Analysis of College Students' Psychological Health Problems

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Abstract: In 2004, "the event of Ma Jiajue" shocked the whole China. After that, many kinds of extreme events which caused by psychological problems occur frequently. The psychological health education was proposed to the important agenda again. This article focuses on analysis of the performances, causes and solutions of the college students’ psychological health.

Keywords: Psychological health, Performance, Cause, Solution

1. Introduction

The World Mental Health Association defined Psychological Health as: “Psychological health is in the situation of good maintaining with others in physical, intelligent and emotional problems. In the same time, the personal mind should be developed into the best state. ” According to the survey, the college students’ occurrence rate of psychological problems is from 30 percent to 40 percent which include in 10 percent serious events. In recent years, this figure has the trend of rising. After “the event of Ma Jiajue”, the mental health sounded the alarm again for the higher education. As a teacher of college, the writer knows clearly about the importance of mental health education. In the follow part, there will be an analysis on the performances, causes and solutions of the college students’ psychological health.

2. The performance of Students’ psychological health problem

Enhancing the mental health education is an important measure in quality education and it is an essential part in colleges’ moral education. This requires psychological test on students, analysis and research of the mental state, and psychological counseling activities. At the same time, let students know that, a good training of mental quality is better for their tomorrow. In the long-term education of college student, the writer found several important performances on the mental health issues.

2.1 Withdrawn and Self-enclosed Character

Some of the students are unsocial. They do not take the initiative to contact and communicate with others. But the university is an important stage for training students’ ability of communication. When face some problem, the manner of self-enclosing, escaping from the reality or suppressing themselves will lead to a strong sense of loneliness and a psychological abnormality.

2.2 Selfishness and Jealousness

The contemporary college students are mostly in the unique child families. Because of over care and love, the children are self-centered and have a lack of tolerance and patience. The most prominent performance is the contradiction in the dormitory. According to a survey, more than half of the members of students in the dormitories have varied degrees of conflicts. Consequently, the dormitory problem becomes a key point in college students’ contradictions.

2.3 Poor in Anti-frustration

Colleges get out of the exam-oriented education in junior and senior schools, and there is many things need to be solved by students in their own way. Meanwhile, the campus of college is also a stage for students to show their talents. You can easily find some one better than you. There is an old saying in China: “There is always someone better than you.” Facing with tangible and intangible competition, after many fails, an excellent student will become depressed. This will lead to the sense of escaping, surfing online too much and the rapid decline in performance.
2.4 Loneliness and Suppression

After the entrance of university, affected by the personal abilities, family situation, social and cultural backgrounds, some of the students have a sudden loss of self-confidence and feel that they have nothing like others. This situation leads to a sense of inferiority and psychological suppression. They have no willing to study or take a part in activities but take a self-isolation approach to free themselves. However, this way always leads to a deeper loneliness.

2.5 Feeling at a Loss

There is always a gap between reality and ideal. With the disillusionment of longing for a wonderful university life, the students often feel a psychological loss. At the same time, there is no binding in university. With a sudden big space, they have nothing to do. In addition, the students always feel at a loss in the third year of college. At that time, many students face with the choice of studying abroad, employment and the postgraduate examination.

2.6 Emotional Anxiety and Neurasthenia

Some of the students do not use a positive attitude to face with the difficulties and pressures. This often leads to an emotional anxiety, even the neurasthenia. It has a serious effect on the physical and mental health. It is said that, the neurasthenia has a high rate in the university.

2.7 Psychological Illness Caused by Sex Repression

College students are in the period of physical maturity and awareness of the sex. However, their awareness and instinct are repressed by the social ethics. In this situation, the students feel the distress of sex and this can even lead the psychological illness.

2.8 The Decadency of Spirit and the Lack of A Positive Attitude to Life

Facing with the pressures of competitive employment, tuition and examination, some students do not take a positive attitude to solve the problem. They take a negative attitude to everything and even have the extreme behaviors.

2.9 Emotional Confusion and Love Conflict

Effected by the physical and psychological problems, the emotional confusion has become an outstanding problem. The visible phenomenon is the love between college students which caused a lot of psychological problems. For example, emotional dispute triggered by jealousy or losing one’s love lead to conflict. This kind problem should be carefully solved because they are easy to trigger troubles.

3. The Causes of College Students’ Psychological Health Problems

The psychological health problem becomes a normal phenomenon for contemporary college students. And it has a bad effect on the students’ daily life and health. There are several causes.

3.1 The Lack of Psychological Education in the Stages of Primary and Secondary Schools

This includes two aspects: school and family. Before, in the theory and practice of primary and secondary education, there are few of educators treat psychological quality as an independent target of cultivation and inspection. There is no routine, systematic measurement of psychology or the psychological control measures. High notes become the overriding purpose and this lead to the ignorance of psychological quality of teachers and parents. And the direct result is that when students go to university or a more complicate life, they will lose themselves.

