

Cognitive Survey of Subhealth State among Contemporary College Students (Non-medical Students) and Intervention Strategy of Traditional Chinese Medicine

Ziyan Guo, Shanfang Yuan, Peizheng Yan, Jun Zhao, Mengqi Wang, Longwei Zhang*

Shandong University of Traditional Chinese Medicine, Jinan, 250000, China

*Corresponding author: Longwei Zhang

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Abstract: In recent years, the incidence of middle-aged and young people's health status in China has gradually increased, and the data is shocking. The rising number of sub-health population is a serious threat to people's life health. At the same time, with the continuous development of China's medical industry, the intervention strategy of Traditional Chinese Medicine has gradually gained people's attention. The corresponding preventive treatment centers have been set up in various localities, and TCM treatment programs for various sub-health states have been put forward. At present, there are still some young patients who ignore their own health status and despise the harm of sub-health, so that the sub-health status changes into chronic non communicable diseases. This paper investigates some contemporary non-medical college students, analyzes the survey data, carries out on-the-spot interviews and investigation to the relevant departments, discusses the cognitive level of contemporary non-medical college students on sub-health, and how to realize the Traditional Chinese Medicine intervention strategy and the treatment needs docking of college students.

Subhealth, also known as the third state, is a state of low physiological function between health and disease. According to the clinical guidelines for sub-health of traditional Chinese Medicine issued by the Chinese society of traditional Chinese medicine, sub-health refers to the state between health and disease. There are three main forms of sub-health: (1) physical sub-health state: mainly manifested as fatigue and listlessness; (2) psychological sub-health state: mainly manifested as anxiety and irritability; (3) interpersonal sub-health state: mainly manifested as loneliness and decreased adaptability.

1. Subhealth Status of Chinese People

Comrade Xi Jinping, chairman of China's Communist Party of China, pointed out to implement the Strategy of Healthy China in the report of the Nineteenth National Congress of the Communist Party of China [1]. According to the *Report on Nutrition and Health Status of Chinese Residents in 2019*, the prevalence of chronic non communicable diseases in China has increased by 31%. The prevalence rates of chronic non communicable diseases were 20.4%, 18.8%, 21.0%, 19.0%, 20.2% and 12.6%, respectively, which were in a poor level in the world. At the beginning of the 21st century, a special survey in China shows that the incidence of sub-health among young students, senior intellectuals and enterprise managers is as high as 70%, and nearly half of them are in sub-health state in middle age. It can be seen that the sub-health problems of teenagers and middle-aged people are the most prominent in China, and the most serious group is the intellectuals about 40 years old. According to the special survey data released by the State Commission for restructuring, the average life span of mental workers in China is only 58 years old. According to the latest "intellectual health survey" released by the Shanghai Academy of Social Sciences, the average life expectancy of Beijing intellectuals with the highest concentration of intellectuals dropped from 59 to 53, 20 years lower than that of 75.85 years during the second census in 1964. The middle-aged sub-health has become a social problem and has attracted wide attention in the world. At the same time, in recent years, studies from various countries have shown that the number of primary and secondary school students is in

sub-health state, and the number of students is increasing rapidly, especially in China. In other words, sub-health is mainly related to urban residents, especially intellectuals who focus on creating social value, and young students who belong to the future of society. The severity of sub-health of Chinese residents is among the highest in the world [2].

2. Research History and Current Situation of Intervention Strategy of Subhealth State at Home and Abroad

Intervention strategies for sub-health status have been a hot topic in many countries for many years [3]. As early as 1988, Centers for Disease Control and Prevention (CDC) in the United States officially named “chronic fatigue syndrome” (sub-health state) and defined it [4]; Britain also set up “British sub-health psychological counseling center” to solve the psychological sub-health status of young people under great social pressure; France developed the “Eagle Eye sub-health detector”. Since ancient times, the Chinese nation has been a country that pays attention to life preservation and prolongation of life. Its health preservation history has a long history. For example, in *Huangdi Neijing*, there were the theories of “Four Qi Regulating the Mind” and “Treating Pre-disease”, which are the embodiment of the basic thought of health preservation and disease prevention, and also the rudiment of traditional Chinese medicine. As the earliest pharmaceutical works, *Shennong Classic* divided drugs into three categories according to their effects on human body. The so-called top grade refers to the drugs that nourish life, respond to people, are non-toxic, and can be taken for a long time without harming others. Many doctors and medical works in later generations have mentioned the related contents, which make it develop and perfect continuously. In particular, Sun Simiao, a medical master of the Tang Dynasty and a great master of health preservation, pointed out in *Qianjin Fang* that “medicine can nourish the mind and nourish the nature, so as to fund the four Qi”. When a person's strength decreases naturally with the increase of age, that is, “when the Yang Qi is above 50, the Yang Qi will decline day by day, and the heart strength will gradually fade away.” at this time, in addition to regulating daily life and exercise, it is very important to select proper health preserving drugs when necessary. In response to the national policy, the Provincial TCM hospitals have set up special prevention and sub-health prevention centers, TCM for sub-health conditioning has been gradually systematized and perfected.

