

Deep Analysis and Countermeasures of College Students' Mental Health Problems from the Perspective of the Communist Youth League

-- A Case Study of Building Second-level Psychological Studio for College Students

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Abstract

With the rapid development of, the scale of higher education is constantly expanding, the student population is sharply increasing, and the mental health problems of college students are increasingly prominent. Many factors are affecting its development, and it should be highly concerned. This paper briefly expounds the mental health status of contemporary college students and analyzes the reasons from four main aspects: academic pressure, economic conditions, interpersonal communication and network environment. This paper argues that to build Second-level psychological studio for college students is particularly important and Youth Psychological Studio of Department of Economics and Management of North China Electric Power University as an example, analyze the research and practice situation, drawing the conclusion that Second-level psychological studio for college students is the key point of college student's psychological health education, which promotes psychological education to the systematic, standardized, and professional development, and plays a significant role in optimizing the quality of the college's psychological education, promoting the development of higher education.

Keywords

Mental Health; College Education; College Students; Psychological Studio.

1. Introduction

1.1. Mental Health

1.1.1. Definition of Mental Health

People's psychological phenomena are complex and diverse, and mental health means that individuals can maintain a good and positive state of psychological efficacy in various environments. In 1946, the third International Conference on Mental Health made a definition of mental health: Mental health is the ability to maintain physical, intellectual and emotional compatibility with the mental state of others, and to develop one's state of mind into the best possible state.

1.1.2. Criteria for Judging Mental Health

In terms of mental health standards, the World Mental Health Federation has proposed specific standards, namely: (i) Keep physical, intellectual and emotional coordination. (ii) Adapt to the environment and be humble to each other in interpersonal communication. (iii) Have a sense

of happiness. (iv) Be able to give full play to your abilities in professional work and lead an effective life.

Scale measurement is one of the important criteria to judge whether mental health, and its standard changes with the development of society. Nowadays, University Personality Inventory (UPI), Self-Rating Symptom Scale (SCL-90), Self-Rating Depression Scale (SDS), Self—Rating Anxiety Scale (SAS), Eysenck Personality Questionnaire (EPQ) and so on are generally used.

2. Mental Health of College Students

2.1. Mental Health Status of College Students

With the rapid development of society, the scale of college education in China is expanding and the number of students is increasing rapidly. The mental health problem of college students is becoming increasingly prominent. According to a survey of 126,000 college students conducted by the State Education Commission in 1989, more than 20.23 percent of college students have psychological disorders of different degrees. Compared the SCL-90 scores of college students with the national norm, almost all the studies found that the scores of SCL-90 factors of college students were significantly higher than the national norm of youth group.

The youth period between 18 and 24 years old is a period of rapid development of individual physiology and psychology, as well as a transitional period of rapid maturation of individual psychology but not yet fully mature, commonly known as the second weaning period of life. College students are in this stage. They are active in thinking and have strong self-consciousness, but their social adaptability is poor. In the process of forming and maturing their values, they are subjected to the impact of various cognitive conflicts. If the pressure brought by this shock is not alleviated in time, it will lead to a sharp change in their values, causing psychological problems in environmental adaptation, interpersonal communication, love, emotional regulation, job hunting and many other aspects. In recent years, psychological problems of college students have led to a series of vicious incidents such as crimes and suicides, which not only directly affect their study and life, but also seriously affect the quality of education in colleges and universities and the safety and stability of society.

2.2. Analysis of the Reasons of College Students' Psychological Problems

2.2.1. Academic Pressure

Under the traditional examining-oriented environment, the heavy academic pressure is one of the important factors for the psychological problems of contemporary college students. Learning is a hard mental work. The diversified courses offered by universities objectively increase the learning burden of college students, who may face problems such as difficulties in adaptability, lack of motivation, improper learning methods, unreasonable time management, test anxiety, competitive pressure and so on.

