

The Relationship Between Nostalgia and Meaning in Life: The Mediating Effect of Perceived Social Support

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ABSTRACT

To explore the relationship among nostalgia, meaning in life and perceived social support, this study investigated 501 participants and used the Southampton Nostalgia Scale, the Meaning in Life Questionnaire, and the Perceived Social Support Scale to examine the relationship among nostalgia, meaning in life and perceived social support. Results showed that there is significant positive correlation between nostalgia, meaning in life and perceived social support. Perceived social support mediated the relationship between nostalgia and meaning in life, suggesting that nostalgia can enhance perceived social support, thus promote the meaning in life.

KEY WORDS: nostalgia meaning in life ; perceived social support mediating effect

I. INTRODUCTION

Nostalgia is a compound word originally derived from the Western Greek words *nostos* (back to hometown) and *algos* (pain). This word means the pain of missing hometown, which is homesickness. In the early stage, people regarded nostalgia as a derogatory and negative meaning to a large extent, and even regarded nostalgia as a pathological condition. Later, after an in-depth study of nostalgia in psychology, nostalgia has acquired new connotations. Nowadays, nostalgia has been regarded as a universal emotional experience and a yearning for the past (Davis, 1979). Although nostalgia is an emotional experience that is longed for in the past and points to the future, it does not mean that it is just a simple memory of the past. This is because nostalgia, as a psychological resource, also has multiple functions, such as storing positive emotions, feeling of belonging and maintain and improve self-enthusiasm, unify self and adapt to life in the face of current crisis (Xue Jing, Huang Xiting, 2011). And more and more literature studies have shown that nostalgia has psychological benefits in promoting health and alleviating suffering (Routledge, 2015; Routledge, Wilds hut, Sedikides, & Juhl, 2013; Sedikides et al., 2015), that is, nostalgia can affect individuals mental health has positive effects, such as happiness, happiness, and warm emotional experience (Sedikides et al., 2008), strengthening connection with others (Xue Jing, Huang Xiting, 2011), perception of life meaning and so on (Routledge et al., 2014).

In addition, nostalgia is an intricate emotional experience when an individual recalls the past. It can be positive, negative, or bittersweet (Xue Jing, Huang Xiting, 2011). However, positive emotions are mentioned more frequently in nostalgic memories than negative emotions (Abeyta et al., 2015). For example, some researchers believe that memory is basically self-identity. In the process of forming self-identity, individuals tend to seal and ignore the negative factors in memory. Therefore, people usually recall good past events and make up for it. Psychological deficiency, while obtaining psychological support (Zhang Yi, Sun Mingui, 2011). So how does nostalgia come about, and what factors cause nostalgia? At present, the academic circles still do not have a unified conclusion on these issues. The current main perspectives and viewpoints include the following: sensory implantation, emotional repair, and human-computer interaction (Wang Guoxuan et al., 2018).

Nostalgia is usually accompanied by sensory stimulation, that is, when an individual's sense of smelling, hearing, vision and other senses experience external stimuli, it usually reminds the individual of their past emotional memories. For example, the "Proust phenomenon" means that when an individual is often exposed to scents during childhood, this scent will remind the individual of childhood memories. From the perspective of emotional restoration, Davis (1979) believes that nostalgia is a yearning and nostalgia for the passing time. This yearning for the past by the individual cannot be said to be absolutely objective, but the current emotions project the past.

The individual may filter out bad memories. In addition, some studies have shown that individuals have independent characteristics and social attributes, so it can be considered that nostalgia is the result of the mutual interaction between individuals and society, and interpersonal interaction can also lead to nostalgia psychology (Xue Jing, Huang Xiting, 2011). At present, the empirical research on nostalgia mainly uses the following three methods: content analysis method, questionnaire method and experimental method (Wang Guoxuan et al., 2018), and the questionnaire method is mainly used. The questionnaire method is mainly a scale after confirmatory factor analysis to quantitatively study the correlation between different variables. Commonly used measurement questionnaires mainly include two types, one is a questionnaire that measures nostalgia content, and the other is mainly a study of individuals' long-term nostalgia tendencies. Generally speaking, the questionnaire method is simple and easy to implement, but there are also problems, that is, different questionnaire compilers have different understanding and emphasis on nostalgia, so the research results obtained through different questionnaires are often difficult to compare.

