Strategy Research on Cadets' Psychology Intervention

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Abstract: Under the new situation, with the increase of contradictions and conflicts that cadets confront, the rate of experiencing psychological problems and obstacles suffered from higher pressure among cadets is significantly rising. The essay aims at studying the main pressure sources of cadets' stress as well as the effective strategy under the new situation, thus providing cadets with theoretical guidance to the improvement of the level of mental health.

1. The changes brought by the objectives of Strengthening military in new period

1.1 Military training requirements become more stringent.

At present, Minhang's diversified missions such as earthquake relief, security and duty, and anti-terrorist clerk-offensing have put forward multiple requirements for the troops. Each college has increased its training efforts and improved the military assessment system with the criteria of "higher than the troops and stricter forces". High standards for military training. Military school students face greater pressure on physical fitness and military assessment.

1.2 learning requirements become Higher.

The goal of cultivating high-quality new-type military talents requires that institutions change from a single professional ability training to a requirement of both professional ability and comprehensive quality. In September 2014, the General Political Department, together with 7 ministries and commissions of the military and military, formulated the "Measures for Segregation and Relocation of Trainees of Military Cadres and Cadres for Development of Cadres" to fully implement the elimination system for the last elimination of military academies, further urging the institutions to continuously improve the quality of personnel training. Expand the scope of study and enhance professional and military literacy.

1.3 The proportion of internships become greater.

According to the "Regulations for the Graduation of Graduates of Military Cadres for Growth", among them, the principle of priority is to ensure that troops in the remote areas of the garrison and supplementary forces of the new combat forces are in demand. This puts forward higher requirements for the overall quality of graduates. Colleges and universities should extend teaching and training to front-line units and command posts, and comprehensively improve the students' ability to lead troops to fight. The troops under the military exercise, service internships, and the simulation of the trainee team to implement the model, the students in the promotion of self-ability at the same time also under the pressure of greater work.

2. Analysis of Military Students' Stress Sources

Under the new circumstances, the dual influence of the social environment and the management and education of the military academies, the students' ideology and psychology are experiencing an unprecedented impact and are prone to various psychological problems.

2.1 Strict troop life generates pressure on adaptation.

According to surveys, the past period of adaptability of military school students was generally

from March to April. Today, nearly 25% of trainees need one year. And the negative emotions in the adaptation period can easily affect the surrounding students. Most of today's trainees are only children of the 90's and have superior living conditions, a good education environment and strong self-awareness. With the advancement of regularization, the military school's management system has become more rigorous and its life style has become more tense. Some students have been agitated, nervous, and feared because of poor adaptability, incompatibility between mental and physical development.

2.2 High standards of training objectives generate learning pressure.

The high standard of training objectives, the elimination of the introduction of diversionary resettlement policies, and the reform of the distribution system have made it difficult for most students to successfully achieve their personal wishes. There are also differences between some of the trainees' personal hobbies and the military's talent training program under the new situation. This has led to serious partial schools and difficulties in graduating. All of these make it easy for students to feel resentful, self-denying, and suffering.

2.3 High-intensity military training creates physical and psychological pressure.

Under the new circumstances, military training and military assessment are more stringent and require higher requirements for the quality of trainees. Due to the constraints of subjective and objective conditions, some students cannot complete the task satisfactorily, or they feel frustrated when their performance is behind. Some trainees were injured in training accidentally and worried that because of physical reasons they could not continue to be physically and mentally exhausted. Some students tried to escape seeking spiritual relief.

2.4 Diverse social influence creates psychological conflict pressure.

With the continuous development of social economy, the local bad habits began to erode some students who will not be determined. Some students complained that the soldiers were too bitter and far less comfortable than local universities. Some trainees felt that they were disadvantaged when they were soldiers, and they often had to get sick and relax their studies and training. Some students have resistance to the new policy and resist the hard work in realizing the value of life. At the same time, there are common problems such as personal illness, family misfortune, and emotional frustration.

3. Military College Students Psychological Stress Intervention Strategy

In order to further improve the psychological quality of students, we must establish and improve the psychological quality training and protection mechanism. In practice, a three-level psychological intervention system with colleges, student brigades, and student teams can be established.

