

Discussion on the Psychological Health of College Students

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Abstract. College students are the main driving force of social development, the main groups carrying the pressure of civilization and scientific and technological progress. The psychological health of college students not only affects their own growth and becoming excellent, but also relates to the prosperity and development of the whole nation. This paper analyzes the psychological situation of contemporary college students, and summarize the causes of psychological problems in order to find more effective countermeasures to ensure the mental health of college students so that students can grow better.

Introduction

Contemporary college students are the builders and successors of The Cause of Socialism with Chinese Characteristics. Their physical and mental health not only affects their own growth and becoming excellent, but also relates to the prosperity and development of the whole nation. As the main driving force of social development, college students carry the pressure from the family, school and social and other aspects, which lead to its appearing of psychological problems are much higher than other groups of society. we must pay close attention to the psychological status of college students, taking existing psychological problems of college students into account.

The Current Situation of Psychological Health of College Students

The Psychological Problems of Learning. The majority of learning in college is self-learning, for freshmen being into the school, because passive learning habits had been developed in the primary and secondary schools, they are difficult to adapt to the college self-learning, resulting in producing a variety of psychological problems of learning. Many students have no feeling how to start their own learning, do not know how to arrange a reasonable time, waste time to their own sleep and playing the game every day.[1] Students do not have enough pre-study homework, resulting in doing not understand the teacher's teaching content in the classroom completely, after school, they do not carry out review, if things go on like this, leading in a vicious circle, the

requirements of students is relatively high, and learning pressure is also much larger, these factors have the impact on psychology of college students.

The Psychological Problems of Emotion. One side is the interpersonal problems arising from interpersonal relationships, when they come into university, the students with different personality and living habits come together but not familiar with each other, in addition to strange sense of what is more likely to produce contradictions. Dormitory is an important place for college students to study and life, the relationship between the members of the bedroom directly affect the physical and mental health of students, dormitory relationships often make them confused and painful. The other hand is the personal love of emotional problems, college students are in the period of the opposite sex vision period, the emergence of love phenomenon is normal, but love for most of the students is a herd mentality, is a competition behavior to abandon the sensibility,[2] And then because mental development is not mature enough, mate criteria and motivation is easy to deviate from reality, when the real life can not meet their own requirements, they feel depressed, resulting in abnormal love.

The Psychological Problems of Life. Now most of the college students are from the only child family, from small to large, they don't worry about clothes, in addition to learning, they do not have to consider other matters normally, but when they come to the university, in addition to learning, they have to deal with personal affairs, reasonably arrange their personal learning and life. Many students lack the ability to live independently, don't know how to deal with all aspects of bad relations, and thus coming into a trough, what's worse, they maybe will lose their own self-confidence, after a long time like that, the depression and inferiority will form. And some students do not know how to use rich resources provided by the school, such as library resources, network resources, etc. Some students keep in front of the computer every day and night, which is not only detrimental to mental health and harmful to the body greatly.

The Factors Analysis on Forming the Mental Problems of College Students

The Impact of Family Environment. A person's growth environment has a great impact on his psychology, if a child grow up in a spoiled environment, who is bound to arrogance in growing; if whose growth environment is too poor, who will pursuit material excessively, all of those factors impacting the psychological health. As the root causes of psychological problems of college students, economic difficulties are ranked in the first place, students born in poor family often obtain the recognition of parents, teachers and students through hard study, but after entering the university, the way to learn changed, the students with high overall quality will get more recognition from students. [3]While the personality development will be limited because of family poverty and backward education resulting in relatively low quality, further producing self-abasement and anxious mood, what is more, compared with students who have good family conditions, their inner minds give birth to a sense of imbalance.