But the different constructions of nostalgia also provide a variety of different views and perspectives for research, so researchers need to choose the most appropriate scale according to their research purposes. Since nostalgia is a universal psychological experience with higher ego involvement, social elements and positive emotions, this psychological experience can remind people of important moments in their lives and important others. , It means that when recalling the past, individuals will feel more of a kind of social support. Although sometimes this kind of social support no longer exists, this subjective experience of social support means comprehension of social support. Maintaining a good level of mental health is also of great significance. Studies have found that nostalgia can affect individuals' sense of social support. In a study by Chinese scholars Zhou Xinyue and Wildschut et al. (2008), middle school students, college students, and workers were used as the research objects, which proved that loneliness directly reduces people's ability to perceive social support. However, the level of individual social support will Indirectly improve through nostalgia, which in turn reduces loneliness. Sun Xiulan (2014) in the study of the relationship between nostalgia and loneliness among college students, through the comparison of three experimental groups, proved that nostalgia and loneliness are positively related, and under the effect of nostalgia, the individual's understanding and support ability is improved and further Reduce individual loneliness. It further verified the influence of nostalgia on the ability of individual to understand and support.

This experimental result is consistent with the above-mentioned research result of Zhou Xinyue et al. In addition, Dong Annan (2017) found in research results that college students' nostalgia has a significant positive relationship with life satisfaction, and a significant positive relationship with comprehension of social support. Psychology is not the first subject to pay attention to the meaning in life, but the discussion of the meaning in life has an important position in philosophy and other disciplines. The concept of meaning in life has a long source and deep connotation. It is essential to individual happiness. So where does it originate and how does it originate? In the field of psychology, many psychologists have conducted discussions and studies on this. Researchers' concept of meaning in life is usually defined by meaning and purpose, or as a multi-dimensional structure. When using multi-dimensional structure to define the meaning in life, the most mentioned component dimensions are cognition, motivation and emotion (Zhang Shuyue et al., 2010). The theory of meaning in life put forward by foreign scholar Frankel is the most famous and most important. Frankel first proposed the "Sense of meaning in life" (Sense of meaning in life).

He believed that the meaning in life refers to people's understanding and pursuit of their goals and goals in their lives, that is, everyone has some unique goals or cores in their lives. People must have a clear understanding of what they are going to do, and they must realize their value to do something. It can be drawn from the definition that when a person works hard to achieve a goal, or understands something that life represents or symbolizes, they can perceive the meaning in life. Researchers also proposed methods and approaches to study the meaning in life. Frankel (2003) believes that there are three different ways to discover the meaning in life, namely, obtaining the meaning of work through creative value, obtaining the meaning of suffering through attitude value, and obtaining the meaning of love through experiential value. There are two ways to study the source of meaning in life, one is to ask "What makes your life meaningful?", and the other is to list possible sources of meaning in life, and let the subjects evaluate each source for themselves. The importance of (Zhang Shuyue et al., 2010). In the study of measuring the meaning in life, the most commonly used scales are the Purpose in Life Test (PIL), the Life Regard Index (LRI), and the Meaning in Life Questionnaire (MLQ). The meaning in life questionnaire has been improved to address the problems of unclear content, unstable structure, and insufficient measurement of the previous two scales, and it also examines the meaning in life to seek this basic human motivation (Zhang Shuyue et al., 2010).