3.1 College set up psychological training and organization center

First, for the stress of adaptation period, students' psychology files are established and tracked in real time since entering the school. The other units of the Union College combined the collection of psychological files with the training of new training cadres, effectively strengthened the ability of new training cadres to find problems and solve problems, and improved the individual adaptability of new students to the new environment, and achieved "two transformations" as soon as possible. In the later period, it is necessary to regularly update the files according to the feedback from the lower-level psychological institutions to institutionalize and standardize the psychological work.

Second, based on high-intensity military training and high-standard training objectives, psychological backbone training is organized. Regularly organize psychological training at all levels to provide professional training, strengthen communication and exchange with other colleges and universities to solve psychological problems, so that all levels of psychological backbone master scientific and effective methods of psychological diagnosis and psychological counseling,

and effectively ensure that students can find help when they are suffering psychological burden. Find help.

The third is to eliminate diversified social influences and widely carry out ideological and political education and propaganda of mental health knowledge. Through multi-level and multi-type propaganda and education methods, some ideologically confused students are helped to establish high-level motivated motivators, consciously commit themselves to the great practice of strengthening the military and rejuvenating the army, and use the Health Education Association of University Students to popularize mental health knowledge so that students can master the basic self. Psychological adjustment method.

3.2 Student Brigade Establishes Mental Work Team

The first is to play a good role as a bridge to assist the college in solving common sources of stress. The student brigade should also do a good job of emotional appeasement while doing a good job in issuing government orders. The student brigade should create a warm atmosphere for the extended family, enhance group cohesion and sense of belonging, help new students to adapt to military school life as early as possible, and eliminate the psychological stress that may occur in the early stage of the school entrance; Secondly, the student brigade should be allowed to relax, irregularly arranged, and irregularly arranged. Free activities are used to relieve the students' learning pressure and physical discomfort after high-intensity military training. When encountering problems that are difficult to solve, contact the college's psychological organization center in time to seek professional teacher assistance.

The second is to actively organize various types of activities to address the sources of individual pressure. In order to balance the psychological gaps among ordinary students, students will skip the post competition of the student team and realize the competition competition and non-competitive activities (theme evening party, poetry club, production board newspaper, photo exhibition, etc.) to help the trainees recover their self-identity. Various association organizations have been set up to help new students and some inward-looking students expand their interpersonal circle and achieve progressive growth in a relaxed and pleasant environment.

The third is to establish a special psychological work group to implement the psychological intervention of individual and key people. There must be more than one professional who is qualified as a psychological counselor in the group. When the student team reports the individual's special psychological problems, the psychological counselor in the group will perform the most timely psychological intervention to effectively guide the students and solve the problem. Resolved at the time of first occurrence.

3.3 Examination and Verification by Item

The first is to strengthen ideological education and further eliminate diversified social influences. Through typical incentives, education mobilization, goal management, competitions, and other forms of competition, the participants consciously combine the realization of personal values with the military personnel training objectives, and organically combine social motivation and personal motivation. At the same time, the ideological education of the student team must closely follow the objectives of our military's political work. We must firmly establish four fundamental aspects among the students and intensify their responsibilities for the army.

The second is to resolve the psychological problems of the students at different stages. Organize small evening parties, lunches, etc. to help new students integrate into the new environment as soon as possible, and use the favorable conditions of getting along in nocturnal situations to learn about the psychological needs of new students in a timely manner and to solve them; and actively provide opportunities for juniors sand juniors to take on the team of students. The main task of the construction; for graduates, do a good job of positive education, targeted and active access to psychological information of students, as much as possible for the students to provide information related to postgraduate and post, ensure that students graduate successfully.

The third is to formulate practical psychological support strategies for the nature of the team's students. For the fighters, the team of students should focus on strengthening the communication

with the teaching and research room to solve the anxiety of the trainees, and to provide confidence in the military qualities. Local trainees should strengthen their training in military physical fitness, encourage students to work hard in the depth of professional culture, and help trainees correctly interpret the new policies such as postgraduate graduation assignments. At the same time, different student teams should learn in depth and learn from each other.

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