

Research on the Current Situation and Strategies of College Students' Psychological Crisis Work

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Abstract: College students are at the junction of campus and society, and they will face all kinds of problems, but under the influence of some internal and external factors, they can't cope with the problems well, which will easily lead to psychological crisis. At present, relevant departments and many universities in China have paid attention to the mental health of college students and implemented a series of psychological crisis interventions. Psychological crisis intervention refers to mobilizing all available resources, taking all possible measures to deal with the crisis, improving the crisis situation, eliminating the crisis behavior, reducing the impact of the crisis to a minimum, and helping the crisis individuals to exert their potential, alleviate or remove symptoms, and restore their psychological function to the pre-crisis level. This paper will discuss the current situation of college students' psychological crisis work and put forward corresponding suggestions to improve the development of college students' psychological health in China.

1. Introduction

With the rapid development of transportation facilities, network media and communication tools, the ways of national cultural exchange are increasingly diversified and diversified, and social relations are closer. It also brings contradictions and conflicts among lifestyles, traditional cultures, religious beliefs and ideologies. In recent years, with people paying more and more attention to mental health problems, the word psychological crisis has gradually come into people's sight [1]. College students are generally under the psychological pressure of study, interpersonal communication and employment, and if they lack necessary psychological counseling or intervention, they will easily have psychological crisis. Psychological crisis intervention refers to giving appropriate psychological assistance to individuals in a psychological crisis state in time to get rid of difficulties as soon as possible.

College students are at the junction of campus and society, and they will face all kinds of problems, but under the influence of some internal and external factors, they can't deal with the problems well, which will easily lead to psychological crisis [2]. In recent years, many college students are facing a lot of pressure, so their mental health has also appeared in different degrees, so that the psychological crisis of many students has become more and more serious. At present, relevant departments and many universities in China have paid attention to the mental health of college students and implemented a series of psychological crisis interventions.

2. Causes of psychological crisis of college students

In the university stage, no matter in study life, interpersonal communication or even in the process of job hunting after graduation, it is inevitable that some problems will lead to excessive psychological pressure and then develop into psychological crisis. As an only child, a generation of college students are often taken care of in their families, and they have never encountered major setbacks, so their independence is not strong. Facing the new college life and starting to study and live collectively away from their families, they are prone to psychological problems such as anxiety due to some minor setbacks and contradictions, whether in the process of adapting to the new environment or in the process of interpersonal communication with their classmates. If these negative emotions are not vented for a long time, they are likely to develop into psychological crises.

Generally speaking, because college students are not experienced enough in stress resistance, when faced with these pressures, many students with poor stress resistance will have negative emotions such as anxiety, panic and depression, and even self-harm or suicide [3-4]. The occurrence of these situations has brought great harm to the healthy growth of college students' body and mind, and has also caused serious adverse effects on the social environment. Great changes have taken place in learning tasks, learning courses and learning methods in universities, which have turned some students from "favored children" in the eyes of teachers and parents into "phoenix", resulting in a certain degree of psychological gap.

There are also some students who are obsessed with the internet and have poor immune self-control, and often miss classes and skip classes. These puzzles have increased the psychological crisis of college students. In particular, some students with fragile nature and poor psychological endurance often feel confused and helpless in the face of severe social employment pressure, and it is easy to have a crisis of psychological imbalance, and even go to the extreme opposite.

3. The present situation of college students' psychological crisis work

3.1. The crisis of learning pressure is prominent

Learning pressure refers to the mental burden that people experience in learning activities, and the intense stimulation that students suffer from learning during their schooling. In this paper, a simple survey was conducted on the pressure brought by the grade examination. Among the surveyed subjects, 14.1% students said that the grade examination would bring psychological pressure. 36.9% of the students said that the comparison of grade exams would bring psychological pressure.

Although many universities are equipped with mental health administrators according to the regulations, there is no effective publicity and guidance for students, and many students don't even know where to seek mental health consultation and help. Many universities have set up elective courses in psychology, which often focus on theoretical knowledge, and students also study for the purpose of getting credits, but the actual effect is not good.

