

Research on the Mental Health Problems and Strategies of Contemporary College Students

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Abstract: At present, the mental health problems of contemporary college students are becoming more and more serious, which has also aroused the concern of related fields. A large number of researchers have analyzed this, and the results show that the mental health problems of college students will have a far-reaching impact on college students in many aspects. Therefore, for the mental health problems of college students, colleges and universities, as the main body of education, must pay close attention to them, and it is necessary to understand the specific problems Performance and causes, and then for the causes of the problem, the use of relevant strategies to governance. This paper will review the impact of College Students' mental health problems, then introduce the status quo, discuss the common mental health problems and causes of college students, and finally put forward strategies.

1. Introduction

In fact, the problem of College Students' mental health is a commonplace. The importance of College Students' mental health has been emphasized in related fields for a long time in China. However, because the pressure of all aspects of society in the early days was not great, and the pace was not as fast as today, the mental health of college students was excellent at that time, and the related problems did not get too much attention in other fields. But with the development of the times, the network makes the speed of information flow faster, at the same time, the pressure of all aspects of society increases, and the rhythm becomes faster, which makes many bad factors that may have an impact on the mental health of college students amplified. Under the strong influence, the mental health problem of college students becomes more and more serious. At this time, other fields outside the relevant fields begin to pay attention to this problem, and pay attention to it Hope to solve the problem in related fields. Therefore, this paper mainly based on Colleges and universities, discusses the problems of contemporary college students' mental health, and puts forward relevant strategies from the perspective of colleges and universities.

2. A Summary of the Influence of College Students' Mental Health Problems

According to common cases and existing research results, mental health problems will mainly affect college students in three aspects: first, college students' studies, that is, they should study hard in school, and they are also demanding of knowledge, but bad psychology will cause college

students to lose their thirst for knowledge, and begin to indulge in recreational activities, even bad activities, or to study hard. The main characteristics of college students with mental health problems are the attitude of conflict, pleasure seeking and laziness, which will lead to college students' academic frustration, not conducive to their personal development after graduation, but also affect the quality of college teaching; second, the ideological concept of college students, although in reality, people will not deliberately put forward requirements for the ideological concept of college students, but at least it has a big impact. Students' ideas should not violate the basic moral and social harmony principles, and their words and deeds should at least not affect others. In fact, some college students with mental health problems can not accept their ideas. In addition to being negative and decadent, their words and deeds also have many immoral behaviors, and even more extreme, they are used to using force. To solve the problem, but also do not respect others, this phenomenon is enough to show that the mental health problem of college students has been very serious, all levels of society should pay attention to; third, the future of college students, combined with the above two points, ask any enterprise in the informed conditions, there may be such college students work? Even if there is, the probability is very low, indicating that mental health problems may make college students dim in the future. At the same time, for such college students themselves, they are likely to abandon themselves and lose their ideals under the influence of unhealthy psychology. In addition, in addition to the above three aspects, the impact of mental health problems on college students is more than that. Generally speaking, it is a very serious problem, and all levels of society, especially colleges and universities, must pay attention to it[1].

3. The Current Situation of College Students' Mental Health Problems

3.1 Extremes and Causes

Extreme is a very common unhealthy psychology among contemporary college students. This kind of college students usually behave the same as ordinary people, but their hearts are highly sensitive. At the same time, once someone touches their psychological defense line, it will cause college students' relatively fierce resistance, or even revenge [2]. For example, when a college student is talking with a friend, a friend would like to tease the college student, but because of the University. Because of his extreme psychology, he was so angry that he fought with some people and tried to find revenge afterwards. In terms of causes, extreme psychology is generally caused by college students' inner inferiority, which makes them have a strong sense of self-protection. That is to say, college students with extreme psychology are actually more inferiority. Therefore, they will think that other people may hurt themselves. A joke will make such college students feel humiliated. Over time, this kind of phenomenon will lead to college students' extreme feelings, anger and shame. When you are angry, you will fight.

