

# *Research on the Current Situation of Mental Health of Chinese College Students and Countermeasures*

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**Abstract:** This paper carries out an in-depth study on the current situation of psychological health of Chinese college students, and puts forward targeted countermeasures by analysing the types of psychological problems, their distribution, and influencing factors. The study found that college students' psychological problems mainly manifested as anxiety, depression and stress, and there were differences in gender, grade and major. Family factors, academic factors and interpersonal relationship factors are the main factors affecting the psychological health of college students. Aiming at these problems, this paper proposes corresponding countermeasures from three levels: family, school and social, including family education, family support, mental health education, psychological counselling services, academic and career guidance, social support and media publicity. Finally, this paper evaluates the effects of implementing countermeasures and proposes some improvement measures. It is hoped that this study can provide some references and lessons for the promotion of college students' mental health.

## **1. Introduction**

With the rapid development of social economy and increasingly fierce competition, the mental health of college students has gradually become the focus of social attention. In this special group, facing pressures from various aspects such as academics, employment and interpersonal relationships, some students may suffer from psychological problems such as anxiety, depression and stress. These problems not only affect the physical and mental health of college students, but also have an adverse effect on their academic and future career development. Therefore, it is of great practical significance to study the current situation of psychological health of Chinese college students and explore corresponding countermeasures. This study aims to understand the current situation of Chinese college students' mental health, analyse the influencing factors, and explore effective countermeasures, with a view to providing references for improving college students' mental health. Through literature review, questionnaire survey and interviews, the types, distribution and influencing factors of psychological problems of college students are studied in depth. On this basis, targeted countermeasures are proposed at three levels: family, school and socialisation, and their effectiveness is evaluated and improved.

The results of this study will help reveal the current situation of mental health problems among

Chinese college students, provide targeted interventions for families, schools and society, and promote the development of college students' mental health. At the same time, this study can also provide a basis for the formulation of relevant policies and promote the development of college students' mental health education in China.

## **2. The Current Situation of College Students' Mental Health in China**

### **2.1 Types of psychological problems**

#### **2.1.1 Anxiety**

College students' anxiety symptoms are manifested in many aspects, such as academic pressure, employment prospects, interpersonal relationships, etc. Among them, academic pressure is the cause of college students' anxiety. Among them, academic pressure is one of the main factors leading to college students' anxiety. College students are facing a tough competitive environment, and they need to put more efforts in many aspects such as study, research, internship, etc. to cope with the challenges in the future. However, there are differences in the academic pressure faced by college students majoring in different disciplines. For example, college students majoring in science and engineering may feel anxious because of problems such as experiments and course design; while college students majoring in humanities and social sciences may feel anxious because of problems such as dissertation writing and academic research. In addition, employment prospect is also an important factor leading to college students' anxiety. The current job market is highly competitive, and college students' worries about their future employment are increasing. They worry about whether they can find a satisfactory job after graduation and whether their professional skills can meet the market demand. This worry about employment prospects may lead to anxiety among college students in the learning process. Interpersonal problems are also an important factor leading to college students' anxiety. College students are at the end of adolescence, and there are big differences in personality characteristics and values. In the process of interpersonal communication, they may encounter problems such as interpersonal relationship conflicts and friendship ruptures, which may trigger anxiety. At the same time, college students may feel at a loss when dealing with interpersonal relationships due to a lack of experience, further aggravating anxiety. In order to cope with the anxiety symptoms of university students, families, schools and society should work together. On the family side, parents should pay attention to their children's psychological conditions, give them care and support, and help them establish correct values and outlooks on life. Schools should strengthen mental health education and provide psychological counselling services to help students solve academic and interpersonal problems. At the same time, schools should also focus on cultivating students' comprehensive quality and improving their competitiveness in employment. On the social side, the policy support for college students' employment should be increased to create a good employment environment and reduce the employment pressure of college students.