3.2. The crisis of psychological adaptability is obvious

Many college students will face the problem of psychological adaptability when they enter the university far away from their hometown, relatives and friends. This is a process of rebuilding dynamic balance based on changes in the external environment, including many aspects. For example, the adaptation to the campus environment, including diet, accommodation and other external environmental changes can not adapt to the psychological crisis; College students with

psychological adaptability crisis generally have the characteristics of strong self-awareness and weak ability to resist pressure, which needs necessary attention and guidance [5-6].

The existence of conformity psychology, comparison psychology, jealousy psychology and other problems in college students' love requires us to strive for positive ways of love communication and cultivate a healthy view of love. According to the survey in this paper on whether the subjects have ever had unhappy feelings because of love, 13.3% students said that this kind of situation often occurs; 26.5% of the students said that this kind of situation would happen more frequently. 15.7% of the students in boys and 32.8% of the students in girls also said that this situation would happen more often. Generally speaking, nearly 40% of students are influenced by love to varying degrees, among which girls are more prominent in this respect.

3.3. Insufficient basic conditions for mental health education

At present, college mental health education still lacks sufficient attention. Because of the complicated and heavy administrative affairs, difficult tasks and many activities, college counselors can't effectively understand the mental health level of students in various majors, and even college students with psychological crisis can't fully carry out crisis intervention. Secondly, there is a lack of professional training. Mental health teachers can't accurately use the corresponding theoretical knowledge system to deal with students' various psychological crises, which leads to the low level of college students' mental health and affects their normal study life. Finally, the mental health survey is absent. The general survey of mental health is an effective way for universities to directly obtain the information of college students' mental health. If the general survey is not implemented properly, the psychological crisis of students will not be solved in time.

3.4. Insufficient psychological crisis intervention

There are still many shortcomings in the psychological crisis intervention in Chinese universities, such as low awareness of psychological crisis intervention; The localization level of psychological crisis intervention is not high; Theoretical innovation and research are relatively insufficient; The operability is weak, and the intervention subject is too single; Lack of integrity and systematicness; After psychological crisis, there is a lack of intervention, and the awareness of crisis intervention is weak. Often, only when psychological crisis is likely to bring serious consequences, we will pay attention to it and make an emergency response. When the crisis is lifted, it will still return to normal. Some universities even take counselors as the main body to carry out psychological crisis intervention [7].

In fact, from the perspective of psychological crisis intervention, China's universities are undoubtedly far ahead of society and family. At present, there are basically no professional organizations for psychological crisis intervention in our society, only sporadic volunteers and public welfare organizations such as psychological hotlines, let alone in communities and vast rural areas. Whether it is the social support system with the family as the main body, or the professional institutions such as psychological rehabilitation centers, mental hospitals and specialized hospitals as important psychological crisis intervention resources in society, it can add an important force to psychological crisis intervention.

4. Psychological crisis intervention strategies for college students

4.1. Reconstruct the social support system that college students lack

The first is subjective support. We should further broaden the network branches of students'

social support system and actively build a new social support system to help students gain a new sense of security. Secondly, in the aspect of objective support, students with weak support system should be locked in time at work, and special care and attention should be given. Finally, in the aspect of the utilization of social support by individuals, the health care function of social support on mental health should be publicized through multiple channels, and individuals should be encouraged to connect their will to survive and help more people, so that personal safety can be organically combined with more campus support systems. Make its relationship with social support system change from weak to relatively stable and strong, and then increase emotional support, evaluation support and entertainment support [8-9].

4.2. Establish a psychological crisis information feedback system

Psychological crisis intervention is a systematic project that needs the cooperation of all departments related to student work, and mental health institutions play an important role in crisis assessment, referral and intervention. Practice has proved that medical and health departments, especially mental health institutions, should play an important role in psychological crisis intervention, which requires effective communication and coordination between relevant departments of universities and local health systems, and the establishment of a psychological crisis intervention mechanism combining medical education with education.

The establishment of a fast and efficient psychological crisis information feedback system includes the following aspects: first, the early warning system of psychological crisis omen recognition. Psychological counseling institutions should conduct a psychological survey of college students, understand their mental health status, and establish college students' mental health files. Second, the duty system of psychological crisis intervention institutions in schools. School psychological crisis intervention institutions should arrange professionals to be on duty every day in order to intervene in college students in serious psychological crisis in a timely and effective manner. Third, the information communication system of psychological crisis handling. Timely and smooth communication of psychological crisis information inside and outside the school has a very important influence on the emergency treatment of psychological crisis, and the reporting levels and notification scope of various types and degrees of psychological crisis should be formulated in advance.