The Impact of Social Environment. China is in a period of social transformation, a variety of material culture filled the people's vision, producing a huge impact on people's values. The time of college students coming into the social is short, it is difficult to grasp the good and evil in their own scale, network and information age caused a great impact on the traditional culture and thought, while college students do not have a clear understanding of individualism and pleasure; Coupled with the impact of traditional Chinese culture, more people have introverted personality, resulting in high probability of this personality inducing mental illness, more typical thing is that many college students love the Internet, obsessed with the phone, which makes the psychology closed, and students do not love to communicate with people.[4]

The Impact of Campus Environment. The impact of the campus environment mainly comes from the change of learning mode, because the learning pressure of middle school is relatively big, most students are able to develop the habits of learning, but after entering the university, the pressure of learning reduces, students can't continue to maintain a good learning state because of losing the sense of urgency, the contradictions between wanting to get good grades and lack of correct learning methods become a trigger for psychological problems. Moreover, because our colleges adhere to the "discipline-based" concept in the teaching, which makes it much fewer of talents who can adapt to the development of new era, resulting in the phenomenon of who have high scores but with a weak ability, which can't be fully developed.[5] In addition, the opening of the university campus makes love phenomenon everywhere, but they lack the experience and ability to deal with love problems, so they often generate anxiety caused by emotional distress, even worse some students suicide because of emotional problems.

The Impact of Personal Factors. The mental health problems of students are related to their own situation. The cheerful college students can live with people in a friendly and tolerant manner, and have a strong ability to adapt to the environment. They can maintain an independent and complete personality in their contacts. While the students with introversion character, found that reality is far from their own ideals, psychological contradictions will be intensified, and then lose the confidence of adapting to environment. Emotional factors on a person's impact are mainly reflected in the physical and mental health, positive emotions will make people feel happy, while negative emotions will bring people decadent, lose confidence, therefore, the harm is very serious.

The Countermeasures of Solving the Metal Problems for College Students

Emphasis on the Policy, to Improve the Community's Attention on the Mental Health of College Students. The mental health problems of college students has become the focus of attention from all walks of life. The Ministry of Education has issued the Outline of the Implementation of Mental Health Education for College Students.[6] It is hoped that colleges could pay more attention to the mental health education of college students. we should vigorously promote the socialist core values, so that students can experience it, take action and practice, we should using media to promote mental health knowledge in a wide range, improve the people's mental health awareness, make students and parents Concerned about mental health of cultivating a healthy body and psychological to create a bright future.[7]

Set up Mental Health Education, to Improve the Mental Health Education Model. We should correctly understand the importance of mental health education classes, give full play to its main channel and the main position. We should systematically set up the course of mental education for college students, creating an essential condition for that course; [8]Pay attention to the teaching quality of course, mobilize the enthusiasm and initiative of students to learn, so that students really gasp some certain of mental knowledge and self-adjusting ability through the curriculum to ensure the realization of college students' mental health education goals; establish the corresponding psychological counseling service agencies, recruit professionals as mentors, timely deal with psychological problems, to avoid the emergence of mental illness.

Strengthen the Links between Home and School, to Enhance the Mental Health Function of the Family to College Students. Parents are the first teachers of their children, strengthening the connection between the school and the family of college students will help to establish a good home school education system, help to keep abreast of the psychological activities of college students, so as to better help them to prevent and overcome psychological problems. [9]Parents of children should be appropriately strict, neither too spoiled arrogance nor to give the child too large pressure,

to promote scientific and democratic education, to create a good first environment for the child's physical and mental health, to maintain the mental health of students with the power of the family.

Play the Role of Main Body, to Cultivate Students' Ability of Self-Psychological Adjustment.

We should give full play to the main role of college students, to train students to correctly understand and evaluate themselves, objectively look at the people and things around, keep the courage to admit their own weakness and learning the advantages of others, maintain self-confidence; cultivate the ability of self-care to eliminate dependence thought on science, scientifically and reasonably arrange learning and living;[10] cultivate the enthusiasm of students to learn and enhance the ability of adapting to social development; educate students to maintain optimism and good mood, correctly handling interpersonal relationships, dare to face setbacks, learn to find the cause of failure in the setbacks, catch new chance in the groove.

Summary

In short, the mental health education of college students is a long and arduous work, with a long way to go, positive and effective mental health education can improve students' bad mood, reduce the occurrence of mental illness, and promote the formation and development of healthy personality. Adhere to the people-oriented thinking, we should cultivate the psychological health of college students, enhance their ability to adapt to society, to cultivate more talents for the socialist harmonious society.

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