

Thoroughly Study the Source of Psychological Control and the Mental Health of Normal Students

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Abstract: Normal colleges train teachers for the society, which will be responsible for educating children and adolescents. And excellent teachers need to have excellent psychological qualities, so as to ensure their teaching effects and improve the quality of students. Therefore, it is necessary to strengthen the emphasis on the mental health of normal students. This time, a college's normal student is taken as a research object to analyze his mental health, and to study the influence of psychological control sources on the mental health of normal students.

1. Introduction

In recent years, there have been frequent suicides among college students, and the emphasis on the mental health of college students has also increased. Normal students will become teachers in the future and will be responsible for teaching primary and secondary school students. Their mental health will have a certain impact on students. Therefore, we need to pay attention to the mental health of normal students. This paper mainly analyzes the mental health of normal students and analyzes the influence of psychological control sources on the mental health of normal students.

2. The meaning and characteristics of psychological control sources

2.1. The meaning of psychological control source

The source of psychological control will have a certain impact on people's psychology and behavior, and the research on psychological control sources at home and abroad is gradually increasing. As early as 1954, the American psychologist Julian Roth proposed the concept of the source of psychological control, which defined the "generalization expectation" as the source of psychological control, that is, whether the consequences of the event were determined by their own general beliefs. We can divide the source of psychological control into internal and external control. External control refers to the belief that part of the event outcome is not affected by individual efforts. People with strong external control have the following concept: the event outcome is determined by external factors such as luck and social background, and individual efforts It does not affect the outcome of the incident; internal control refers to the direct relationship between the outcome of the event and the individual's efforts. The person with strong internal control has the following concept: that the outcome of all things is closely related to himself and that Personal

behavior, personality, and ability will directly affect the solution of things.

After the American psychologist Julian Roth put forward the concept of "source of psychological control", many experts and scholars have analyzed and studied this theory. Glover said that the source of psychological control refers to a person's analysis of the reasons that affect his or her success or failure (either external or internal); Kengon believes that the source of psychological control is the orientation of each person's actions and their consequences. Some people think that their ability, personality, etc. will directly affect the outcome of the event, and will not attribute the cause of their failure to external factors; some people think that luck, based on other external factors will directly affect the outcome of the event.

2.2. Characteristics of psychological control sources

According to the American psychologist Julian Roth, the source of psychological control is developed from the generalization expectation, which is formed on the basis of strengthening history. These experiences will include their own life experiences, indirect learning and social culture aspects of the impact. While people grow up, the enhancement of experience will lead to the formation of certain generalized expectations, so the source of psychological control has more stability and general characteristics. The individual's control points will be affected by the actual situation, so the source of psychological control may also change under special circumstances. If there is a strong internal control, people have been frustrated, it can be turned into external control; if there is a strong external control, after being given greater rights and responsibilities, it may turn into internal control.

3. Research method

3.1. Test method

In this study, 200 students were randomly selected from the history major, Chinese major, and mathematics major in a normal college. There are 98 boys and 102 girls. The students participating in the study have students from the city and students from the rural areas, and the economic situation of the students is different (can be divided into A, B, C, D4 grades); students' grades are not the same (can be divided into I, II, III, IV 4 levels).

3.2. Material preparation

Symptom self-assessment. Normal school students need to set up a self-assessment scale before conducting self-evaluation of symptoms. The entire self-rating scale needs to contain 10 factors and 90 items. This self-assessment form is the most widely used form in the psychological research process in China. All items were graded 5: asymptomatic response was 1 point; mild symptoms were 2 points; moderate symptoms were 3 points; severe symptoms were 4 points; severe symptoms were 5 points. Send the designed self-assessment form to all students participating in the study and collect it after completing it.

Psychological control situation. In the psychological control of normal students, the psychological control source scale is used. Analyzed various factors that may affect his mental health, and obtained 5 factors (five factors such as behavior control and luck control). When setting the psychological control source scale, you need to remove two factors with better load. A total of 42 projects are set.