3.2 The Reform of Higher Education Brings the Pressure to Economy and Employment

In recent years, the biggest changes in higher education are two points. Firstly, students should pay for the education. Secondly, students should seek the employment by themselves, and this is so called
“two-side selection”. In China, the economy of the vast rural areas is relatively backward. The tuition becomes a heavy financial and psychological burden for the students who come from poverty-stricken areas. This problem results in a psychological health crisis. The cases caused by psychological problems which due to economic difficulties have occurred in recent years. The feeling of inferiority, enclosed mental, jealousy, and bad interpersonal relationship with others is easy to trigger the discontentment and the hostility to fellow students and the society. The students who have a financial problem easily suffer from the dual material and spiritual confusion. This is because of the potential impact of the unfair competition for employment and they have too many difficulties to cope with the life and study of normal students. This leads to a double confuse material and psychology. In addition, the comparison of family background, the social experience, and different economy situation will aggravate the confrontation of the sense of inferiority and superiority.

3.3 Loss of Social Values and the Weakening of Social Support Cause Psychological Crisis

At present, China is in a period of social transition. There is a fierce collision among all kinds of values, cultural ideas and moral standards. Some of the old social norms are losing their bindings. The college is a stage of cultivating the outlook on life for students. In this important stage, the students are easy confused by the loss of authority and the chaos of ethical and social values. At the same time, due to the loss and weakening of social support system for the youth and college students, they can not receive enough support and assistance from social groups and community organizations to remove their confusions.

3.4 The Psychological Education in Colleges can not keep up with the Development of the Society

Facing with the features of the new society, many colleges did not take a flexible way to have psychological education. Some of the colleges even do not have related courses or psychological counseling agencies. Some colleges have the agencies but because of without high quality psychology advisory expert and a lack of promotion, few students go to there. This makes the agency like a display. In addition, many counselors do not have professional knowledge of psychology. Many of them solve the students’ problems just by personal experiences or subjective judgments. Some of the colleges may be emphasis too much on moral education or the school regulations which make the psychological education become the moral education. This way could not receive an ideal effect.

3.5 Psychological trauma caused by family problems

Family problem is one of the most important causes of students’ psychological problem. For example, the parents do not get along well or divorce. This easily leads to an abnormal development of personality and psychological trauma. The students always fall in the feeling of distress, anger and pessimism. All of these will cause the fragility of emotion and the lack of resistance.

3.6 Psychological problems triggered by emotional problems

With lifting the ban of the marriage in campus, the college students who have a girl or boy friend become a very common phenomenon. A survey showed that more than 70 percent students keep a neutral attitude to love in campus; more than 40 percent students have the experience of love. However, the students’ psychological developments are not yet mature. They do not have enough experiences and do not know how to balance between emotion and learning. In this way, the frustration in love can easily trigger the psychological crisis.

3.7 Difficult to adapt to university life

College students are between the ages of 18 to 22 years old. They are mature outside but not inside. For many students, the university life is the first time for them to left their home and come to a new environment. It is difficult for them to adapt to the new environment and to accept the difference between reality and imagination. Consequently, they are easy to have the psychological reactions of loneliness, boredom or sorrow, etc. At the same time, this stage is the transition time from juvenile to adult. In this time, there independent and autonomy spirit is not until full mature and many students can
not adapt to the new life. In addition, with higher of the grades, students feel much about the pressure of competition and they have much more psychological pressure than before. All of these can easily cause the feeling of loss, depression, nerves and the sense of frustration.

4. The solutions for college students’ mental health problems

At present, the psychological health education is still a weak point in college education. In order to solve the mental confusion and help students have a positive attitude to campus life, study and employment, we should help them in the follow steps.

4.1 Setting up elective courses about psychology

Through the setting up of elective courses of “Mental Health”, make students understand the physical and psychological characteristics of youth, the common problem of students, and help them have a better understand to others and themselves. In the same time, help them master the conventional methods to solve the psychological problems and cultivate a good character. The course of “Social Psychology” can help students to understand the social actions and social psychology and help them to know how to master the interpersonal relationships; how to adapt to the society and how to correctly handle the relationship between individuals and groups and so on.

4.2 In a psycho-educational way to design the teaching contents and methods

Psycho-education refers to an awareness combination of psychological education with various disciplines of teaching process. The object is to have a better communication between students and teachers in cognition, emotion, will and personality. For example, the coordination of understanding, the harmony of emotion, the encouragement of willing and confidence and the understanding of personality. Teachers can combine the good qualities with education, for example, the quality of strong will, perseverance, overcoming difficulties, emotional stability, controlling oneself, thinking, innovation, and optimism and so on. This can effectively improve students’ psychological qualities. In the process of education, the old “force-feed” teaching method should be abandoned. The education should in accordance with the regular of psychological development and the mental need; it should also show the educational integration of individuals and groups, the psychological synchronization of teachers and students. This way is in order to stimulate the energy and potential power of students. The education should focus on the students’ self-education. It should pay attention to the students’ cultivation of personality, emotion and will; inspire their sense of self-education; help them to shape their characters through learning, live, work and activities. This way is in order to achieve the harmony development of socialization and individualization.

