

Research on the Mode of Mental Health Education for College Freshmen under the Background of Epidemic Situation

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Abstract: The repeated counter attacks of the COVID-19 are a major psychological difficulty for college freshmen. The various audits before arriving at school, the protection work on the way to school, and the epidemic control management system after arriving at school have caused more or less trouble for freshmen who have just entered a new stage. This article will analyze and explore the psychological problems of college freshmen in the context of the epidemic situation and explore how to use scientific and reasonable mental health education to solve a series of problems. In the process of exploration, we should focus on the main context, focus on the five roles of "school guide", "counselor guardian", "freshman practitioner", "parent companion", and "social security person", in order to strengthen the implementation of role functions, use multi-dimensional and three-dimensional management and guidance methods to enable freshmen to quickly adapt to the school learning rhythm and daily life in the shortest time.

1. The psychological problems common to freshmen in the post epidemic era

1.1. The epidemic causes the decline of adaptability of most freshmen

In recent years, because of the repeated and uncertain epidemic situation, the freshmen had the experience of closing their schools, sleeping, and home online classes in high school. The opportunities for face-to-face communication with teachers and classmates were less than those of previous students, so students were difficult to get help quickly when encountering difficulties, and their adaptability showed a downward trend. In order to ensure the safety of teachers and students, colleges and universities often choose the closed online teaching method. Freshmen do not know much about the school interior, and their living habits and eating habits from all over the country are different from the local attributes of the school. Without the guidance of offline teachers and senior students, it is difficult to adapt to the daily life of the school. Inadequate food, clothing, housing and transportation will lead to homesickness and psychological problems of freshmen. If negative emotions are not timely channeled, they will gradually accumulate and cause extreme psychological problems of students[1].

1.2. The freshmen are too "social phobia", which leads to psychological problems

In recent years, in order to prevent the spread of the epidemic caused by offline classes, colleges and universities around the country have launched a new model of "online classes in dormitories". This model has gradually highlighted its disadvantages while ensuring the safety of teachers and students: freshmen who do not know each other get along day and night in a short period of time, and there will be differences due to different views, work and rest, personality, and family education. When the atmosphere in the dormitory is depressed, it will indirectly affect the psychology of all students in the dormitory. If freshmen do not have the opportunity to meet new teachers and friends, they will subconsciously preconceived that they cannot handle the interpersonal relationship in the university, which leads to unnecessary inferiority and frustration. Many students have not been separated from the "closed" dating environment in high school. At the fast speed and short adaptation stage in college, many students often use the interface of "social phobia" to escape from social interaction. In the process of escaping from social interaction, students break away from the annotation of the surrounding environment, causing more anxiety and tension in their hearts, which is easy to cause various emotional and psychological problems.

1.3. Conforming psychology causes extreme emotions

When entering the university, a small number of freshmen cannot get rid of the impact of high school examination oriented education. For most college freshmen, various kinds of realistic differences hidden under similar college entrance examination scores burst out to bombard all aspects of learning and life, making them inevitably face a "subversive" self-awareness, find their own shortcomings, and may also realize that the advantages no longer exist, which will undoubtedly produce frustration and psychological gap. [2] On the contrary, some freshmen in colleges and universities are eager to get rid of the exam oriented education that they were urged to learn in high school, which leads to complete self-indulgence when they come to the new stage of college. In addition, online classes have the lag of teacher supervision. Some freshmen play truant, violate discipline, go over the wall in violation of the school's epidemic prevention regulations, and forge false slips to play outside the school. Too much anxiety and overindulgence are the triggers that lead to extreme psychological problems for freshmen. Students' daily life is often based on the dormitory. If one or two such situations occur in the dormitory, it will affect the normal life of other students. In order to adapt to the new life as soon as possible, college students often choose to follow the crowd. The consequence of conformity psychology is that they lose the sense of control over their own lives, which leads to excessive inferiority, anxiety, anger, and frustration. However, due to the special management and control of the epidemic situation, college counselors and teachers were unable to understand the students' situation offline in detail, which further hindered the efficiency of solving students' psychological problems.

2. Reasons for frequent psychological problems among freshmen during the epidemic

2.1. Psychological age is not yet mature

The freshmen who have just entered the new stage are between 17 and 18 years old. Although most of the freshmen have reached adulthood, because they have been in the greenhouse of exam oriented education, and only live a simple life at school and home, some students are childish in their psychological age. Many students feel helpless about the sudden arrival of collective life. The lack of a mature psychological state leads to a more chaotic and disorderly state of life for freshmen. A research test once showed that 62.3% of college students have different degrees of insomnia,

irritability, amnesia, anxiety, depression, backache and other symptoms [3]. In college life, many freshmen have unhealthy lifestyles: staying up late, drinking, smoking and other situations exist, and counselors can only play a supervisory role in daily life. Many students' unhealthy lifestyles cause them to feel uncomfortable on the physical level. In addition, due to time and space factors, they have lost the accompanying supervision of teachers at all times. Freshmen will initially have separation anxiety in the process of learning and living. When psychological disorientation gradually spreads to physical health, it will cause excessive anxiety or excessive indulgence.