4. Results

Analyst normal students' mental health status. In this study, there are many aspects such as physical changes, obsessive-compulsive symptoms, depression, anxiety, hostile terror and other aspects of normal students and young people in the country. The study found that there is a certain difference between the two, and the difference between the two is statistically significant.

Table 1 Comparison of mental health scores between normal students and domestic youth model

Factor name	Aormal students		Domestic youth model		t value	P
	Mean	Variance	Mean	variance		
Somatization	1.4599	0.4815	1.37	0.48	3.295	<0.001
Obsessive symptoms	2.0579	0.6053	1.62	0.58	12.758	<0.001
Sensitive human-machine relationship	1.9809	0.6041	1.65	0.61	9.659	<0.001
Melancholy	1.8499	0.6358	1.5	0.59	9.706	<0.001
Anxiety	1.6862	0.5585	1.39	0.43	9.352	<0.001
Hostility	1.7616	0.6319	1.46	0.55	8.321	<0.001
Terror	1.4943	0.4909	1.23	0.41	9.495	<0.001
Paranoia	1.8057	0.5940	1.43	0.57	11.154	<0.001
History of mental illness	1.6598	0.5156	1.29	0.42	12.649	<0.001

It can be seen from the above table that the mental health symptom scores of the normal students participating in this study are higher than the national youth scales, which shows that the teachers live in certain mental health problems. Therefore, it is necessary to pay attention to the mental health education of normal students and improve their mental health.

An important factor affecting the mental health of normal students. Because the girls' minds are more delicate and the guts are smaller than the boys, most of the teachers who have depression, anxiety and horror are female. In addition, most of the graduates are worried about their work after graduation, so the fourth-grade students have higher scores of anxiety and psychotic factors.

5. Analysis of mental health problems of normal school students

5.1. Teacher's mental health research

This study found that girls are more prone to depression, anxiety, nervousness and other negative emotions than boys. In addition, the fourth-grade university students face graduation and employment. Under this circumstance, some students may have negative emotions such as anxiety and horror, and the fourth-grade students have higher psychotic factors. Some students think that graduation is also facing unemployment and needs to face a complicated social environment, so students are very worried about their future. Some seniors may have adverse reactions due to high mental stress.

5.2. The influence of psychological control sources on the mental health of normal students

Some people think that whether something can be solved will be determined by luck, and it is not necessary to link with its own efforts, that is, luck control. It is closely related to multiple factors in mental health factors. If people feel that they can't solve something, or people can't adapt

to the external living environment, they may have negative emotions, which may adversely affect their mental health. Controlling incompetence means that people think that they can't control the direction and ending of a certain thing, and can't control the whole situation. Under this circumstance, people will also have negative emotions such as depression and anxiety, which will have a negative impact on their mental health. Whether it is controlling incompetence or luck control, it means that people cannot effectively control the whole situation and have insufficient control ability. In this case, people attribute it to opportunities in order to reduce anxiety.

5.3. Relationship between mental health and family conditions of normal students

Among the 200 normal students who participated in the study, some students came from rural families, while other students came from cities. Some of these students are non-only child families, and these students have certain mental health problems. Although some of the only children have better mental health, some of the only children have mental health conditions that are not good enough. The study found that the mental health of normal students has a certain relationship with their parents' career. The mental health status of normal students with high level of parental education, high income level and high comprehensive quality is significantly higher. In this study, the division of the family income of normal students can be found that the inferiority of some normal students with lower income levels is obvious, and the chances of these students having psychological problems are also higher.

5.4. Other factors affecting the mental health of normal students

Normal students will become teachers in the future, so their mental health will directly affect students' mental health. In addition to a few fixed factors, the students' own resistance will also affect the mental health of normal students. If the normal students' psychological endurance is insufficient, after they have contradictions, disputes, or criticisms by the students, the students may have negative emotions, which may affect their mental health. Some normal students with lower incomes choose to work and study to reduce the burden on the family. This part of the students has greater psychological pressure. If you can't find the correct way to vent, it will lead to a feeling of depression, which will affect your mental health. Some students are affected by negative emotions such as learning pressure and depression, and they are prone to psychological problems. If students' psychological problems cannot be resolved in time, they may have doubts about the future, which may affect their mental health and enthusiasm for learning.