2.2.2. Economic Conditions

Economic factors have a certain impact on the psychology of college students. College students come from all over the world and from families of different economic classes in society. Those students from poor families form the poor group in colleges and universities. At present, the number of poor students in universities accounts for 10 to 15 percent of the total number of students. The results show that, compared with non-poor students, poor students have higher average score and positive symptoms in somatization, obsessive-compulsive symptoms, interpersonal sensitivity, hostility and mental symptoms. This part of college students' sensitivity, inferiority and other psychological problems are more prominent. On the contrary, students from families with better economic conditions have become the high consumption group in the university. The prominent gap between the rich and the poor, the difference in life style and so on have hindered interpersonal interaction to a great extent. At the same time, the

comparison between students is also easy to cause the vanity expansion of some students, which leads to psychological problems.

2.2.3. Interpersonal Communication

Interpersonal communication is an important way to socialize college students, and it is also one of the factors to induce college students' psychological problems. In peer communication, interpersonal conflict caused by personality differences is very common, and the increasingly fierce internal vicious competition will also cause negative emotions for college students. In addition, college students in the middle and late adolescence, in which they are sexually mature and often pay more attention to love. Immature views of love may cause discomfort to relationships and may cause psychological and behavioral problems. In terms of parent-child communication, adult college students are more independent in thought and behavior and prone to excess self-consciousness, which inevitably leads to antagonistic attitudes and communication barriers between family members, causing many psychological problems.

2.2.4. Network Environment

With the rapid development of science and technology, the network environment also has a certain negative impact on the psychology of college students. The subjective factors such as strong curiosity, weak anti-temptation ability, low sense of achievement in real life, withdrawn personality and unsociability are very likely to cause college students to be addicted to the Internet and indulge in the virtual world, thus causing psychological problems. Studies show that Internet addiction in college students will cause attention deficit, intellectual impairment, loneliness, depression, motivation conflict, dual personality, addictive behavior, maladjustment, physical symptoms and other physical and mental disorders.

3. Practice Project - Youth Psychological Studio of Department of Economics and Management of North China Electric Power University

3.1. The Early Stage of the Research

3.1.1. Overview of the Survey

In view of the current psychological problems of college students, the team took first, second and third grade students from the Department of Economics and Management of North China Electric Power University as samples, and carried out a random sampling survey. The questionnaires were sent out online by means of Wechat and QQ platforms. In the study, a total of 762 questionnaires were collected, which have certain analytical value and high credibility.

3.1.2. Analysis of Research Results

Questionnaire survey results show that more than 90% of students have psychological problems. Thirty-five percent of the students often have psychological problems, 62% occasionally, and only 3% said that they had no psychological problems. It can be seen that the mental health of the students of the Department of Economics and Management in our school is not optimistic.

The reasons for students' psychological problems are study pressure (72%), interpersonal problems (65%), confusion about life development and worries about employment prospects (48%), environmental inadaptability (33%), and economic burden (18%).

There are 29% of students do not tell others when they encounter psychological troubles. As for students who will tell others, they choose friends (80%), lovers (47%), family members (32%), teachers (8%), and professional psychological counselors (3%). It can be seen that although students are more inclined to talk about their problems, their mental health awareness is weak.

When asked whether they think college students' mental health should be paid more attention to, 98% of the students agreed. Eighty-three percent of the students believe that there is too little mental health education in our school currently, and only 31% and 14% of the students know the psychological center and its hotline. This shows that students paid high attention to the mental health problems, but they are dissatisfied with the relevant educational activities held by the school, and the first-level psychological center has not played an ideal effect.

3.2. Department of Economics and Management Youth Psychological Studio

3.2.1. Project Introduction

As society's economic development is getting more and more rapid, the competition in community is getting more and more intense. The pressure from society, family, study, life, emotion, and employment is unprecedented for college students. So the establishment of Second-level psychological workroom in the college is of great significance in improving the quality of education. It is planned and targeted to guide the college students' coordinated development and healthy growth.