This research proposes a factor that affects the sense of meaning in life: nostalgia. Nostalgia is a way to re-examine the most important events and relationships in life. We have reason to believe that it can strengthen the individual's sense of meaning in life, that is, to feel that their lives are purposeful and important. In the research of Routledge et al. (2011) by reminding participants of two of their favorite songs, they assessed whether the nostalgia state is consistent with the enhanced sense of life, and asked them to evaluate how nostalgic these songs make them feel and which one. The song made them feel "Life is worth living." The more nostalgic songs the participants felt, the more they reported that these songs made them feel that life is valuable. Studies have proved that nostalgia and inducing nostalgia can predict the meaning in life, and there is a positive correlation between the nostalgia tendency and the meaning in life (Routledge et al., 2011). One of the important components of a good life is the meaning in life.

Therefore, it is important to identify the psychological experience that promotes the meaning in life, and nostalgia is a psychological resource that promotes the meaning in life (Robinson, & Eid, 2017). In the 1970s, psychiatrists first proposed the concept of social support. Next, many researchers in the fields of psychiatry, clinical medicine, psychology, and sociology have paid more and more attention to social support and have explored and studied it. Social support is an important part of an individual's social life. It can bring the experience and feeling of being helped and cared by others for the individual, so that the individual can seek help from the outside world when needed. Social support can be divided into two categories. One is objective, visible or actual support, including direct material assistance, actual participation in social networks, group relations, and the number and degree of stable or unstable social connections. This type of social support is independent of individual feelings and is an objective reality. The other category refers to the emotional experience and satisfaction that an individual is respected, supported and understood in society. This type of social support is closely related to the individual's subjective feelings.

As an important component of social support, perceived social support is relative to actual social support. Perceived social support refers to an individual's emotional experience or satisfaction with feeling respected, supported, and understood in society, and is the expectation and evaluation of social support that may be obtained in time. (Ye Junjie, 2005) The following two methods are usually used to study social support: one is reporting by others, this method is to report various aspects of support by the important others in the test support network. It can understand the actual situation in which important others provide support to the supported, and is mainly used for children of lower ages. However, studies have pointed out that there is a problem with this method. The actual support provided by others is different from the support actually felt by the person who is supported. Therefore, many researchers usually adopt the second method called the self-report,

in which individual list their main supporters themselves, and evaluate the quality of support from each supporter and their satisfaction. This method is generally used in the research of adult social support system (Cheng Hongjuan, Zhang Chunhe, & Gong Yonghui, 2004). At present, many researchers use two theoretical models, the main effect model and the buffer model, to explain the role of the social support system (National Pigeon, 2017). The first is the main effect mode. Researchers believe that in an individual's life, a relatively good social support system can effectively help individuals maintain positive emotional experiences and physical and mental health. The second is the buffer mode. Researchers believe that social support generally helps individuals relieve their psychological pressure and regulate their cognition and emotions when the individual is in a special situation (such as emergency or stress). Both models fully illustrate that good social support will have a positive impact on the individual's mental health. As an important external environmental resource, social support has a certain influence on individual psychological and behavioral adaptation. Studies have shown that there is only a moderate correlation between the social support that an individual feels and the social support that the individual actually receives, and the social support that an individual feels subjectively can affect the individual's mental health and predict the individual's physical and mental health more effectively. For example, Zhang Yu and Xing Zhan Jun (2007) found that the more subjective support an individual feels, the more he can build a positive belief system, which is conducive to the individual's achievement of goals, and the individual's sense of satisfaction and accomplishment.

Therefore, the individual's life meaning level Also higher. Chen Qiuting (2015) found in a study of college students that perceived social support of college students is significantly related to the sense of meaning in life. Improving their sense of social support will help improve students' sense of meaning in life. In addition, nostalgia can also enhance social perception through recalling beautiful things (Li Yue, 2012). After reading the literature and summarizing the data, a large number of studies have confirmed that there is a correlation between the three variables of nostalgia, meaning in life, and social support. Therefore, this study wants to explore how the independent variable nostalgia affects the dependent variable's sense of life under the influence of the mediating variable of social support? Therefore, based on the above research results, this study intends to explore the above issues through a questionnaire survey, provide empirical evidence for the relationship between the three, and propose the following hypotheses:

