Mental health status and countermeasures of college students
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Abstract. In recent years, with the continuous reform and improvement of China's education system, from the initial physical health to physical and mental health education open up. At present, the psychological education mode of Chinese college students urgently needs to be innovated and changed, and the current era of network information capital Rich sources, college students' pursuit of individuality and diversity and other phenomena are everywhere, in the past, the traditional old mental health education and no It can satisfy the law of psychological development of college students nowadays. This paper from the status of college students' mental health education and how to innovate to improve the heart The health education mode, improve the mental health quality of college students, and then realize the value of college students and for the society value.

Keywords: college students; Mental health education; Current situation; Innovative education mode.

1. The concrete manifestation of college students' mental health problems

Mental health refers to such a state, that is, people have a sense of stability to the internal environment, the external environment can be social duty What form to adapt, that is to say, encounter any obstacles and difficulties, psychological will not be unbalanced, can be appropriate behavior to gram Take, this stable, adaptive state is the state of mental health; and mental disorder refers to mental illness or mild psychology Dysregulation, it appears in the contemporary college students are mostly because of physical and mental fatigue, nervousness, psychological conflict, encounter sudden Its water problem or face difficult to coordinate the contradiction. There are various forms of mental health problems, mainly in the following ways.

All aspects:

1.1 Feeling extremely uncomfortable with my college life

In one's life, there will be many changes in the living environment, each time the environment changes, there is a never adaptation to gradual adaptation the process of. People's ability to adapt is related to their own ability to live, and is influenced by their character and wisdom. In general, in the when among the generation of college students, the problem of inadaptation is especially obvious in the freshmen. College students leave their parents for the first time To a strange city, a strange environment and a group of strange peers living together, psychological will have a strong shock. Most of the contemporary college students are the only children growing up by the new generation, who are the special treasure in the eyes of their parent, learning School is the eyes of teachers, they have a strong sense of dependence on their parents in life, and a strong psychological This is also the main reason for their poor adaptability to the environment. The problem of not adapting to college life is the heart of college students There is a problem that can not be ignored. It can be said that many other psychological problems of college students are also because of the adaptation at the beginning, The problem is not solved and caused, this should cause enough attention of college education.

1.2 Interpersonal communication barriers

From the perspective of human nature, human is a "sum of social relations", if people want to survive and develop in the society, it is We must deal with the complex relationship between good people and human questions. Especially for college students, leaving their parents and leaving home comes to one strange group, more beginning to learn how to deal with interpersonal relationships. University is a bridge to the society, a contemporary college student. On the one hand, we hope to continuously expand the scope of communication, obtain information through communication,
achieve mutual understanding, and meet the needs of interpersonal communication; On the other hand, their communication ability and communication conditions have great limitations, and they can not fully adapt to the communication situation they face. They have to associate with people, but they are not good at communicating, so they will feel lonely and lonely. At the same time, when dealing with others, such as If the relationship with the people around, the mood will be comfortable, the relationship is cold or tense, will be upset. The interpersonal relationship of college students is multifaceted. If it is not handled well, they will have loneliness psychologically and naturally be depressed emotionally. In terms of quality and morality Speaking, selfish, overbearing, arrogant, suspicious, narrow-minded people are not welcome in the collective environment. At the same time, it was closed since childhood Students who grow up in the environment are prone to communication problems, afraid of greeting people, afraid of contact with people, and dare not speak loudly in collective occasions Words, feeling nervous in contact with the opposite sex, these are related to the lack of social experience. Ma Jiajue's case is that a college student in the most typical representative of interpersonal communication, because of excessive interpersonal communication barriers, cause psychological deformity, violent behavior.