The causes of college students' anxiety symptoms are complex and diverse, and require the joint efforts of families, schools and society to effectively deal with them. Measures such as strengthening mental health education, providing psychological counselling services, cultivating comprehensive quality and increasing employment policy support can help alleviate college students' anxiety and promote their healthy growth.

#### **2.1.2 Depression**

Depression is a common psychological problem in the current state of mental health of Chinese

college students. Depression mainly manifests itself in symptoms such as low mood, loss of interest, lazy life and low self-evaluation. College students face multiple pressures, such as academic pressure, interpersonal relationships, and future employment, which can easily lead to an excessive psychological burden, thus inducing depression.

Gender differences are also reflected in the problem of depression. Studies have found that female college students are more prone to depressive symptoms, which may be related to the fact that women are more sensitive to things and have greater mood swings. In addition, grade level differences are also reflected in the depression problem, senior students have more obvious depression symptoms due to graduation pressure, employment troubles and other problems. Professional differences are also a factor in depression. The study found that students majoring in liberal arts have relatively more serious depressive symptoms, probably because the academic pressure of liberal arts majors is relatively less, but the employment prospect is relatively ambiguous, resulting in higher psychological pressure. To address the problem of depression among college students, corresponding countermeasures need to be taken at the three levels of family, school and society. At the family level, parents should pay attention to their children's mental health, provide emotional support, and help them establish correct values. In schools, mental health education should be strengthened to improve students' psychological quality, and psychological counselling services should be provided to help students solve their psychological problems. On the social side, it should increase the investment in the mental health industry, improve the accessibility of psychological counselling services, and create a good atmosphere to pay attention to mental health [1].

In summary, depression among college students is an important aspect of the current state of mental health, which requires the joint efforts of families, schools and society to take effective countermeasures to deal with it. By improving mental health awareness, strengthening psychological education, providing psychological support and other efforts, it can help reduce the occurrence of depression symptoms among college students and promote their mental health development.

### **2.1.3 Pressure**

College students face a variety of pressures, such as academic pressure, employment pressure, interpersonal relationship pressure and so on. These pressures may lead to psychological problems such as anxiety and depression.

Academic pressure is one of the main pressures faced by college students. With the development of society, the competition is getting more and more intense, and college students need to acquire more knowledge and skills to stand out in the job market. This leads to a great deal of academic pressure on college students, who need to spend a lot of time and energy to study in order to meet the school's requirements and their own expectations. In addition, college students also need to face employment pressure. The competition in the job market is fierce, and college students need to make adequate preparations in advance, including accumulating practical experience and building up personal connections. This makes college students feel great pressure in employment. College students may also face pressure in terms of interpersonal relationships. College life means leaving home and coming to an unfamiliar environment. College students need to adapt to new interpersonal relationships and establish good relationships with classmates, teachers, dormitory administrators and so on. For some college students who are introverted or socially awkward, this can be a big challenge. To cope with the pressure, college students can take some measures. Firstly, they can learn to organise their time wisely and make reasonable study plans to avoid procrastination and excessive stress. Secondly, college students can actively participate in extracurricular activities, such as clubs and volunteer services, to relieve academic pressure and

employment pressure. In addition, college students can also seek support and help by communicating with friends, family members, teachers, etc. to cope with interpersonal relationship pressure.

In conclusion, college students face various kinds of pressure, which may lead to psychological problems. College students can cope with the pressure and maintain their psychological health by arranging their time reasonably, actively participating in extracurricular activities, and seeking support and help.

## **2.2 Distribution of psychological problems**

### **2.2.1 Gender differences**

Gender difference is a factor that cannot be ignored when exploring the current situation of Chinese college students' mental health. Research shows that there are certain differences in mental health problems between male and female college students [2].

