

Investigation and Analysis of College Students' Mental Health -- Taking Jingjiang College of Jiangsu University as an Example

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Abstract

Objective To help college students understand their psychology correctly, find and solve all kinds of troubles and puzzles in the process of physical and mental development. Improve the psychological quality of college students, promote the healthy and all-round development and progress of college students, and guide and help students to establish a correct outlook on life and values. Optimize the cognitive structure of college students so that they can know themselves correctly, And be able to know, manage and educate yourself with a positive and optimistic attitude. Schools can also design mental health education courses based on the investigation report and analysis, and can also make reference for other mental health researchers. **Methods**, purposeful, systematic search and collection of information about mental health, and reasonable design of questions, The questionnaire was used to systematically understand the mental health status of students in Jingjiang College. The results are analyzed, compared and summarized by spss software. Results 4.1% of the people had serious mental health, 16.2% had poor mental health, and 79.7% had good or better mental health. There are significant statistical differences in study, interpersonal relationship, employment, life attitude and inferiority complex. **Conclusion** College students' overall mental health is in good condition. Learning difficulties, interpersonal relationships, employment pressure, life attitude and inferiority complex are the main influencing factors of college students' mental health problems.

Keywords

College Students; Mental Health; Questionnaire Survey.

1. Introduction

According to the investigation results of the National Center for Disease Control and Prevention, 16%-25.4% of college students in China have psychological problems, and 2.5% of them have serious psychological problems. With the development of education, the number of students in our country is increasing, and their psychological problems are becoming increasingly serious. Social anxiety, depression, personality problems, bad interpersonal communication and other psychological phenomena are very common. Tsinghua's poisoning and Fudan's poisoning are all manifestations of unhealthy psychology.

Tang Denghua, the executive deputy director of Peking University Clinical Psychology Center and a famous mental health expert in China, once said: Many college graduates suffer from depression in order to find a job, and they also have academic emotional and social problems. The mental health problems of college students in China urgently need attention. In 2021, Chen

Ailian, a deputy to the National People's Congress, put forward "Suggestions on Building a National Adolescent Mental Health Service System". It indicates that the current policy of the state in the service system of mental health education is not very reasonable, and the attention to mental health problems is not high. It is suggested that the available resources should be integrated. Be able to build a nationwide mental health service platform. From the above, mental health education is very important. As the foundation of education, the investigation and research on mental health is even more important. Symptom Checklist-90 (SCL-90), College Student Personality Questionnaire (UPI) and Egerson Personality Questionnaire (EPQ) are mostly used in our country for investigation and analysis. However, these scales are all imported from foreign countries, and many scholars think that they are no longer suitable for the study of current college students. Therefore, in recent years, the self-rating scale for college students (SMHRS) has been widely used, which has high reliability and validity. The psychology of college students is changing rapidly with the times. Therefore, this study mainly searches for integrated information reasonably, designs a questionnaire, Investigate the mental health status of college students, analyze the influencing factors of college students' mental health level, give guidance and help to college students, and provide reference for schools and other institutions.

2. Research Object and Method

2.1. Participants

Taking the students of Jingjiang College of Jiangsu University as an example, 300 questionnaires were distributed by online questionnaire, 266 questionnaires were collected, and 266 valid questionnaires were collected. There are 150 boys and 116 girls. Male and female students account for, for example Table 1 Shown:

Table 1. Sample distribution

frequency	percentage	Effective percentage
man	150	56.4
woman	116	43.6
amount to	266	100.0

2.2. Methods

This survey of college students' mental health is based on a questionnaire prepared by the team according to the psychological characteristics of college students. There are 70 questions, each of which tests different aspects of college students' social anxiety, depression, personality problems, poor interpersonal communication, etc. The answers obtained from the questionnaire are added with the scores of each question, and five answers for each question are given different scores. According to the scores, the college students are divided into three categories by spss software. The first category of students has serious psychological state, which requires psychological counseling. The second category of students has poor psychological state, which requires psychological counseling in some cases. The third category of students has good psychological state or above, and does not need psychological counseling. At the same time, we will classify the common parts of each question, and continue to use spss software to analyze the main factors affecting college students' psychology[1].

3. Results and Analysis

3.1. Distribution of Students' Overall Mental Health Status

Sort out and classify the results obtained from the overall questionnaire of students, such as Table 2. It shows that the overall situation is good. Among them, there are 11 students in the first category who need to focus on psychological counseling, accounting for 4.1% of the total number of respondents, 43 students in the second category who need to pay attention when necessary, accounting for 16.2% of the total number of respondents, and 212 students in the third category who have good mental health or above, accounting for 79.7% of the total number of respondents.