1.3 Love problem

The number of college students falling in love is increasing and getting earlier. Now the love problem in college students is also a psychological problem The main aspects. Love is an important part of college students' life. They are in the so-called "love season", limiting him We fall in love is not practical, but can only be guided correctly. There are many kinds of psychological problems around love: some without the opposite sex Friends and unbearable loneliness, irritability, mood uncertainty; some wishful thinking into unrequited love, unable to extricate themselves, cause depression; yes Face several suitors can not choose; and some also find two people unsuitable want to interrupt the relationship; there is a misunderstanding or misunderstanding, suspicion Worry, worry, depression, for weakness, and thus produce strong inferiority, depression, anxiety, Sad and even despair and so on. Love is the most exciting, and also the most easy to bring pain to people. Depression and spirit caused by love Disorders, and even suicide and homicide, are also numerous on college campuses.

2. Analysis of the causes of college students' mental health problems

Contemporary young college students are in an important stage of physiological and psychological development, physiological development is basically mature, psychological development is still Undetermined, especially the contradiction between emotional richness and emotional instability is very obvious. Social transformation, reform and opening up, economic transformation, the convergence, collision and integration of eastern and Western cultures, and the fierce competition in the market have profoundly changed people's ideas and lifestyles, causing a great tremor of people's psychology. I think the reasons for this situation are mainly as follows:

2.1 The imbalance between physical and psychological development

Due to parents 'high expectations for their children, excessive protection, care, resulting in their children's poor living ability, strong dependence on parents, resulting in abnormal children's cognitive and emotional development, resulting in the current psychological weaning period of college students. At present, many parents are too protective and concerned about their children. In order to let their children concentrate on reading, most parents contract down all the trifles in their children's lives, resulting in their children's poor living ability and strong dependence on their parents. Excessive indulgence can easily lead to the child's "self-centered consciousness", believing that others should pay, and they have the right to get the love and care of their parents, without the need to fulfill their duty. Can not restrain their own behavior, action without considering the consequences. Children are physically mature, cognitive ability and psychology is not mature, physical and psychological
development is unbalanced. For a long time, under the dispatch of the baton of the college entrance examination, schools and parents often adopt the method of exam-oriented education in the process of educating students, and only pay attention to intellectual education, without infiltrating the cultivation of students' psychological quality into it, ignoring the cultivation and training of students' psychological quality. It can be said that the psychological problems of contemporary college students have existed since high school, parents told, supervision, bondage and control all day to limit the freedom of students, so that they have a strong resistance. All these have caused adverse effects on the students' mental health, so that their psychological imbalance, serious will form psychological disorders. Psychological problems are latent when the freshmen enter the school. By getting rid of the pressure of the college entrance examination, students generally have a sense of relief and can temporarily stay away from the intense study life. After bidding farewell to the high density of class hours, heavy homework and frequent exams in high school, students feel a rare feeling of relief. After starting his residential life in school, he could escape the supervision and control of his parents for a long time, thus gaining independence and freedom that he had never enjoyed before. The strange university campus environment also makes students feel fresh and curious, and the vision of new things and a better future makes them temporarily forget the troubles in their heart. Although the new campus living environment has created good conditions for students to adjust their own psychological problems, but many students do not seize this favorable opportunity. High school formation of psychological problems, in the new entrance stage, its symptoms often reduce or even disappear, but this does not mean that students have completely get rid of the psychological problems, psychological disorders still in latent state continue to be with them, once encountered their psychological pressure or psychological fluctuations, psychological problems will relapse.