3. Survey Results of Cognitive Level of Subhealth State among Non-Medical College Students

According to the relevant survey, the common situation of Chinese college students is that they do not have enough awareness of sub-health status, and pay less attention to the physiological and mental effects of sub-health status. It is common for contemporary college students to stay up late, have irregular work and rest, and have irregular diet. This bad situation has led to a sharp increase in the number of sub-health status among college students. As far as foreign countries are concerned, the research on common sub-health states (such as frequent fatigue, insomnia, and excessive consideration of symptoms) has become more and more complete, but there is a lack of effective, feasible and systematic intervention and treatment methods for the common sub-health states. Therefore, this project aims at the sub-health status widely existing in college students, and selects large sample data in the form of questionnaire. Extensive research was conducted to investigate college students' awareness of sub-health, the degree of attention and the prevention and control measures taken. On this basis, the existing problems were refined, and relevant well-known experts of Chinese and Western medicine were interviewed in the form of interviews, so as to put forward more professional and standardized suggestions for the problems existing in the prevention and treatment of sub-health among college students. The research results of the project will help to promote the concept of preventive treatment of disease, promote the characteristics and advantages of traditional Chinese medicine, and promote the construction of healthy China with practical actions, which has a wide reference value for the global sub-health intervention strategy.

In this survey, we selected 15 universities and 20 campuses, a total of 10000 students in the survey. After selecting the effective questionnaire, we got the following chart and preliminary conclusion.

1) A total of 9500 valid samples were obtained in this survey, including 2750 male samples and 6750 female samples. Male accounted for 28.95% and female accounted for 71.05%, basically in line with expectations.

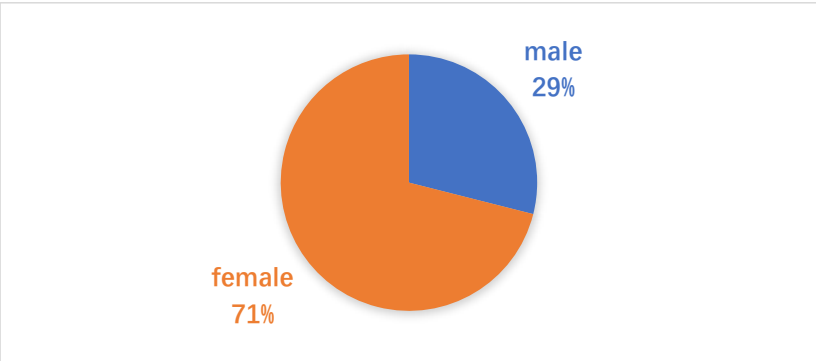


Figure 1

2) The samples are mainly concentrated in freshmen, sophomores and doctoral students, accounting for 65.79%, 13.16%, 10.53%, 7.89% and 2.63%, respectively. According to the current situation in China, the reason for this situation is that different universities have different vacation time and different grades have different vacation time. The reason for the lack of sample of graduate education is that the preparation time of graduate students is long, which conflicts with the survey time.