3.2 Negativity and Its Causes

Negativity is the most common in contemporary college students. The daily performance of such college students is very different from that of ordinary people. That is to say, college students with mental health will at least require themselves to abide by the basic rules, such as attending class on time. However, college students with negative psychology will not put forward any requirements for themselves, as long as they can continue to enjoy themselves, others are basically indifferent, for example, a college student has studied in a university. College year, in this year, according to the daily performance of the college students, the attendance rate is almost zero, every day addicted to Internet cafes, or playing mobile phones in the dormitory, counselors have repeatedly implemented mandatory management, but the college students are submissive, and even rent outside the school to

escape counselors, it can be seen that the college students have basically lost their personal ideals, their studies will be affected A serious blow. On the cause of formation, the negative psychology is because college students can't resist the temptation, indulge in pleasure and self-respect, and don't think about their own development. Moreover, to solve this problem, relying on coercive means basically won't work, so we must find another way.

3.3 Blindness and Its Causes

Blindness is relatively less in contemporary college students, but it can not be ignored. Such college students are always reluctant to take the test in their personal or collective activities. Unless it is a problem that can be seen at a glance, they all hope to solve it through external force. They habitually put the responsibility on others. If there is no one to help and the problem must be solved, they often adopt some rash and concise methods To deal with [3], for example, a senior is facing graduation and needs to write a graduation thesis, but he blindly thinks that he can't write a graduation thesis, and the thesis writing is very troublesome, so he tries to let his classmates write on his behalf. At the same time, because his classmates can't help, he starts to scribble, and even plagiarize directly. The reason for blindness is that college students lack the enterprising spirit they should have. They don't attach importance to personal development and only hope to solve problems as soon as possible. Therefore, they are unwilling to think and like to take chances. When there is no way to retreat, they will show an obvious attitude to deal with it.

3.4 Anxiety and Its Causes

Anxiety is also a common problem of contemporary college students, but the problem is special. The biggest difference between anxiety and other mental health problems lies in the causes, that is, anxiety is not caused by college students' own factors, but by external factors. Anxiety can also cause many adverse effects on college students, but also has the effect of leading to other mental health problems of college students. For example, a college student's psychology has always been more anxious and easy to be nervous. This phenomenon exists for a long time, leading to the gradual emergence of negative psychology in College students' hearts. The reason is that college students do not want to bear too much pressure, so they choose to give up Study, choose to escape, resulting in negative psychology. The cause of anxiety itself is generally too much pressure on students, that is to say, the learning pressure of contemporary college students is higher than in the past. Teachers often put forward strict requirements on their learning situation and supervise the whole process, which easily leads to college students' anxiety.

4. Strategies to Deal with the Common Mental Health Problems of College Students

4.1 Strategies to Deal with Extremes

According to the causes of extreme psychology, extreme psychology is often caused by college students' inner inferiority, so to solve this problem, we should change college students' inferiority, make them become self-confident, don't protect themselves too strictly, and don't have a strong sense of self-protection. In strategy, colleges and universities should organize more college students to participate in activities, observe the flash points of different college students in the activities, and then praise the flash points of college students after the activities. In this way, college students will feel recognized, their inner inferiority will be weakened, their inner sensitivity will slow down, and their extreme psychology will be effectively managed. At the same time, this strategy should also be used in Teachers' teaching. In fact, students prefer to be recognized by teachers, because teachers

are the closest people to students in the school. Teachers should not be stingy to praise students' excellent performance in learning or activities, but should be named and praised. The basic idea of the strategy is shown in Figure 1.