Male college students have relatively higher rates of anxiety and depression. This may be related to the role that men play in traditional concepts, and they are often expected to show greater competence and self-confidence in academics, career and interpersonal relationships. However, real-life pressures and challenges may cause them to develop psychological stress, which in turn may lead to symptoms of anxiety and depression. Female university students have more prominent problems in interpersonal relationships. Interpersonal relationships on university campuses are complex and volatile, and female university students may be more sensitive and delicate in dealing with interpersonal relationships, and are prone to misunderstanding and hurt. This may lead to psychological problems such as anxiety, depression and low self-esteem. Gender role concepts may also have an impact on the mental health of male and female university students. In real life, men may face expectations and pressures from society, such as being strong, independent and successful. These pressures may cause them to develop psychological problems. And women may face gender discrimination and prejudice in their growing up process, which may affect their self-esteem and self-confidence, and then affect their psychological health.

To sum up, gender differences have a certain influence in the current state of mental health of Chinese college students. In order to improve the mental health of college students, it is necessary to develop corresponding psychological interventions for male and female college students from a gender perspective. At the same time, strengthening education on gender equality and helping college students to establish correct gender concepts will also help improve their mental health. In practice, schools and education departments can increase psychological counselling for male college students to help them cope with the pressure of their studies, careers and interpersonal relationships. At the same time, they should pay attention to the distress of female university students in their interpersonal relationships and provide psychological support and guidance. In addition, gender equality education should be strengthened, gender discrimination and prejudice should be eliminated, and a good environment should be created for the psychological health of college students [3].

### **2.2.2 Grade difference**

Grade difference is a significant feature in the current mental health status of Chinese college students. Studies have shown that there are significant differences in the psychological pressures and problems faced by college students in different grades.

Once entering university, freshmen often face the problem of adapting to a new environment. They need to adapt to new learning styles, living environments and social circles. In addition,

freshmen often have too high expectations of themselves, which leads to great pressure. They may feel anxious about their performance and worry that they will not be able to achieve the expected goals. This anxiety may lead to depression. In contrast, sophomores and juniors have gradually adapted to college life, but they will face more academic pressure. With the increased difficulty of studies and heavier course loads, students need to devote more time and energy to academic challenges. In addition, they may also face employment pressure and begin to worry about their prospects after graduation. These factors may cause them to develop feelings of anxiety and stress. By their senior year, students face even more pronounced pressure to graduate and find employment. They need to start preparing for their thesis while searching for a job. The job market is highly competitive and the pressure to find a job is enormous. Students may doubt their abilities and worry that they will not be able to find a satisfactory job. This pressure may lead to increased anxiety and depression.

In summary, grade difference is a significant feature in the current mental health status of Chinese college students. There are significant differences in the psychological pressures and problems faced by college students in different grades, from freshmen adapting to new environments, to academic pressures in their sophomore and junior years, to graduation and employment pressures in their senior years. In order to improve the psychological health of college students, it is necessary to provide appropriate psychological support and guidance for students of different grades.

### **2.2.3 Professional Differences**

Professional differences are a factor that cannot be ignored in the current state of mental health of Chinese college students. Different majors may cause students to face different psychological pressures and challenges [4].

Some majors, such as medicine, engineering and law, usually have high academic pressure and competitiveness. Students majoring in medicine need to acquire a large amount of medical knowledge and skills, as well as face the pressure of clinical practice. Engineering students have to deal with complex engineering design and project implementation. Law students need to study legal texts and cases in depth, and also prepare for the legal professional qualification examination. The heavy study load of students in these majors may lead to psychological problems such as anxiety and stress. Some art majors, such as music, painting and dance, although seemingly more relaxed, actually have some psychological pressure. Art majors need to showcase their talent and creativity while dealing with the pressure of grading. They need to constantly hone their skills and are under pressure to have their work evaluated. This intense professional training may lead to psychological problems such as depression and low self-esteem. Some social science majors, such as psychology, sociology and economics, also have some psychological pressures, although their studies are more theoretical. Students in these majors are required to understand and analyse complex social phenomena and human behaviours, as well as face the pressure of essay writing and academic research. This professional nature may lead to their disappointment and anxiety about human nature and society.