- H1.** There is a positive correlation between nostalgia and perceived social support. Individuals with high levels of nostalgia have a higher perceived social support.
- H2.** There is a positive correlation between nostalgia and meaning in life. Individuals with high levels of nostalgia have a higher meaning in life.
- H3.** There is a positive correlation between social support and meaning in life. Individuals with high social support have a higher meaning in life.
- H4.** Perceived social support mediated the relationship between nostalgia and meaning in life, that is, nostalgia can enhance perceived social support, thereby promoting meaning in life.

II. METHOD

Participants: This study adopted an open questionnaire survey. Questionnaires were distributed on the Internet, and 526 questionnaires were collected. The questionnaires of those who did not answer seriously were excluded. Among them, there were 501 valid questionnaires with an efficiency of 95.2%. Among them, 110 were males (22.0%) and 391 were females (78.0%), aged between 17-38 years old, with an average age of $M=20.33$ ($SD=1.75$). In order to ensure the authenticity of the answer sheet as much as possible, an anonymous answer sheet was adopted and a small gift was given as a reward.

Research tools: (1) Southampton Nostalgia Scale the Chinese version of the Southampton Nostalgia Scale (SNS) revised by Xue Jing (2012) was adopted. The scale is a 7-point scale, including 7 items. It mainly measures the frequency and tendency of the individual's overall nostalgia, such as "How often do you feel nostalgia?" "Are you prone to nostalgia?". With higher scores of the scale, indicating the higher nostalgia of the individual. The Cronbach's alpha in this study was 0.75.

Meaning in Life: The Chinese version of the Meaning in Life Scale (MLQ, Steger et al., 2009) revised by Wang Xinqiang (2013) was adopted. The scale is a 7-point scale (1=completely disagree, 7=completely agree), each including 5 items. The scale is used to measure two factors of the meaning in life: life meaning experience and life meaning search. The experience of life meaning refers to the degree to which the individual currently experiences and perceives the meaning of his life, while the search for meaning in life refers to the degree to which the individual actively seeks the meaning or goal of life. The Cronbach's alpha in this study was 0.83.

Social Support Scale: The social support scale revised by Jiang Ganjin (2001) according to Blumenthal et al. The scale is a 7-point scale (1=completely inconsistent, 7=fully conformed), including 12 items. The scale includes three dimensions: family support, friend support, other support, and other support in the original scale "Leaders, relatives, colleagues" in the item was changed to "teacher, relatives, classmates", and the quantity and quality of family support, friend support, and other support were measured. Representative items such as "My friends can share happiness and sadness with me", "My family can really help me" and so on. The Cronbach's alpha in this study was 0.93. Among them, other support Cronbach's alpha in this study was 0.88, family support Cronbach's alpha in this study was 0.86, and friends support Cronbach's alpha in this study was 0.91.

III. RESULTS

Correlation analysis It can be seen from Table 1 that gender is only significantly related to social support, which also prompts us to control gender variables in the following analysis. There is a significant negative correlation between age and social support. There is a significant correlation between nostalgia, social support, and meaning in life. Among them, there was a significant positive correlation between nostalgia and meaning in life ($r=0.26, p<0.001$), and a significant positive correlation between nostalgia and perceived social support ($r=0.24, p<0.001$). Perceived social support was significantly positively correlated with the sense of meaning in life ($r=0.46, p<0.001$).

Table 1. Mean, standard deviation, correlation coefficient and consistency

Variable	M	SD	1	2	3	4	5
1. gender							
2. age	20.33	1.75	-0.11*				
3. nostalgia	5.00	1.00	0.03	-0.02	(0.75)		
4. perceived social support	4.75	1.10	0.11*	-0.09*	0.26***	(0.93)	
5. meaning in life	4.76	0.95	-0.01	-0.03	0.24***	0.46***	(0.83)

Note. *** $p<0.001$, ** $p<0.01$, * $p<0.05$. The Cronbach's alpha of the scale is indicated in brackets.