Table 2. Distribution of students' overall mental health status

	frequency	percentage
The first kind of students	11	4.1%
The second kind of students	43	16.2%
The third kind of students	212	79.7%
amount to	266	100.0

3.2. Psychological Distribution and Analysis of College Students under Different Factors

(1) Distribution of mental health status of college students of different genders such as Figure 1 and Table 3, as shown in the figure 1.00 represents the first type of college students, 2.00 represents the second type of college students, and 3.00 represents the third type of college students. It can be seen that the overall distribution of female college students and male college students is similar, and the average difference is slight and insignificant, indicating that gender differences between men and women have little impact on mental health [2].

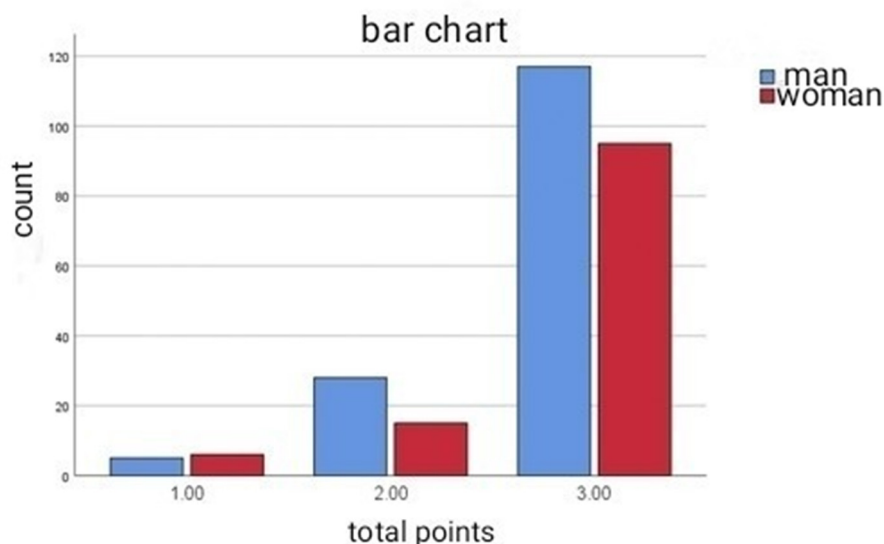


Figure 1. Distribution of mental health status of college students of different genders

Table 3. Distribution of mental health status of college students of different genders

gender	total number of people	average value	Standard deviation	Mean value of standard error
man	150	2.7467	0.50748	0.04144
woman	116	2.7672	0.53337	0.04952

(2) The main factors affecting college students' mental health

By classifying the questions designed by the questionnaire, using SPSS software to study and count the commonness of different problems, the main factors affecting college students are obtained, such as Table 4. It is shown that one college student can choose more than one major factor.

29.68% of college students have employment pressure. On the one hand, because of the development of education and China's population is too large, so that the number of college students is increasing, social competition is fierce, and students' social experience is too little.[3] On the other hand, some college students' employment ideas have some misunderstandings. For example, "it's better to be a staff member in a foreign enterprise than a backbone in a small and medium-sized enterprise." [3], Because the low wage is difficult to meet his basic survival needs, and often can not form enough work incentives for him, the result will inevitably bring many choices of employment and the employer's vigilance to college students. And the family level. Parents often place their hopes on their children, There is a strong expectation of return on investment, which makes college students have a strong sense of guilt for their families, which leads to the increase of psychological pressure of graduates in job hunting.

22.82% of college students have bad interpersonal relationship problems. On the one hand, the concept of family education directly affects children's words and deeds. In real life, many parents only pay attention to their children's academic performance, ignoring the cultivation of their children's interpersonal skills, while most generous children have basically a harmonious family environment, The tense family environment can lead to the children's indifference and autism, which makes the children do not trust others [4]. On the other hand, there is a lack of interpersonal guidance education in school education. From childhood to adulthood, the main goal of school is to improve students' performance, while ignoring students' attention to interpersonal communication, which leads to students' lack of enthusiasm in interpersonal communication. And with the development of the Internet, more and more college students begin to invest in online virtual space, thus paralyzing themselves, making the real world and the virtual world can not be distinguished [4].

19.48% of college students have negative attitude towards life. In the past, many college students have to relax their sex life, and on the one hand, they don't want to study hard. On the other hand, the popularity of network culture language, some similar to "lying flat" and "volume king", College students will have confusion and illusion of their own life, so as to stagnate.