In summary, college students of different majors may face different psychological pressures and challenges. In order to improve the mental health of college students, it is necessary to adopt corresponding measures of mental health education and counselling according to the characteristics of different majors. For example, training in stress management and relaxation techniques is provided for students majoring in medicine, psychological support in creation and evaluation is provided for students majoring in arts, and guidance in academic research and essay writing is provided for students majoring in social sciences. Through these measures, we can help college students better cope with the psychological pressure brought by their majors and promote their

psychological health development.

## **2.3 Influencing factors**

### **2.3.1 Family factors**

In the current situation of Chinese college students' mental health, family factors have a profound influence on students' mental health. Family is the cradle of a person's growth, and the family environment and education style have an important influence on an individual's psychological development.

Family financial situation on the mental health of college students should not be ignored. Family financial difficulties may lead to financial pressure on students and worries about the cost of living, thus increasing the risk of anxiety and depression. In addition, family financial situation may also affect students' academic development and employment prospects, further increasing the psychological burden [5]. Family relationships have a significant impact on the mental health of college students. Harmonious family relationships can provide students with emotional support and a sense of security, which is conducive to psychological health. On the contrary, problems such as family conflicts, parental divorce or parent-child relationship tension may lead to psychological problems for students. These family problems may make students feel lonely, helpless and distressed, affecting their psychological state. Family education styles and family expectations also have an impact on the mental health of university students. Excessively strict family education may lead to excessive stress, anxiety and depression symptoms. Excessive family expectations may make students feel a heavy burden of life, affecting their self-identity and self-esteem.

In summary, family factors play an important role in the current mental health status of Chinese college students. In order to improve the mental health status of college students, it is necessary to pay attention to family economic status, family relationships, family education style and family expectations, and provide appropriate support and guidance. Families, schools and society should work together to create a good environment for college students to grow up and promote their mental health development [6].

### **2.3.2 Academic factors**

Academic factors have an important impact on the psychological health of Chinese college students. Firstly, academic pressure is one of the main factors leading to psychological problems of college students. College students are burdened with heavy study tasks and fierce competition, and they need to cope with a variety of courses and exams in order to get good grades and better employment opportunities. This pressure may lead to psychological problems such as anxiety and depression.

Academic performance and academic achievement have a great impact on college students' self-esteem and sense of self-worth. If college students encounter difficulties in their academic endeavours, they may develop feelings of inferiority and frustration, which may affect their psychological health. Academic factors are also related to the interpersonal relationships of college students. College students often neglect interpersonal interactions in their studies and lives, leading to strained interpersonal relationships, which further affects psychological health [7].

To address the impact of academic factors on college students' mental health, we can propose countermeasures from the following aspects. First, schools should provide academic counselling and support to help students cope with academic pressure. Secondly, families should give students more support and understanding to reduce their academic burden. Finally, college students themselves should learn to look at academic performance correctly, focus on cultivating their

psychological quality, and improve their ability to cope with pressure.

### **2.3.3 Interpersonal factors**

Interpersonal factors are undoubtedly an important aspect that should not be ignored in the study of the current situation of Chinese college students' mental health and its countermeasures. Interpersonal communication plays an important role in the campus life of college students, and good interpersonal relationship has a positive influence on their psychological health development. However, in reality, many college students face various troubles in interpersonal communication, which affect their psychological health to a certain extent.

With the popularity of the Internet, college students are prone to form virtual interpersonal relationships in the online world, which leads to the weakening of real interpersonal communication ability. Although the Internet provides them with a convenient communication platform, it also makes their communication in reality seem clumsy, which makes some college students lack confidence in interpersonal communication, which in turn affects their psychological health [8]. Competitive pressure is also an important factor affecting college students' interpersonal relationships. In terms of academics, employment and other aspects, college students face great competitive pressure, which makes them too worried about their own interests in interpersonal interactions, and is easy to produce selfishness, suspicion and other psychological. In the long run, it will not only affect their interpersonal relationships, but also have a negative impact on their mental health. College students are also easily affected by factors such as personality and values in interpersonal communication. Introversion or isolation in personality or differences in values may cause them to encounter difficulties in interpersonal communication. These difficulties make them feel lonely and helpless, and even give rise to psychological problems.