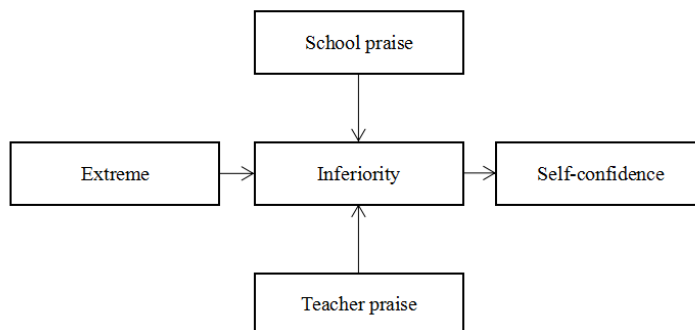


Fig.1 Strategies for Coping with Extremes

4.2 Coping Strategies

In view of the negative psychology, teachers should not take compulsory strategies. It is suggested that teachers and students should have in-depth communication and share each other's lives. In this way, students can be guided to imagine, at least temporarily separated from the current situation, imagine what consequences they will cause if they continue to do so. At the same time, they also want to set up ideals in the future, and students will not continue to be negative over time. For example, a teacher communicates with students with negative psychology, and shares his mental journey from student to teacher. Although the student answers, his heart has already surged. He realizes that if he continues to indulge in games or other entertainment, he will be eliminated by the society in the future, which causes the students' sense of crisis and gradually returns to the normal state. The basic idea of the strategy is shown in Figure 2.

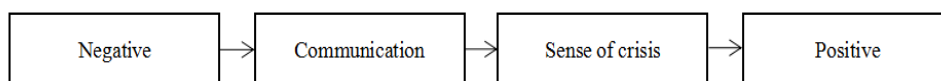


Fig.2 Strategies for Coping with Negativity

4.3 Strategies to Deal with Blindness

In order to make students not blind, teachers must pay close attention to students. It is necessary to carry out learning activities with students. In this way, teachers can guide students to start thinking and start thinking about problems instead of dealing with them blindly. In the process, teachers are not recommended to blame students, but should give them some care, so that students can feel the teacher's good intentions and are willing to accept the teacher's instruction, Only in this way can students correct their attitude and think seriously. In addition, when guiding students to carry out learning activities, teachers must put themselves in the position of a guide. They can't directly tell students how to do it, but tell students a correct way of thinking, which makes it easier for students to think and accept. The basic idea of the strategy is shown in Figure 3.

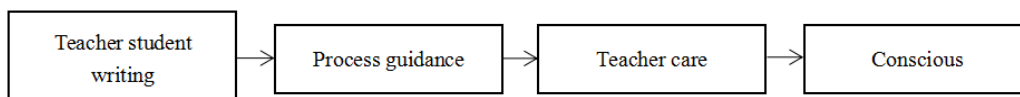


Fig.3 Strategy for Dealing with Blindness

4.4 Strategies for Coping with Anxiety

Because of the particularity of anxiety, the strategy is not aimed at students, but to deal with the pressure of students. That is to say, learning does cause certain pressure to students, which is beyond reproach, but too much pressure will cause adverse effects. Therefore, colleges and universities and teachers must carefully review the pressure of each student's learning, and give different learning tasks according to different students' learning ability, and the amount of tasks must be kept within the range of students' ability. At the same time, colleges and universities should pay attention to students' extracurricular activities. It is suggested that students should have at least one hour of free time every day. The basic idea of the strategy is shown in Figure 4.

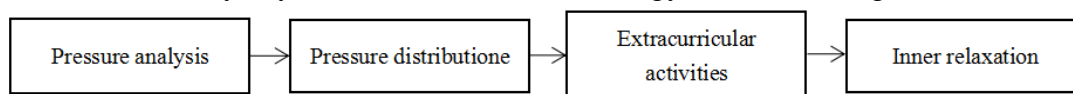


Fig.4 Strategies for Coping with Anxiety

5. Conclusion

To sum up, this paper studies the mental health problems and Strategies of contemporary college students, expounds the comprehensive impact of mental health problems, puts forward the common mental health problems and causes of college students, and finally discusses the relevant coping strategies for the causes of the problems. Through the analysis, we can see that mental health problems do great harm to college students, so colleges and universities should pay attention to them. According to the discussion in this paper, the use of relevant coping strategies can play a role in the governance of College Students' mental health problems.

References

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