Regression analysis: To further verify Hypothesis 1, we use nostalgia as independent variables, sense of life meaning as dependent variables, and gender and age as control variables into the model. Through regression analysis (see Table 2), we can find that the regression equation holds ($R^2 = 0.58, p < 0.001$), the regression coefficient of nostalgia is significant ($\beta = 0.24, p < 0.001$), and nostalgia can significantly positively predict the meaning in life.

Table 2. Nostalgia and the meaning of life regression analysis

Predictor variable	B	SE	Beta	F	t
constant	3.80	0.22			17.12**
nostalgia	0.25	0.05	0.24	30.54	5.53**
R ²				0.58	

Note. ** $p<0.010$, * $p<0.050$.

Mediating effect test According to the results in Table 1, there is a significant correlation between nostalgia, social support, and meaning in life. Therefore, it can be tested for mediation effect. We test the mediation effect of the total score of social support and the three sub-dimensions other support, family support, and friend support.

Test of the mediating effect of perceived social support: According to the intermediary effect analysis procedure proposed by Zhao et al. (2010), the intermediary effect test was carried out with reference to the Bootstrap method proposed by Preacher and Hayes (2004) and Hayes (2013). The sample size was 5000, within the 95% confidence interval, and the results showed that society The mediating effect of support is significant, the result of mediating effect does not include 0 (LLCI=0.0597, ULCI=0.1565), and the size of the mediating effect is 0.11. Second, after controlling for the intermediary variable social support, the independent variable nostalgia has a significant impact on the dependent variable's sense of life. The interval (LLCI=0.0472, ULCI=0.1993) does not contain 0, and $abc' > 0$ ($a=0.28$, $b=0.38$), $C'=0.12$). Therefore, perceived social support plays a part of the mediating role between nostalgia and meaning in life. Figure 1 presents the path analysis of the intermediary model. First, nostalgia has a significant predictive effect on the intermediary variable social support, the regression coefficient is 0.28, the t value is 5.94, and $p < 0.001$. Second, the independent variable nostalgia and the intermediary variable social support are simultaneously regressed to the dependent variable's sense of life. The social support sense has a significant predictive effect on the dependent variable. The regression coefficient is 0.38, the t value is 10.58, and $p < 0.001$. The direct effect of the dependent variable social support is significant, the regression coefficient is 0.12, the t value is 3.18, and $p < 0.001$. perceived social support plays a part of the mediating role between nostalgia and meaning in life.

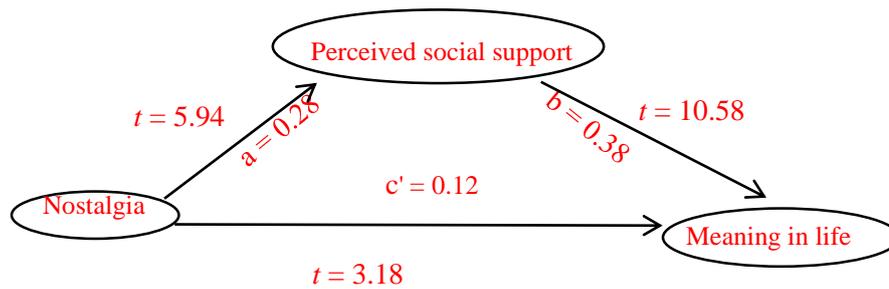


Fig.1. perceived social support the intermediary path between nostalgia and meaning of life