There are 16.88% of college students with learning difficulties. On the one hand, the lack of learning objectives of college students [5]. Before the university study has always been a teacher's guidance, how to learn, what to learn, the answer to this kind of question seems to be very clear. However, after entering the University, more emphasis is placed on autonomous learning. Without the guidance of teachers and parents, clear learning objectives will be lost [1]. On the other hand, college students' learning attitude is not correct. For example, I only listen to the class called by the teacher in class. Usually, I don't actively digest the learning content, and place my hope on the key points before the exam, cheating in the exam, etc. And the lack of questioning spirit of college students. In universities, there are few questions about what teachers teach.

7.24% of college students have inferiority complex. On the one hand, self-evaluation is too low. Due to family background, cultural knowledge and other aspects, some college students despise their own ability, dare not participate in any competition, always think that others are better than themselves, better than themselves, and they are inferior to others in any aspect. On the other hand, there is a lack of expertise. Due to the rich and colorful college life, some college students will show their advantages in basketball, dancing, taekwondo, singing, etc., and then

those ordinary college students will compare their own shortcomings with others, leading to their more negative inferiority. As well as the ability to resist pressure is poor. When they encounter setbacks, they are sad and sad. They deny all of their own, and are in a state of depression.

Table 4. The main factors affecting college students' mental health

Main factors	Select the number of people	percentage
employment pressure	181	33.58%
Bad interpersonal relationship	123	22.82%
Negative attitude towards life	105	19.48%
Learning difficulties	91	16.88%
Inferiority in character	39	7.24%
amount to	539	100.00%

Similarly, due to the occurrence and control of the new type of coronavirus pneumonia, schools were delayed and online teaching was conducted everywhere, or school closure or even isolation was caused by strengthening campus management. I'm stuck in a place where I can't get involved in social activities for a long time, Worry about their academic problems all day long or feel very ashamed because of their unwillingness to learn these emotions, in such a big environment, it is easier to strengthen the occurrence of anxiety, depression and other psychological problems of college students. New crown pneumonia is extremely infectious and early lethal, like a knife hanging on the head, The shortage of daily life materials and the impact caused by the guidance of some extreme public opinions on the Internet make college students who are not deeply involved in the world and have not formed a complete cognitive system feel panic.

Moreover, due to the new crown epidemic, college students have spent the longest time at home in the history. The long-term lack of social contact or excessive dependence on electronic products, the different concepts among their children or the low pressure caused by the epidemic difficulties are also the fuse of family relations and easily lead to college students' anxiety.

4. Countermeasure

From college students themselves: learn to communicate with others and establish good interpersonal relationship. Improve their ability to resist pressure, be good at finding their own advantages, boast more about themselves, believe in their ability, and establish a correct self-awareness. Take part in more extracurricular activities at school to enrich your life. When you are at home, you can also go out for a visit and make more friends, Have a chat and relax yourself. Some college students who are isolated from their homes because of the new epidemic should also give themselves a plan to take online learning courses, so as not to "regret the beginning" by the end of the term. At the same time, when facing problems, pay attention to think twice before you act. When encountering negative emotions, Pay attention to communicate with others in time and find a reasonable way to vent. Reduce the production of irrational behavior, cultivate self-regulation ability of emotion, try to make yourself in a relaxed and happy state, exercise is also an excellent way to relax, but also can strengthen the body at the same time, so as to reduce the distress of illness. And some isolated at home college students can also use some of the online skills to exercise regularly, recently very popular "tendon exercise" is also a great choice. With the development of modern social media, we can also take a look at the positive content on the premise of not indulging in it, or learn a new technology online to immerse ourselves in learning, It's also a good way to relax.

From the perspective of family: pay attention to the harmony of family atmosphere, actively cooperate with school education, actively understand the psychological status of children, reduce the expected pressure on children, encourage children to try things on the basis of children's existing interests, encourage children to improve their ability to resist pressure. Moreover, in the face of adult children, we should timely communicate with them, meet differences, and exchange their ideas, You can often go out for outings and travel with your children, cultivate the feelings between them, and pay attention to respect their ideas in the process of communication.

From the school side: vigorously publicize the knowledge related to mental health, and keep each student informed of his or her current psychological status. Keep communication between home and school regularly, and communicate with parents in time once the possibility of psychological problems is found. Teachers should pay attention to infiltrating good classroom atmosphere to college students. Let college students become the masters of the classroom, improve the enthusiasm and interest of college students, and effectively alleviate the anxiety of college students. Reasonable arrangement of university life can carry out a variety of university activities, so as to make every college student participate in it as much as possible, so as to relieve the pressure of College Students' study and life. To carry out various forms of psychological consultation, Second, the psychological consultation room should be set up in time for the psychological consultation of the students. Again, We can also set up a special online psychological counseling website and post bar for college students to express their worries.

From the national aspect: integrating the available resources, we can build a mental health service platform covering the whole country. Pay attention to create a good social atmosphere and spread excellent social and cultural literacy.

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