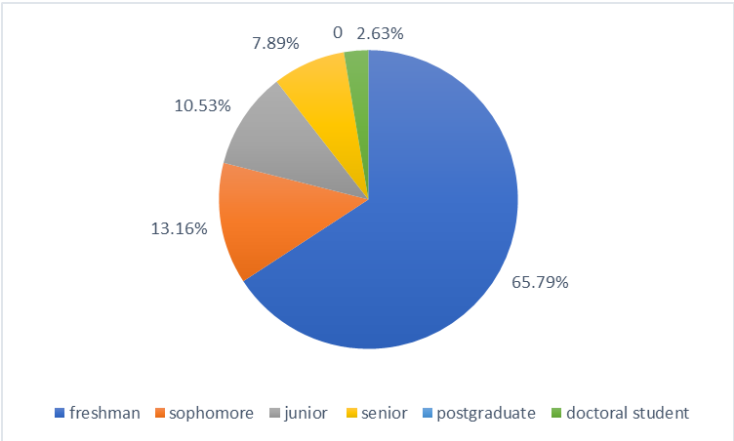


Figure 2

3) A total of 950 valid answers were obtained in the question “do you know what is sub-health?” among them, 200 people did not know about item a, 650 chose item B, and 100 chose item C, which were close to the data listed in the previous survey and references, basically in line with expectations.

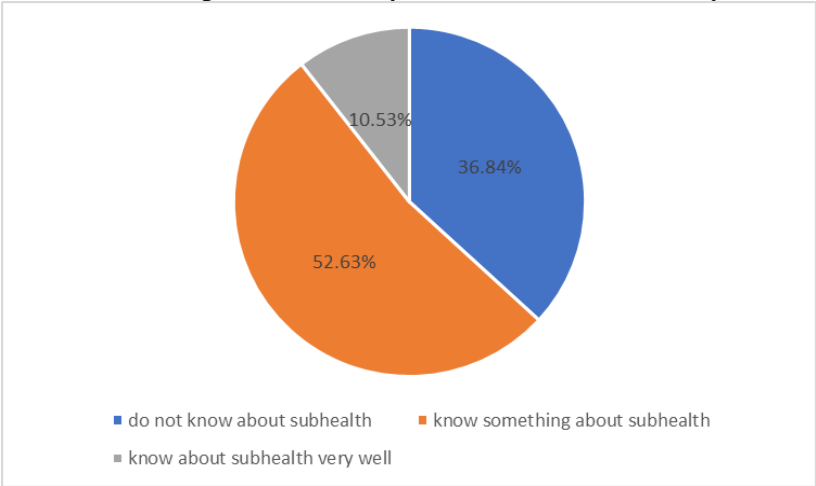


Figure 3

4) In the question “what ways to understand sub-health and its prevention and control methods”, 78.95% from the Internet and 52.63% from books, and lectures ranked third with 39.47%.

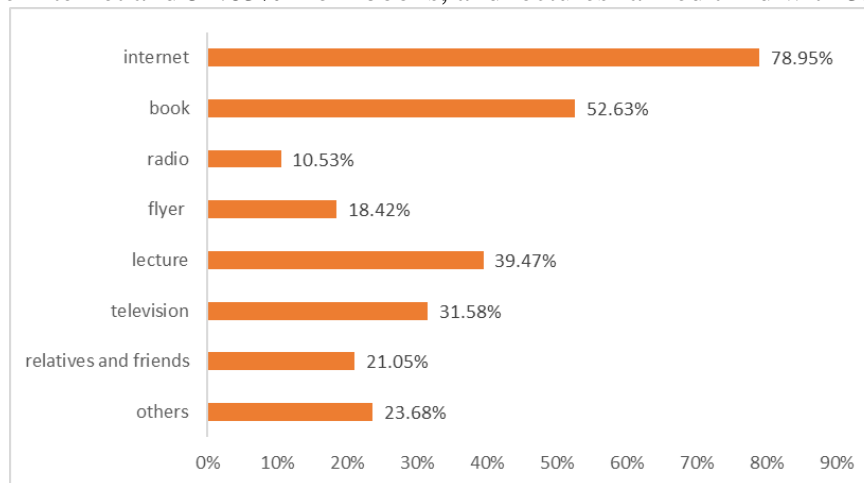


Figure 4

5) The question “have the following symptoms occurred in the last month” leads to the following data. Among them, half of the respondents chose to have a sense of fatigue, in line with expectations. There were no multiple symptoms of acne in the respondents, but 44.74% of them showed inattention.