Test of the mediating effect of other support in perceived social support : The mediation effect test for other supports shows that the mediation effect of other supports is significant. The result does not include 0 (LLCI=0.0533, ULCI=0.1441), and the size of the mediation effect is 0.10. Secondly, after controlling for other support of the intermediate variable, the independent variable nostalgia has a significant impact on the dependent variable's sense of life. The interval (LLCI=0.0553, ULCI=0.2098) does not contain 0, and $abc' > 0$ ($a=0.32$, $b=0.30$, $c'=0.13$). Therefore, other supports play part of the mediating role between nostalgia and the sense of meaning in life. Figure 2 presents the path analysis of the intermediary model. First, nostalgia has a significant predictive effect on other supportive mediator variables, with a regression coefficient of 0.32, a t value of 5.87, and $p < 0.001$. Secondly, the independent variable nostalgia and the other support of the intermediary variable are simultaneously regressed on the sense of life meaning of the dependent variable. Other supports have significant predictive effects on the dependent variable. The regression coefficient is 0.30, the t value is 9.60, and $p < 0.001$. The direct effect of the sense of meaning is significant, the regression coefficient is 0.13, the t value is 3.37, and $p < 0.001$. Other supports play part of the mediating role between nostalgia and the sense of meaning in life.

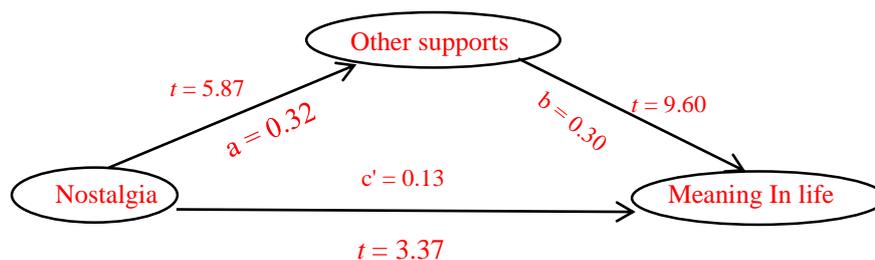


Fig. 2. other supports the intermediary path between nostalgia and meaning of life

Test of the mediating effect of family support in perceived social support The mediation effect test of family support shows that the mediation effect of family support is significant. The result does not include 0 (LLCI=0.0280, ULCI=0.1084), and the size of the mediation effect is 0.07. Secondly, after controlling for the mediation variable family support, the independent variable nostalgia has a significant impact on the dependent variable's sense of life. The interval (LLCI=0.0867, ULCI=0.2404) does not contain 0, and $abc' > 0$ ($a=0.24$, $b=0.27$, $c'=0.16$). Therefore, it can be concluded that family support plays a part of the mediating role between nostalgia and the meaning in life. Figure 3 presents the path analysis of the intermediary model. First, nostalgia has a significant predictive effect on the mediation variable family support, the regression coefficient is 0.24, the t value is 4.24, and $p < 0.001$. Secondly, the independent variable nostalgia and the intermediary variable family support are simultaneously regressed to the dependent variable's sense of life. The social support has a significant predictive effect on the dependent variable, the regression coefficient is 0.27, the t value is 8.90, $p < 0.001$, and nostalgia has an effect on the dependent variable. The direct effect of the sense of life is significant, the regression coefficient is 0.12, the t value is 4.18, and $p < 0.001$. Family support plays a part of the mediating role between nostalgia and the meaning in life.

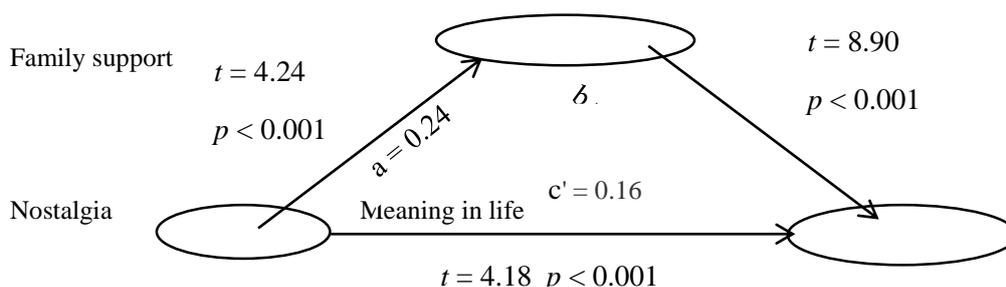


Fig.3. Family support the intermediary path between nostalgia and meaning of life