4.3. Improving the social and psychological environment of college students

The cultural environment of university campus will have a corresponding impact on college students' mental health, so in order to realize college students' mental health as much as possible, we should carry out diversified campus cultural life, create a harmonious and good campus atmosphere, and improve college students' social and psychological environment [10]. By systematically integrating various psychological crisis intervention modes and strategies, we can help crisis individuals get rid of negative emotions. The theory of integrated intervention is mainly task-oriented, which determines the effective components of psychological crisis intervention system for crisis individuals, and makes it suitable for psychological intervention of crisis individuals through brand-new integration and reorganization. So as to cultivate college students' awareness of active help. By cultivating college students' consciousness of active help-seeking, we can effectively improve their active consciousness in the face of crisis events, effectively eliminate the hidden dangers of college students' psychological crisis, and thus improve the working efficiency of college psychological crisis institutions.

First of all, we can strengthen college students' sports and entertainment activities. By increasing sports and entertainment activities in the process of campus culture construction, we can not only

exercise the physical quality of college students, but also dispel the negative emotions in their study life by enriching their after-school life, not only exercise their interpersonal communication skills, but also enhance their psychological resistance.

Secondly, strengthen the function of psychological counseling center, integrate medical education and medical care into school psychological counseling activities, combine mental health education files with medical health education files, implement double file mode, and implement dynamic management of psychological files. Efforts should be made to find, intervene, refer and treat students' psychological crisis in time, improve the intervention system of college students' psychological crisis, and promote the standardization of mental health education.

Finally, we can encourage college students to actively participate in social practice, help them find their own social position in social life, and enhance their self-confidence through rich social practice, thus enhancing their self-confidence in the face of psychological crisis.

4.4. Constructing a psychological crisis prevention system

To build a psychological crisis prevention system, we should first publicize and popularize the basic knowledge of psychological crisis coping by using elective courses, lectures, psychological counseling websites, hotlines and other forms, and carry out targeted psychological crisis education. Secondly, special training should be given to student cadres, counselors and teachers to prevent psychological crisis, so that they can initially identify psychological problems, and student counselors and class teachers are required to go deep into students' daily lives.

Finally, improve the professional level of full-time and part-time teachers of mental health education. The intervention of college students' psychological crisis is not competent by anyone, nor can it be done well by working enthusiasm alone. Let college students participate in rich social practice, which will help to dilute the existing realism and romanticism in college students' minds, readjust themselves, and find their reasonable position in society. At the same time, in practice, it can also cultivate students' confidence in overcoming difficulties and their perseverance.

4.5. Building a team of full-time teachers of mental health education

Firstly, it is necessary to define the working nature of full-time psychological counselors, and it is required that the management, training and assessment of employees should be different from ordinary teachers and managers. Secondly, in the promotion of professional titles, due to the special nature of full-time psychological counselors, universities should be different from other majors in the school in the promotion of professional titles, even if they can't be listed in a single sequence, they should be properly inclined to take care of them. Thirdly, in terms of staffing, universities need to actively carry out professional training for counselors, constantly improve the cultivation of counselors' knowledge ability, method ability and practical ability, and really improve their own mental health education ability, which will play a positive role in improving the quality of counselors, creating an environment for college students to develop in communication and promoting their physical and mental health development.

5. Conclusions

College students are generally under the psychological pressure of study, interpersonal communication and employment, and if they lack necessary psychological counseling or intervention, they will easily have psychological crisis. Psychological crisis intervention refers to giving appropriate psychological assistance to individuals in a psychological crisis state in time to get rid of difficulties as soon as possible. As an important part of college students' mental health

education, psychological crisis intervention is not only closely related to the healthy growth of college students, but also affects social harmony and stability. However, it is far from enough to intervene in college students' psychological crisis only by university counseling. Psychological crisis intervention is an important part of college students' mental health education, which is not only related to the healthy growth of students, but also to the stable development of the school. Therefore, we need to accumulate experience and explore scientific methods to play an effective role in the university.

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