

Analysis on the Existing Problems of College Students' Mental Health and Ways to Improve it

Xiao Zhang

School of information science and technology, Taishan University, Taian 271000, China

Abstract

With the development and progress of society, more and more college students have mental health problems. Academic pressure, emotional confusion, interpersonal relationships, family factors, employment pressure and other aspects will lead to college students' psychological problems. College students are the future and hope of the country, the development of the motherland and the reserve force for national development. Therefore, the mental health of college students cannot be ignored, and it is imperative to improve the mental health of college students.

Keywords

College Student; Mental Health; Improvement Path.

1. Introduction

College students are a special group. They are a group of mentally immature adults. Although college students are adults in age, most of them are flowers in the greenhouse. They have not experienced hardships. They grow up smoothly under the protection of their parents and teachers and have poor tolerance. If they encounter hardships, they are prone to problems and can't accept them psychologically. How to help college students solve their psychological problems is an urgent problem to be solved.

2. Current Situation of Mental Health Problems of College Students

College students are spoiled and grow up at home. They are self-centered and do things based on their own feelings. In addition, they lack life experience. They are easy to be impulsive and self-doubt when encountering setbacks.

College students are outstanding in high school. In high school, teachers and parents pay more attention to their children's academic performance. If they have good grades, they will be loved by parents and teachers and pursued by students. After entering the University, teachers no longer only pay attention to grades, and college students' talents in all aspects gradually appear. Some students are versatile and have strong interpersonal skills. These students are concerned by everyone, and other students are prone to psychological gap.

Studies have shown that freshmen and juniors are the high incidence period of College Students' psychological problems. When they first enter the campus and leave the shelter of their parents, they need to face the new environment, new lifestyle and interpersonal communication. When they were a junior, they were faced with life choices, such as postgraduate entrance examination, public examination, employment, etc.

3. Causes of College Students' Psychological Problems

3.1. Environmental Change

Before entering the university campus, college students focus on learning, and more than ten years of education is for the college entrance examination. After entering the university campus,

students find that their previous values have been subverted, academic achievement is not the most important goal, and comprehensive development in all aspects is needed, which makes college students feel that they lose control, become confused, and then appear self-doubt, self-emotional and psychological problems.

3.2. Academic Aspects

Some students do not like the major they are currently studying, or are not good at the major they are studying, which leads to learning difficulties; some students are unable to balance the relationship between student affairs and learning due to their role as student cadres, resulting in a decline in academic performance. As a student cadre, their grades are not as good as those of other students, and they are not as good as other students in the evaluation of scholarships, which will lead them to self-doubt.

3.3. Emotion

College students are adults and have the need for love. Many students have their favorite objects, and some students have fall in love. Love is not plain sailing. Being lovelorn or pursuing failure will lead to frustration of college students. Students who fall in love for the first time can hardly bear the pain of emotion, producing self-doubt and even abandon themselves.

3.4. Interpersonal Relationship

Interpersonal communication is very important in college. The dormitory in the university is a small environment. If the students in the same dormitory get along well, they will be in a good mood, and their life and studies will become better. If they don't get along well, there will be contradictions among the students, which will seriously affect their mood. They have to live under the same roof every day, which will seriously lead to psychological depression. In addition, they must participate in many collective activities, and there are also many things to deal with in the class. These all need to be completed together by good communication and exchange between students. If students are self-centered and can't solve problems with other students together, they will feel psychological discomfort. Some students do not understand the skills of dealing with people, worry that others will not recognize them, look down on them, and lack confidence [1].

3.5. Employment Pressure

Social development is getting faster and faster, getting jobs is more difficult, jobs are in short supply. After several years of higher education, college students are more motivated and want to find a favorite job. Some graduates want to take examination preparation or civil servant examination, it is so difficult to succeed just like thousands of troops have crossed the single wooden bridge, which has frustrated the graduates. Many enterprises want experienced staff and are unwilling to hire fresh graduates, which also reduces the employment rate and makes it difficult to find a job, resulting in anxiety of many students. In addition, due to the large number of job seekers and few positions, many college students are unable to find corresponding jobs. After several years of higher education, they are unable to apply what they have learned. Doing things they are not good at can also lead to depression of college students.

3.6. Family Issues

There are some students with family difficulties. After entering the university, they find that many students with superior family environment are better than themselves in every way. Some students are better than themselves in food and clothing. Due to family financial difficulties, there will be an inferiority complex and will not dare to show oneself. After a long time, psychological problems are prone to appear.

4. Improvement Path

It is an urgent matter that we must guide college students to face different value judgments and choices, to be the masters of emotions, and to master their own psychological conditions [2].

4.1. Parents' Efforts

Parents are children's first teachers, and children's education is closely related to their parents. Children and parents have deep feelings and spend the longest time with each other. Therefore, parents' words and deeds are very important and directly affect children's future. When a child has psychological problems, parents should find and communicate with the child in time, guide the child to make the right choice and calm the psychological depression. Parents are the strong backing of their children. In case of problems, parents should patiently enlighten and sympathize with their children, rather than severely scold and blame their children and control their children.

4.2. School Efforts

After entering the campus, college students spend the longest time in the school. The university campus is their second home. Therefore, if students encounter any difficulties, the school and teachers should do their best to help them. Schools should specially train some psychological education teachers and set up psychological education departments. When students encounter problems and are unwilling to tell their parents or classmates, they can talk to professional teachers to get solutions. Schools and teachers should be more patient to these students to help them get out of trouble. Our school should do a good job in supporting them so that they can be willing to trust us [3].

4.3. Social Efforts

With the development of society and the acceleration of the pace of life, many people's values are distorted. People believe that material and interests are the most important things. Our society should be more inclined to protect college students, not to disappoint the kindness and innocence of college students, let them use their enthusiasm to contribute to the motherland, give play to their strengths, show their talents, and become people who are useful to society.

4.4. Students' Growth

As a college student, although they have not experienced hardships, they are already an adult. They should learn to grow up on his own. In the process of growing up, they must experience setbacks. As a qualified college student, they should have the confidence and ability to solve problems. In face of difficulties, they can't escape and complain about themselves. They should strive to improve themselves, check deficiencies and make up deficiencies, and become more and more excellent.

5. Conclusion

College students are the future and hope of the motherland. The mental health problems of college students cannot be ignored. Healthy psychology is the foundation for the growth of the university and the prerequisite for making contributions to the motherland. We must do a good job in psychological guidance for college students and let them grow healthy and sunny.

References

- [1] J.J. Wu: Analysis of contemporary college students' mental health education, *Occupation*, (2009) No.3, p.305-307.
- [2] X.L. Yu: Psychological factors affecting college students' hidden truancy: An empirical study based on advantage analysis, *China Journal of Health Psychology*, Vol. 29 (2021) No.9, p.1386-1391.
- [3] L.Q. Lv, Q.W. Zhang, H. Ding, Y.T.Zhang and L.C. He: The impact of parental conflict on College Students' aggression and interpersonal relationship: the mediating role of cognitive evaluation. *China Journal of Health Psychology*, Vol. 29 (2021) No.3, p.417-422.