In view of these problems, it is necessary to take a series of measures to improve the interpersonal relationships of college students and thus promote their psychological health. Firstly, family education and school education should pay attention to cultivating college students' communication ability, so that they can learn how to deal with interpersonal relationships. Secondly, college students themselves should actively adjust their mindset, learn to think differently, respect others, and integrate into collective life with an open mind. In addition, schools and society should provide more interpersonal communication opportunities for college students to practice their interpersonal communication skills and improve the quality of interpersonal relationships. Interpersonal relationship factors occupy an important position in the current situation of Chinese college students' mental health. Helping college students improve their interpersonal relationships through the efforts of family, school, society and other aspects will help improve their mental health and promote their overall development [9].

## **3. Coping strategies**

### **3.1 Family level**

#### **3.1.1 Family education**

Family education plays a vital role in college students' mental health. Family is the cradle of a person's growth, and the family environment and education style have a profound influence on the psychological development of individuals.

Family education plays an important role in the emotional support of college students. Family is the most solid backing for college students, and the care and support of family members can give college students psychological comfort and help them cope with the pressure and challenges in life.

Parents' understanding, encouragement and companionship are important for college students to get through psychological difficulties. Family education plays an important role in shaping college students' values and outlook on life. Family concepts, family culture and family traditions have a subtle influence on college students' values. Parents' education style and values will directly affect college students' judgement and choice of things and have an important impact on their psychological health. Family education has a cultivating effect on the psychological quality and coping ability of college students. Family environment and education style will affect the psychological quality of college students, such as independence, self-confidence and stress resistance. Parents help to cultivate college students' psychological quality through family education methods, such as encouraging college students to participate in household chores and face difficulties and setbacks. Family education also has certain problems. Some families are over-protective of college students, resulting in a lack of coping ability when they face setbacks; some other families have too high expectations of college students, which may lead to great psychological pressure on them. Therefore, family education needs to be improved to better promote the psychological health of college students [10].

In summary, family education plays an important role in the mental health of college students. In order to improve the mental health of college students, parents should pay attention to the psychological needs of college students and give them care and support; guide college students to establish correct values and outlook on life; and cultivate their psychological quality and coping ability. At the same time, family education needs to be improved continuously to meet the needs of college students' psychological development.

### **3.1.2 Family Support**

Family support is crucial to the psychological health of college students. Family is the first environment in which a person grows up, and the family environment and parental education style have a profound influence on the psychological development of individuals. When college students face psychological pressure, family support and understanding can provide a sense of security and belonging and help them better cope with difficulties and challenges.

The emotional support of family is priceless for college students. In the face of academic pressure, relationship troubles and other problems, family love and encouragement can give college students confidence and strength and help them maintain a positive mindset. Parents' understanding and support can reduce the psychological burden of college students and make them more courageous to face difficulties. The educational style of families also has an impact on the mental health of college students. A democratic and open family education environment is conducive to cultivating college students' independent thinking and problem-solving ability. Parents respect the opinions and choices of college students and encourage them to pursue their dreams, and such a family atmosphere helps college students form a healthy personality [11]. The financial support of the family is also an important guarantee for the mental health of college students. College students have greater financial pressure from living expenses and tuition fees, and family financial support can reduce their financial burden so that they can focus on their studies and the development of their mental health. Not all families can provide sufficient support. For those college students with insufficient family support, schools and society should provide appropriate assistance. For example, schools can carry out lectures and activities on family education to improve parents' education concepts and methods; society can provide family psychological counselling services to help solve problems within families. Family support is an important factor in the mental health of college students. In order to promote the mental health of college students, we need to pay attention to the supportive role of the family, improve the education level of parents, and create a harmonious family atmosphere. At the same time, schools and society should also provide appropriate support

and help to make up for the lack of family support. In this way, we can better guarantee the psychological health development of college students.