The core of the project is a psychological studio, and the function of the studio will be extended outward to achieve the purpose of promoting the relevant social construction. The psychological studio is the bridge between teachers and students, and the bridge between students to communicate and exchange ideas, to understand themselves, perfect themselves, develop potential, grow, and mature. It aims to help students master the methods of self-regulation, to solve their psychological problems, to help students adapt to the environment and handle interpersonal relationships, to establish a correct outlook on life, world view, and values, to cultivate self-esteem, self-confidence, and self-confidence, so that students can smoothly pass through the study and life in school, and lay a good foundation for individual professional development and social life in the future.

3.2.2. Project Purpose

This psychological studio focuses on the psychological health service for students in the Department of Economics and Management of North China Electric Power University. It aims to help students establish a psychological health awareness and cultivate their psychological qualities and strong willpower through a series of targeted psychological education activities, improve their psychological functions, develop their psychological potential, enhance their psychological adaptability and social life's adaptation abilities, maintain their psychological health, prevent psychological diseases, and ultimately promote the overall quality improvement of students.

3.2.3. Project Implementation and Achievement Presentation

In September 2020, after the approval of the party committee, the Department of Economics and Management of North China Electric Power University (Baoding) established the first departmental student psychological studio - Youth Psychological Studio. Teacher Li Bing, from the Department of Economics and Management, who possesses the qualification of the level 2 psychological consultant, serves as the instructor. In December of the same year, the party secretary Zhou Jian visited and guided the psychological work of students and gave a high evaluation.

As the first departmental student psychological studio in the university, the Youth Psychological Studio has a pioneering significance, and it has co-sponsored and co-organized several university-level psychological orientation activities and fun activities with the psychology center of the university. It has played a role of mutual assistance and mutual support with the psychology center. The Youth Psychological Studio has a detailed activity schedule and work plan every month. It has carried out the training of the psychology committee, one-on-one exchange, the psychology knowledge contest, the pillow battle, the

psychology studio logo collection activity, psychological film viewing, psychological counseling lectures, and the winter orientation activities, which have won unanimous praise.

During the process of the development of the Youth Psychological Studio, the Internet and network advantages are fully utilized, and the official account of the Department of Economic Management on WeChat is used to open the Heart part and regularly put forward the knowledge of psychological relief. At the same time, the Tree Hole is established, and the official mailbox received the whole department and even the entire school students' psychological problems to provide a good communication platform and put forward specific, feasible suggestions for students, including students' love problems, examination week anxiety, not adapting to college life, etc. And psychological studio members strictly follow the work system and adhere to the principle of confidentiality, understanding, support, respect, and positive attitude cultivation. They take the protection of the psychological rights of students as the first priority, and they are sincerely trying to help each student resolve psychological puzzle. They adopt individual tutoring, group tutoring, letter exchange, and network exchange and so on to help students think and carry out psychological self-help. Furthermore, psychological studio members popularize psychological health knowledge through various forms of publicity to let students correctly recognize and treat psychological counseling and improve their anti-resistance, coping ability, interpersonal skills, innovative spirit and creative thinking in order to promote their comprehensive development of personality. In these processes, psychological studio members earnestly implement each activity, do an excellent job of the work plan, counseling records, and work summaries to find the loopholes and fill them in, then effectively carry out the subsequent work.

4. Conclusion

With the fast development of our country, the scale of higher education is constantly expanding, the student population is sharply increasing, and the mental health problems of college students are increasingly prominent. Many factors are affecting its development, and it should be highly concerned. The healthy growth of college student's psychological quality is both the starting point of education and the destination of comprehensive quality education. Second-level psychological studio is the key point of college student's psychological health education. It integrates the psychological health education forces of the relevant departments of the college and promotes psychological education to the systematic, standardized, and professional development, which can play a significant role in optimizing the quality of the college's psychological education, promoting the development of higher education.

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