linhuo, Xu Yanhui. Social Capital and the Well-being of Youth Groups [J]. Contemporary Youth Research, 2015(4): 57-64.
- [5] Zheng Xiaodong, Zhou Ruyin, Fang Xiangming. A Study on the Health Status and Living Conditions of "Empty Nest" Youth [J]. Southern Population, 2018, 33(4): 1-11.
- [6] Xing Zhanjun. A Study on the Relationship between Residents' Income and Well-being in China [J]. Sociological Research, 2011(1): 196-219.
- [7] Meng Tingting, Wu Fang, Chen Mali, Lou Liyue. An Investigation on the Current Status of Subjective Well-being among Young College Teachers [J]. Modern Education, 2017(25): 218-219.
- [8] Li Ling, Liang Xiaoxian. The Impact of Marriage and Childbirth on Subjective Well-being [J]. Shandong Social Sciences, 2017(2): 100-108.
- [9] Dong Shaolin, Wu Qianfu. Research on the Impact of Urban Real Estate on the Well-being of Rural Youth: An Empirical Analysis Based on CGSS 2017 Data [J]. Journal of Shandong Agricultural Engineering College, 2021, 38(01): 74-79.
- [10] Xu Fuzhi, Chen Jianwei. Research on Youth Well-being and Influencing Factors: An Empirical Analysis Based on CGSS 2015 Data [J]. Research of the World, 2019(12): 27-33.