## **3.2 School Level**

### **3.2.1 Mental Health Education**

Mental health education is an important means to improve the mental health quality of college students. Schools should actively carry out various forms of mental health education activities to help college students establish correct mental health concepts, enhance psychological quality and improve psychological coping ability [12].

Schools can set up mental health courses so that students can systematically learn about mental health, understand the laws of psychological development, and recognise the importance of mental health. In these courses, the prevention, identification and treatment of mental illnesses can be introduced to help students acquire basic mental health care skills. Schools should organise mental health lectures and seminars, inviting professional psychologists and successful members of the community to share their experiences and insights on mental health, so as to stimulate students' concern for mental health and guide them to correctly face the pressures of life and study. Schools can also provide professional psychological support and assistance to students through psychological counselling services. Psychological counselling can be face-to-face individual counselling or group counselling in a variety of forms, aiming to provide students with a safe and open space for confidences and exchanges, and to help them solve their psychological problems and improve their psychological quality. Schools should encourage students to participate in mental health clubs and activities, and through teamwork and interactive communication, cultivate students' spirit of co-operation and communication skills, and improve their ability to handle interpersonal relationships [13].

In general, mental health education should be carried out in all aspects of university life, providing students with comprehensive and professional mental health support through a variety of ways and forms, helping them to establish a healthy mental state and better cope with the challenges in life and study.

### **3.2.2 Psychological Counselling Services**

Psychological counselling services are an important means of promoting students' mental health on Chinese university campuses. Schools should provide professional and convenient psychological counselling services to meet the mental health problems that students may encounter in their studies, life and interpersonal interactions.

Schools should establish a comprehensive psychological counselling system, including an appointment system, counselling schedule, and counsellors' qualification review, to ensure that students can receive professional help in a smooth and timely manner. In addition, counsellors should have solid professional knowledge and rich clinical experience, and be able to understand and accept students' psychological needs and provide scientific and effective counselling services. The forms of psychological counselling services can be diversified, such as individual counselling, group counselling, lectures, workshops, etc., to suit the needs of different students. In terms of content, in addition to regular counselling on psychological problems, targeted services can be provided for specific groups or events, such as adaptation counselling for new students and career planning counselling for graduates. In order to improve the effectiveness of counselling, schools can also carry out mental health education to help students understand mental health knowledge and enhance their psychological quality. At the same time, students are encouraged to actively

participate in mental health self-help and mutual-help activities, such as psychological clubs and psychological dramas, so that students can enhance their psychological abilities through participation [14]. Schools should establish a sound mental health crisis intervention mechanism to provide timely assistance to students with serious psychological problems. This includes regular assessment of students' mental health status, as well as early warning and intervention for possible crisis situations.

In summary, psychological counselling services play a key role in the mental health of college students. Through continuous improvement and optimisation of the counselling service, it can provide college students with more professional and intimate psychological support, help them better cope with challenges and achieve all-round development.

### **3.2.3 Academic and Career Guidance**

Academic and employment pressure is an important factor in the mental health of Chinese college students. In this regard, schools should provide effective academic and career guidance to help students cope with these pressures [15].

Academic guidance should include training in study skills, instruction in time management, and the learning and application of professional knowledge. Training in study skills can help students master knowledge more effectively and improve learning efficiency, thus reducing study pressure. Guidance on time management can help students organise their time wisely, balance study and life, and avoid overwork. The learning and application of professional knowledge can help students better understand their majors, improve their professionalism and enhance their competitiveness in employment.

Career guidance should include the formulation of career planning, the provision of employment information, and the training of interview skills. The formulation of career planning can help students clarify their career goals, so that they can study and prepare in a targeted manner. The provision of employment information can help students understand the job market and find suitable jobs for themselves. Interview skills training can help students present themselves better and improve their interview passing rate.