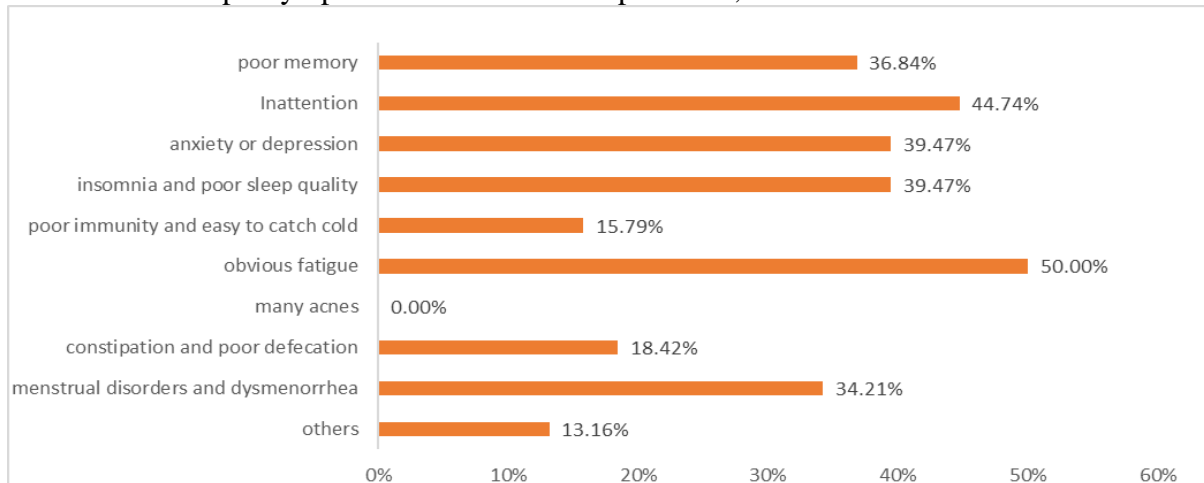


Figure 5

6) In the question “what do you think are the main reasons for the above symptoms”, 78.95% of the respondents chose “irregular life habits”, while the main social factors were employment pressure and social pressure, which basically met the expectations.

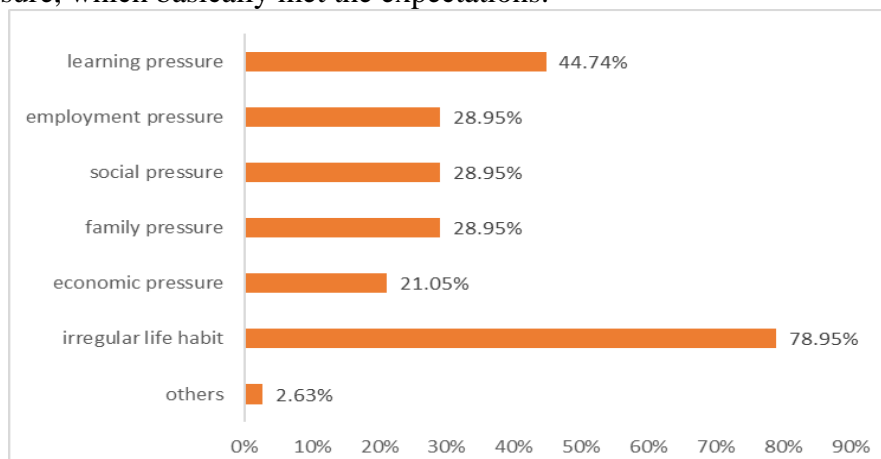


Figure 6

7) In the question “did you go to the hospital for diagnosis and treatment after the above symptoms appeared”, only 10.53% of the respondents chose yes, 89.47% of the respondents chose no, which was quite different from the expected 4:6. However, after the following symptoms, 73.68% of the respondents chose to change their living habits, and no respondents chose massage treatment, which was in line with the rhythm of university life Fast environment.