Test of the mediating effect of friend support in perceived social support The mediation effect test on friend support shows that the mediation effect of friend support is significant. The result does not include 0 (LLCI=0.0587, ULCI=0.1459), and the size of the mediation effect is 0.10. Secondly, after controlling for the support of the intermediary variable friends, the independent variable nostalgia has a significant impact on the dependent variable's sense of life, the interval (LLCI=0.0553, ULCI=0.2098) does not contain 0, and $abc' > 0$ ($a=0.30$, $b=0.33$, $c'=0.13$). Therefore, it can be concluded that the support of friends plays a part of the mediating role between nostalgia and the meaning in life. Figure 4 presents the path analysis of the intermediary model. First, nostalgia has a significant predictive effect on the mediation variable friend support, with a regression coefficient of 0.30, a t value of 6.20, and $p < 0.001$. Secondly, the independent variable nostalgia and the intermediary variable friend support are simultaneously regressed to the dependent variable's sense of life. The friend support has a significant predictive effect on the dependent variable, the regression coefficient is 0.33, the t value is 9.28, $p < 0.001$, nostalgia is the dependent variable friend The direct effect of support is significant, the regression coefficient is 0.13, the t value is 3.28, and $p = 0.001$. Friend support plays a part of the mediating role between nostalgia and the meaning in life.

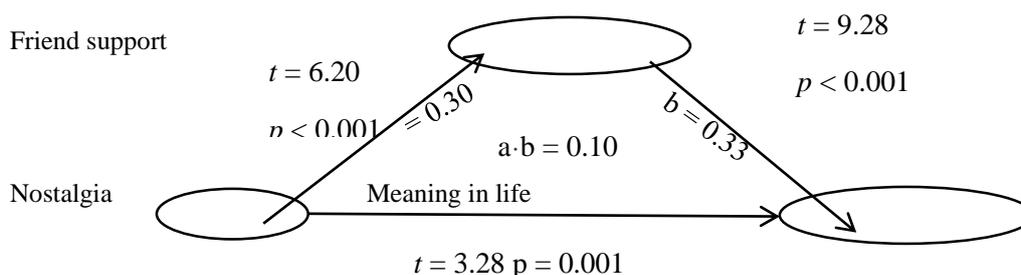


Fig.4. Friends support the intermediary path between nostalgia and meaning of life

IV. DISCUSSION

Discussion of research results The results found that nostalgia, perceived social support, and meaning in life have significant correlations. There is a significant positive correlation between nostalgia and social support. Individuals with high levels of nostalgia have a higher perceived social support. This confirms our hypothesis 1. This result is consistent with the research results of Zhou Xinyue and Wildschut et al. (2008), Sun Xiulan (2014), and Dong Annan (2017). This may be due to relived the time with important others in the process of nostalgia, so that the individual feels more social support, and the result suggests that proper nostalgia can improve our individual's perception of social support. There is a significant positive correlation between nostalgia and the sense of meaning in life. Individuals with high levels of nostalgia have a higher sense of meaning in life. This confirms our hypothesis 2. This result is consistent with Li Yue's (2012) research finding that nostalgia can also enhance social perception through recalling beautiful things. It shows that an individual's proper nostalgia helps them discover the meaning in life, and has a certain psychological support for individuals to cope with stressful situations. This may be because nostalgia has a certain psychological benefit to the individual, and the individual tends to recall the good memories of the past when nostalgic, which will make the individual feel the beauty of life more and realize the meaning in life. Perceived social support is significantly positively correlated with the sense of life meaning. Individuals with high social support have a higher sense of life meaning. This confirms our hypothesis 3. This result is consistent with the findings of Chen Qiuting's (2015) study on college students that college students' sense of social support and life meaning are significantly correlated.