2.2. Weak connection with external guiding forces

Before and for a long time after the admission of new students, their families and friends will have an impact on them, both mentally and physically. This is a very good way to relieve psychological pressure, but due to the epidemic situation, communication and exchange are conducted online, so the external guidance force cannot be effectively implemented. Online communication is not only convenient and fast, but also inevitably leads to feelings of block, and cannot directly feel the emotional support of relatives and friends. From the speech in the freshmen's social software, it can be concluded that most of the freshmen are negative about their inability to participate in collective activities, exams, social networking, and to meet their friends and relatives because of the epidemic control measures, and even more, they will be angry and extremely cynical, and most of them are infected and affect people living together in close quarters. Because most colleges and universities divide accommodation and curriculum areas according to the same grade, this leads to the fact that if a more extreme student appears in the common living area, other freshmen will be more or less affected by their emotions. In addition, if the freshmen's psychological endurance is not mature and improved, it will evolve into an "effective" wave of negative emotions if it is not stopped in time, which will lead to many mental health problems.

3. Mental health education for freshmen in the post epidemic era

3.1. Create online post lecture recording, and set special question answering time after class

The form of online teaching will greatly reduce the richness of classroom content and the efficiency of teaching important content, and subject to the functional limitations of various online courses software, many freshmen will show difficulties in adapting to the sudden new subjects and the sudden increase in the difficulty of higher education content. On the online course platform, many subjects cannot quickly select the necessary content for independent learning because of different textbook editions and regional curriculum standards. For students who can't capture the context even if they record the course, science teachers can choose the situation of recording the teaching content, and simply summarize the course context as the first-hand authoritative information for students to preview and review before and after class. Students have a sense of security in their hands, Psychological sense of belonging will gradually spread out. The students' fear of new academic tasks has also been greatly reduced. This sense of stability will run through the students' learning, review, and examination processes, and to the greatest extent, it will block the generation and spread of negative emotions and unhealthy psychology at the level that most students are most concerned about.

3.2. Check sleep online and observe students' living conditions from time to time

The most intuitive way to observe the students' state is to check the dormitory in addition to listening to classes and talking. The hygiene and living atmosphere of the dormitory all reflect the students' psychological state. Some students indulge themselves and will escape online classes and

indulge in online games in their dormitories to find psychological consolation. Some students will put up the bed curtain in their dormitories early because they are afraid of dealing with interpersonal relationships. They usually do not get out of bed, communicate or participate in all activities in their dormitories. Some students violate the epidemic prevention regulations and stay in their dormitories at night. If these behaviors cannot be found in offline sleep check, we should use WeChat, Tencent Conference, Dingding and other software efficiently to conduct online clock in and sleep check activities. During the epidemic, online sleep check can not only timely observe students' school situation, but also regularly find students' psychological changes in a short time and provide counseling and help. Online counseling can enable students to gain more private space, do not have to worry about the appearance of out of control emotions, and have greater trust in the counseling teacher at the other end. For the new generation of "network aborigines", communicating with them in a familiar way is a matter that can accurately obtain the new generation's favor and trust. Before the formal meeting, an online meeting can largely break the estrangement between teachers and students, students and students, and create a special communication channel and bridge. For this, counselors can monitor whether students have abnormal conditions through online software. Science teachers can observe whether students have slack and negative emotions through online forums, and establish online mental files for students through data records, and quantitatively analyze whether the students' emotional fluctuation is within the normal range, and "one-to-one" guide the students with abnormal performance, so as to effectively solve the students' emotional crisis in the shortest time.

3.3. Relying on the relationship of peer support to develop the role of student cadres

If students are often afraid of teachers, which leads to students being unable to fully express their thoughts, the help between students is a stepping stone to solve the problem of students' mental health education. Most of the student cadres of the same age are cheerful and enthusiastic. As a bridge between teachers and students, they can timely report the mental health of students in the class and dormitory to college counselors online. In addition, the help system for seniors and seniors formed in many schools is also very humanistic. Through the experience of older students and the intimacy with a small age gap, the freshmen's psychological sense of hopelessness and confusion will be greatly alleviated. In addition, the psychological commissioners are the "cameras" for psychological crisis identification and the front-line staff for contacting students. It is extremely important to improve the professionalism of the psychological commissioners. Through regular training. Let them have more targeted contact with students with psychological problems. [4] Colleges and universities should pay more attention to the work of the school's psychological counseling room and psychological committee members. Professional and efficient psychological assistance is a psychological "reassurance" for freshmen just entering the university.

3.4. Paying attention to students' different specialties and actively guiding students to give play to their own strengths

UNESCO pointed out in its report Learn to Live that education must be redesigned and reorganized around these four pillars in the face of future social development. Students often fall into a stage of self-denial when they face similar college entrance examination results and exam taking abilities. At this time, colleges and universities need to explore the differences of each student in many ways through professional lectures, teacher and student symposiums, speech activities, debate teams, sports competitions, art shows and other forms, so as to ensure that students' psychological level is full of sense of existence and affirm their own strengths and significance. When freshmen enter a strange environment, what they need most is to pacify their sensitive adaptive psychology with familiar things. Because everyone's specialty and personality are different, if they have the opportunity to show their

personal expertise in the new environment, it is very important for freshmen to build their self-confidence. Relaxed and interesting extra-curricular special activities can give the most lively and positive atmosphere to peers, help stimulate students to become friends because of the same interests and hobbies, and can also find a "safe house" for freshmen in a new environment that can disperse tension. In the rich competitions, the freshmen gradually get familiar with each other and constantly affirm themselves in their own abilities. At the same time, it also enriches your inner world, which is an excellent choice in general.

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