2.2 Lack of awareness of maintaining mental health

Students have not received systematic mental health education, and their mental health knowledge is lacking. According to a survey of 100 college students at Beijing Normal University in October 2004, 17 percent of the students said they know very well about mental health, 34 percent said they know more about it, and 49 percent said they do not know it. It can be seen that the current situation of mental health education for college students is not optimistic. Mental health education can effectively prevent the occurrence of students' psychological problems, but at present, many schools are only a formal or lack of relevant content of the courses, and does not make mental health education play a substantial role. The lack of three systems of mental health education makes students' originally fragile psychology lack of effective protection mechanism, which is not conducive to the prevention of psychological diseases. Some students mistakenly think that the concept of health is only limited to the absence of serious diseases, in the occurrence of psychological fluctuations and psychological imbalance, the awareness of these conditions will develop into psychological disorders, which increases the difficulty of preventing mental diseases. Once there are psychological problems, students face the situation of emotional out of control, often feel very panic, can not find a way out of the predicament, will not turn to the psychological counseling institutions for help. The lack of mental health knowledge leads to the lack of students' psychological adjustment ability, which increases the possibility of psychological problems. Due to the lack of three systems of mental health education and mental health knowledge, students' awareness of maintaining mental health is insufficient. They only care about their own study and physical health status, ignoring the importance of mental health, which has buried the hidden danger of inducing psychological problems. At present, college students have a deviation in their mental health. First of all, it is a one-sided understanding of the definition of health. Students often do not realize that mental health is also one of the important contents of evaluating whether a person is healthy. Many students only pay attention to physical health and ignore mental health. Secondly, it is a one-sided understanding of mental health standards, students are usually easy to think that mental health is no, sick, only people suffering from mental illness are problems, and for most people, do not have to consider this problem. In addition, it is a one-sided understanding of the level of mental health, and some students think that there is no
psychological trouble and psychological confusion, is a high level of mental health, learn not to learn mental health knowledge, pay attention to mental health has nothing to do with themselves, they feel good. This kind of wrong understanding makes students in the mood is too strong, think that a bad mood is just a trivial thing, will soon pass, not Harm to their own physical and mental health, and do not realize that their own mental health is facing the threat of mental disorders. Lack of maintenance the awareness of mental health makes many students miss the best opportunity to avoid forming psychological problems. They are often on psychological problem days Benefit is so serious that when it directly affects their normal life, they have to take emergency measures or seek psychological counseling to help.

3. Countermeasures to solve the mental health problems of contemporary college students

There are many reasons for college students' psychological problems, so the corresponding solutions should not be single. For the big Students' psychological problems, how to guide as early as possible, intervention, to prevent the healthy personality of college students, this is the pendulum An important subject in front of the college education work. Solution to the psychological problems of contemporary college students, I think should be mainly from the school and The students themselves to consider two aspects.

3.1 School strategy

First of all, let the students realize the universality and inevitability of setbacks. In the process of education, students should be fully aware of the frustration The folding is universal. Schools should provide mental health education and guidance to students of different ages in various ways Help students to improve their psychological quality, perfect personality, enhance the ability to bear setbacks, adapt to the environment. Not only that, the school should also lead Guide students to face up to setbacks, have enough psychological tolerance for difficulties and failures, and be ready to deal with setbacks at any time. Secondly, let the students realize the duality of frustration. According to mental health, it is not the setbacks, stresses and conflicts that really cause adaptation difficulties, but the views of them and the methods used to deal with them. The impact of frustration on the individual has dual, only to see its negative impact is one-sided, the role of frustration also has its positive side, it is a drive, can promote the individual to achieve the goal and make greater efforts, spend more energy, but also can enhance the individual's tolerance, improve the level of understanding.

3.2 Students' own countermeasures

First of all, to be tolerant of themselves, not too much the pursuit of perfection, the correct understanding of their own shortcomings. Dare to admit your own shortcomings And mistakes, if students can calmly accept the reality of their own psychological problems, admit their defects and face This defect, then the psychological problems are no longer terrible for them. Secondly, we should correctly understand the attitude and evaluation of others to ourselves. Always care too much about others' opinions and opinions, afraid of letting others down, this is a way of thinking and behavior, is the main cause of some psychological problems. In fact, no matter how hard a person tries, he cannot satisfy the wishes of all people. The realization of self-worth does not entirely depend on the opinions and evaluations of others, but also to reasonably release depressed emotions. College students are faced with the pressure of study and the choice of employment, burdened with a heavy psychological burden, appropriate catharsis can not only effectively prevent the occurrence of psychological problems, but also make students' psychological barriers to a certain extent.
References