5.5. Status of mental health status of normal students

The survey found that the current psychological situation of normal students is not very good. At this stage, some teachers live in more serious psychological problems. The mental health of normal school students will be affected by factors such as the student's family environment, parental education level, and parental quality. It is precisely because the mental health of normal students is not high enough, we should pay more attention to the analysis and research of the mental health of normal students. In the teaching process, it is necessary to increase the knowledge of mental health and psychological counseling to improve the mental health of normal students. In addition, teachers need to provide psychological counseling services based on students' problems in life and in life. Teachers also need to improve their ability to face frustration and improve their self-confidence through training, which is of great significance to ensure students' mental health.

6. Corresponding solutions

6.1. Changing student perceptions

Change psychological situation. Some normal students have always been the top students in the class since they were young. However, after he entered university, he found himself to be an ordinary student, and his academic performance was no longer the top one. Under this circumstance, the normal students may have lost emotions and frustration. At this time, normal students will form a feeling of powerlessness, and their psychology has caused problems. Therefore, in order to ensure the mental health of normal students, it is necessary to change the students' intuitive concept so that normal students can correctly view their psychological situation, so that they can find their own psychological problems in time, and conduct targeted psychological counseling.

Adapt to the interpersonal environment. After entering university, students will face new living environment and living environment, and face new classmates and interpersonal relationships, which may cause negative emotions such as depression and anxiety. The living environment, family environment, and family education of all students are different, so the students' personality is also different. In addition, since students come from all over the country, their living environment and the mode of getting along with each other are different. Therefore, some normal students may not apply to new students and new modes of getting along. Normal school students need to understand that there must be some differences between people, and they need to quickly adapt to the communication environment and mode of interaction among new students, so as to ensure peace of mind, stability, and ensure their mental health. In addition, some students, after entering university, find that there is a difference between the university and their own expectations, and there will be a loss of emotion. Some of the students' nerves are sensitive and their emotions are too tight. There may be contradictions in the process of dealing with new students. Therefore, students need to ensure that their mood is peaceful, and adapt to the new living environment as soon as possible to ensure the mental health of normal students.

6.2. Paying attention to the psychological counseling of normal students

Strengthen the promotion of mental health knowledge. In order to improve the mental health of normal students, it is necessary to strengthen the promotion of relevant knowledge and improve the self-control ability of normal students. Normal colleges can actively hold relevant lectures to publicize the knowledge of mental health so that normal students can correctly understand their psychological situation and possible psychological problems. Through lectures, teachers and students will correctly establish the concept of psychology, and actively analyze and study problems from the perspective of psychology, and improve the self-regulation ability of normal students, thus improving the mental health of normal students.

Psychological counseling for normal students. Because most teachers live in a variety of negative emotions such as anxiety and nervousness, their mental health level is not high enough. In order to improve the mental health of normal students, teachers need to strengthen the psychological counseling of normal students. Through psychological counseling, normal students can quickly adapt to the new environment. Because seniors are faced with employment, they are anxious. Teachers need to strengthen their graduation guidance for these students, which can alleviate the students' nervousness and alleviate psychological problems.

Construction of a psychological counseling room. In the case of mental health problems in normal students, teachers need guidance and help, and teachers' help to students needs certain support. Therefore, qualified teachers' colleges can build psychological counseling rooms and arrange professional mental health teachers to provide psychological counseling for normal students.

The counseling room can be used not only to ease the psychological situation of normal students, but also to publicize psychological knowledge and provide psychological counseling services to alleviate the mental health problems of normal students.

7. Conclusion

In short, normal students are the teachers of the future. As the future successor of the country, the teachers' mental health and teaching ability will have a direct impact on the students, which will have a certain impact on the development of the country. According to the psychological health situation of the psychological control source analyst Fan Sheng, the normal students can fully understand their mental health, and master the ways to deal with mental health problems, reduce their own negative emotions, enhance the confidence of normal students, and improve the mental health of normal students. This has important impetus to the development of education in China.

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