This means raising the level of individual's sense of social support and helping to improve the level of meaning in life. The reason may be that the individual feels more social support in life. This positive emotion can help the individual have positive beliefs, help the individual achieve goals, and obtain a sense of satisfaction and accomplishment, so the individual's meaning to life Perception is also higher. At the same time, in the relationship between nostalgia and meaning in life, the mediating effect test of perceived social support shows that perceived social support plays a mediating role, which confirms our hypothesis 4 that nostalgia can enhance perceived social support, thereby promoting the sense of life meaning Improving means that the meaning of an individual's life will be affected by nostalgia and social support. From the perspective of the three dimensions of perceived social support, the three dimensions of family support, friend support, and other support in perceived social support are tested for the mediating effect, and it is found that the three dimensions of perceived social support play a mediating role. This further confirms our hypothesis 4. The stronger the individual's nostalgia, the easier it is to obtain a higher sense of social support, thereby enhancing the individual's experience of the meaning in life. It shows that individuals with high nostalgia experience are more likely to feel the support and love from others, and the perception of such social support can help individuals seek the meaning in life and promote the experience of life meaning.

Therefore, having appropriate nostalgic experiences in real life, such as recalling beautiful events in the past, purchasing nostalgic items, and conducting group counseling for nostalgic intervention, can enhance the individual's ability to perceive social support and enhance the sense of meaning in life, which is conducive to mental health development of. In addition, it is also possible to enhance the individual's sense of social support and give individuals more support and love from family, friends, teachers, classmates, etc., so that individuals can feel more social support, and enable them to experience nostalgia. Make a good connection between the past and the present, the present and the future in order to add meaning to one's life. With the rapid development of modern society, people are faced with many pressures and challenges, and they need to find psychological resources that can cope with difficult situations. For example, existing studies have shown that anxiety, loneliness, tension, etc. can all cause individuals' nostalgia tendencies (Chen Huan, Bi Sheng, 2016). When people lack the psychological resources and experience to cope with various pressures, they tend to be nostalgic. Find psychological support and comfort. There have been many studies on the theme of nostalgia in the West, but there are not many discussions on the mediating effect of nostalgia. Therefore, this study analyzes the mediating effect of social support based on nostalgia, and expands the study of the relationship between nostalgia and the sense of meaning in life. The results proved positive nostalgia and improved individual social support. This is of great significance for enhancing the individual's sense of life and coping with life pressures and challenges, and helps to control and understand the psychological problems caused by some negative emotions of contemporary people, and improve people's mental health.

Limitations: The research also has some limitations, which need to be further explored in subsequent research. First, most of the research subjects are college students. In the future, the research subjects can be broadened to include different groups to study the relationship between nostalgia and the sense of meaning in life, and to choose other groups at different ages to test the age effect of nostalgia. Second, in the measurement of nostalgia,

meaning in life, and social support, the measurement method of this study only uses the self-reporting scale. Subsequent research can use a variety of methods to conduct research, such as a combination of interviews and intervention design. Third, with regard to the measurement of nostalgia, since nostalgia is a dynamic state of mind, it is difficult to capture individual nostalgic psychological changes through only one survey. In future studies, time variables can be added for longitudinal research. This research mainly explores the positive effects of nostalgia, but nostalgia is a complex emotional state of missing the past (Xue Jing, Huang Xiting, 2011). Therefore, future research needs to make a certain distinction between nostalgia, and explore the impact of different types of nostalgia on individual psychology and behavior, so as to further enrich the research in this field.

V. CONCLUSION

(1) There is a correlation between nostalgia, social support, and meaning in life. There is a positive correlation between nostalgia and meaning in life, and a positive correlation between nostalgia and perceived social support. perceived social support is positively correlated with meaning in life.

(2) Perceived social support mediated the relationship between nostalgia and meaning in life. The stronger the individual's nostalgia, the easier it is to obtain a higher perceived social support, thereby enhancing the individual's experience of life meaning.

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