Effective academic and career guidance can help students better cope with academic and employment pressure, improve the quality of life and promote mental health. Schools should attach importance to the work of academic and career guidance and provide students with all-round support. At the same time, students should actively participate in it and make full use of the resources provided by the school to improve their abilities and qualities.

## **3.3 Social Level**

### **3.3.1 Social Support**

Social support plays an important role in the mental health of Chinese college students. Firstly, the government should increase the investment in mental health education and formulate relevant policies to promote the development of mental health education. In addition, the government can raise college students' awareness of and attention to mental health by organising various mental health lectures and activities. Society should provide more psychological counselling services. In addition to school psychological counselling rooms, social psychological counselling agencies can also provide professional psychological counselling services for college students. These services can help college students solve their psychological problems and improve their psychological quality. The media should also play an active role in college students' mental health education. The media can improve the psychological quality of college students by reporting the knowledge of

mental health. At the same time, the media can also encourage college students to positively face difficulties in life and study and enhance their mental toughness by publicising successful cases of mental health [16].

### **3.3.2 Media publicity**

Media publicity plays an important role in promoting college students' mental health. The media can disseminate mental health knowledge, improve college students' awareness and understanding of psychological problems, and help them better cope with psychological distress. In addition, the media can also publicise the importance of mental health, guide college students to pay attention to their own psychological conditions and form positive mental health concepts. Media publicity can promote effective methods of mental health, such as meditation and exercise, to help college students establish good living habits and improve their mental quality. At the same time, the media can also report successful cases of mental health to motivate college students to overcome psychological difficulties and face life positively [17]. Media publicity also plays an important role in shaping a good social atmosphere. Through publicity advocating the values of respect, understanding and care, it promotes social care and support for college students and reduces their psychological pressure. At the same time, the media can also pay attention to the mental health problems of college students, increase social attention to this problem, and provide more psychological support resources for college students.

There are also certain problems in media publicity. In publicising mental health problems, some media may exaggerate the seriousness of psychological problems, leading to panic among college students. In addition, some media focus too much on economic benefits, blindly pursuing sensational effects, spreading inaccurate information and misleading college students.

The media should follow the principles of objectivity, truthfulness and comprehensiveness when publicising the mental health of college students, not only highlighting the importance of mental health problems, but also disseminating scientific and effective solutions. At the same time, the media should take social responsibility, pay attention to college students' mental health, and actively create a social atmosphere conducive to college students' mental health. By strengthening media publicity, we can improve the cognitive level of college students' mental health, promote their overall physical and mental development, and cultivate more excellent talents for the society [18].

## **4 .Effectiveness assessment and improvement of implementing countermeasures**

### **4.1 Methods of effect assessment**

When assessing the effect of mental health countermeasures, a variety of methods can be used for comprehensive evaluation. Changes in the psychological status of college students can be assessed through regular surveys of mental health status, such as using standardised mental health scales, such as the Self-Depression Scale (SDS) and the Self-Assessment Scale for Anxiety (SAS). These scales have good reliability and validity and can objectively reflect the psychological state of individuals. Secondly, the actual effects of the interventions can be assessed through the visit records of the psychological counselling centre, the feedback of the counsellors and the participation in the mental health education courses. It can also be collected through questionnaires and in-depth interviews to collect college students' satisfaction with mental health services, their knowledge of mental health, and their evaluation of the school's psychological support environment. These qualitative data can provide in-depth information on the effectiveness of the interventions in raising students' awareness of mental health and improving the quality of their psychological life.

Meanwhile, schools can track the mental health status of graduates to understand the impact of mental health education in the long run.

In order to assess the effects more scientifically, experimental research designs, such as randomised controlled trials (RCTs), can be used to make causal inferences about the interventions. By comparing data from experimental and control groups, the effectiveness of a particular response can be judged more accurately. During the assessment process, the scientific and objective nature of the assessment method should be ensured to avoid subjective bias affecting the accuracy of the results [19].