4.3 College students’ psychological counseling agencies should be established and the psychological counsel should be independent from the moral education

Colleges should establish special psychological counseling agencies and set up special high-level advisory groups. In order to have regular surveys of the mental state of students and give them timely help, guidance, psychological counsel and treatment. At the same time, the psychological counsel should be independent from the moral education. The colleges should gradually establish a system of psychological education, counsel and guidance which gather the psychological education, inspection and counsel.

4.4 Students’ management models should be improved on the basis of the recognition of students’ reason and individual freedom

That is to change the “blocking” to “infrequent”. In particular with the backward students and the ones with mistakes, it is important to show the seriousness and fairness of disciplines and principles. And in the same time, it is necessary the give them full of humanistic cares to prevent them from the state of inferiority, depression or abandonment oneself to despair. An important principle is to help them
analysis and correct their erroneous understanding in study and life from the psychological aspect but not simply attribute the mistakes to the category of morality.

4.5 The establishment of college students’ psychological crisis prevention and intervention mechanism

As long as the psychologist Capalan, mental crisis is defined as “the state of psychological imbalance when facing with the sudden and important events but the problems can not be evaded or solved in a usual way.” Without timely and effective help, this kind of imbalance will lead to serious results, such as suicide, hurting others, the violence without purpose and so on. Once this kind of vicious action occur, it is extremely difficult to control. Consequently, colleges need to establish students’ mental crisis prevention and intervention mechanism. Educators should pay attention to daily observation, understanding and inspection; set up mental health files for every student. Educators should have personal preventive psychological assistances for the psychological high-risk students. In order to help them regain the ability of balance in mentality, emotion, cognitive and behavior.

4.6 Strengthen the training of instructors in university and improve their professional ability and responsibility

Colleges should focus on improving the current structure of assistances and strive to have an instructor team with high moral standards, strong sense of responsibility and with a certain professional knowledge of psychology. In the same time with moral education, they can use their psychological knowledge to help students solve the problems in learning and life and help them create a healthy and positive attitude.

4.7 Proper venting ones feelings

Experiments show that a proper venting is an efficient method to ease the psychological pressure and protect the health of psychology. But in the way of venting, students should be guided to avoid a outbreak way.

4.8 The organization for students to have social practices and collective activities

Many activities are very meaningful. For example, reading contest, the contemporary cultural forums and the survey of contemporary cultural healthy forums. These can gradually eliminate their feeling of mysteriousness to contemporary culture; eliminate the distance to the society; help them have a better understanding to the society and at the same time to have a reflect on their own. In the same time, students can consciously correct their one-sided, negative impression on the contemporary society and improve the ability of judgment and self-adjustment on psychology.

4.9 Make full use of the media, combine the mental health education with the construction of campus culture

Campus culture is an important carrier of psychological health education. Students’ quality will be unconsciously influenced by a good atmosphere in the campus. Colleges should make full use of the media for example, radio, journals, magazines and websites to publicize and carry out the psychological education. This is in order to arouse the students’ conscious requirements of improving the mental health.

4.10 Pay attention to the education of quality and humanity

The core of the education of quality and humanity is people-oriented, human development and the improvement of character. The aim is to promote the humanistic consciousness and attention to human dignity. Beside the task of impart knowledge and cultivate the skill, the more important task is to cultivate students’ character, mould their sentiment and publicize the humanistic consciousness.

5. Conclusion
The 21st century is an era that reflects multi-culture, pluralism of values and the impact of media. The modern society is fast changing. To face such a complicated world, an excellent psychological quality plays an important role in the growth of young students.

As the teacher in college, should not only be provided with except of imparting professional knowledge, but also should emphasis on the education and cultivation of psychological quality in adaptability, sustainability, regulation, willpower, thinking, creativity, self-confidence and so on. These help the students truly understand that, the success in future, not only relay on the good preparation of moral, knowledge and good health, but also have the good preparation of a strong heart of overcoming all the difficulties and frustrations is also very important. Teachers should also help students to acquire a correct outlook on life and value; guide them have a scientific understanding to the world; help them to understand the dynamics of time and society; understand the position of themselves and others; and help them to grow up in the psychological conflict and self-mature in the future.

In this way, the students can fly freely to solve the difficulties; in this way, students can be competitive with international talents and challenge the new century.

References