The assessment results should be presented in the form of a report, which should include not only the analysis of quantitative data, but also the interpretation of qualitative data, as well as suggestions for improvement based on the assessment results. In this way, schools and related organisations can adjust and optimise their mental health countermeasures based on these assessment reports, with a view to achieving better mental health promotion.

#### **4.2 Effectiveness Assessment Indicators**

In assessing the effectiveness of the mental health measures for university students, a set of comprehensive, objective and quantitative assessment indicators needs to be established. These indicators should be able to reflect the degree of improvement in the mental health status of college students, as well as a direct evaluation of the effectiveness of the countermeasures. The following are some suggested indicators for evaluating effectiveness:

Indicators of mental health status: including the incidence of psychological problems such as anxiety, depression and stress, and the severity of these problems. Data can be collected through regular mental health census or psychological assessment tools (e.g., SCL-90, PHQ-9, etc.), and the results of baseline and follow-up can be compared to assess the trend of psychological problems[20]. Psychological intervention utilisation: measures students' initiative to seek psychological counselling and counselling, including the appointment rate of psychological counselling, participation rate, and participation in follow-up. This can reflect students' acceptance and utilisation of psychological services. Improvement of mental health knowledge and skills: The mastery of students' mental health knowledge and coping strategies is assessed through questionnaires or examinations of psychological courses. The improved knowledge and skills should be in line with what is taught in mental health response. Academic performance and adaptability: assessing students' academic performance, class participation, and adaptation to university life. Improvements in mental health status should be reflected in the student's academic and life adaptability. Interpersonal and Social Skills: Improvements in interpersonal skills and social skills are measured by observing and evaluating student performance in group activities, peer evaluations, and feedback from faculty and students. Feedback and Satisfaction: Feedback from students, parents and teachers on mental health education and services is collected to assess their satisfaction with the implementation of the response and suggestions. This can help improve the effectiveness and applicability of the response. Changes in mental health-related behaviours: Observe changes in students' living habits, self-care skills and ability to cope with crisis events. These behavioural changes can be used as indirect indicators of mental health.

#### **4.3 Improvement Measures**

In the process of implementing the countermeasures, in order to ensure their effectiveness, it is necessary to carry out regular evaluation of the effects. The assessment can be carried out in a variety of ways, such as questionnaires, interviews, psychological tests, and so on. The assessment can be used to understand the implementation of countermeasures and the changes in the mental

health status of college students.

According to the results of the assessment, improvements can be made to the existing problems. Improvement measures can be carried out in the following aspects. The content and methods of mental health education can be adjusted in response to the assessment results to make it closer to the actual needs of college students. For example, if it is found that anxiety is a common problem faced by college students, courses or activities on anxiety management can be added. The quality and efficiency of psychological counselling services can be improved in response to the assessment results. For example, the training of counsellors can be increased to improve their professional competence, and the number and duration of counselling sessions can be increased to enable students to receive more adequate help. Academic and career guidance services can be improved in response to the assessment results. For example, personalised academic planning can be provided to help students find their own learning styles, and psychological counselling on employment can be provided to help students solve their psychological problems in the process of employment. The contents and methods of media publicity can be adjusted in response to the assessment results to make them more targeted and practical. For example, media campaigns can be used to let students understand the importance of mental health and raise their awareness of self-care.

## 5. Conclusion

The study of the current situation of mental health and countermeasures of Chinese college students is a long-term and complex process, which requires the joint efforts of families, schools and society in order to effectively improve the mental health of college students. In this process, we need to pay attention to the psychological problems of college students, find them in time and give them help. At the same time, we also need to strengthen mental health education to improve the psychological quality of college students, so that they can better face the challenges of life. In addition, we need to continuously improve psychological counselling services to provide professional psychological support for college students.

Overall, although there are some problems with the current state of mental health of Chinese college students, through the joint efforts of families, schools and society, we can find effective countermeasures to improve the mental health of college students. We expect that in the near future, Chinese college students will be able to spend their college life more healthily and happily.

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