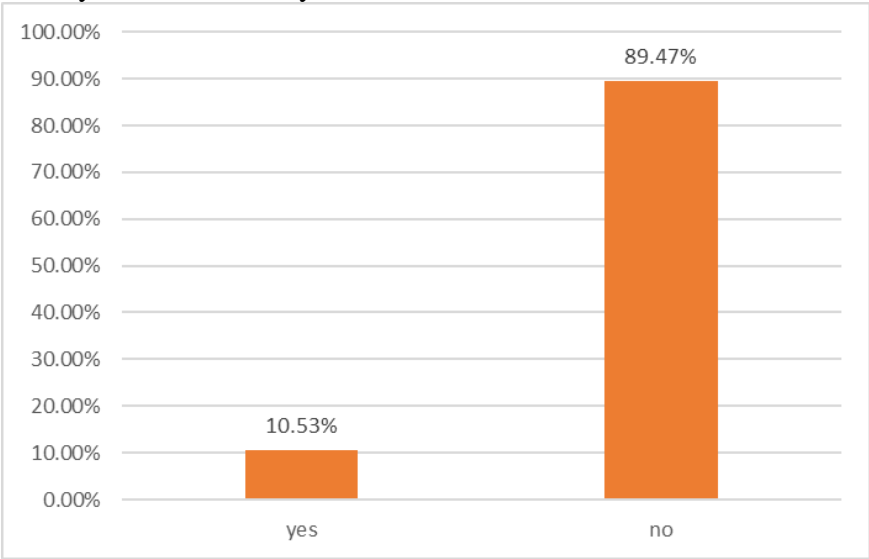


Figure 7

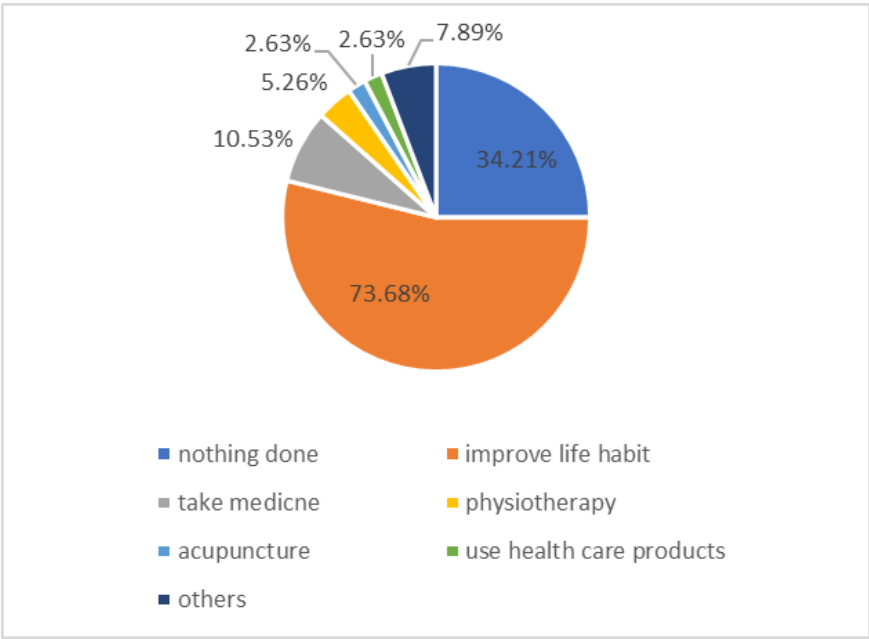


Figure 8

8) In the question of “willing to try to use traditional Chinese medicine to regulate sub-health”, 65.79% of the respondents chose to be willing, and only 25 (2.63%) chose not to. The reasons for the majority of respondents were “no side effects” and “reliable efficacy”.

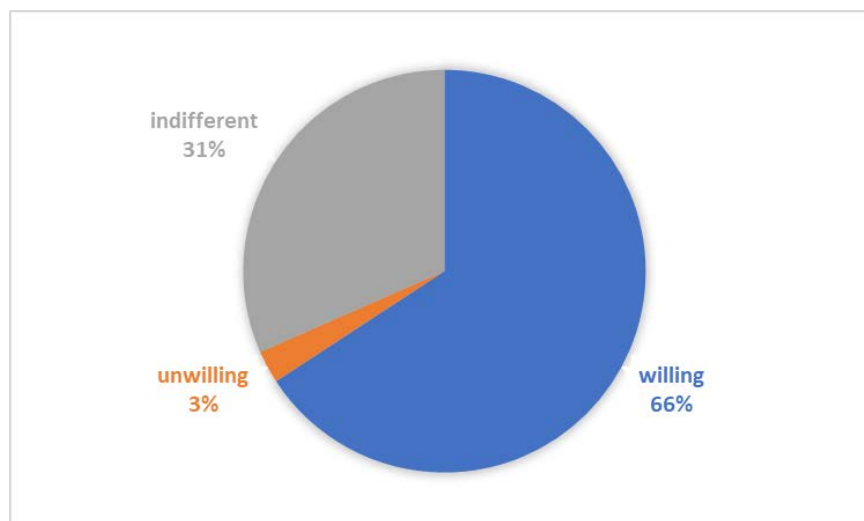


Figure 9

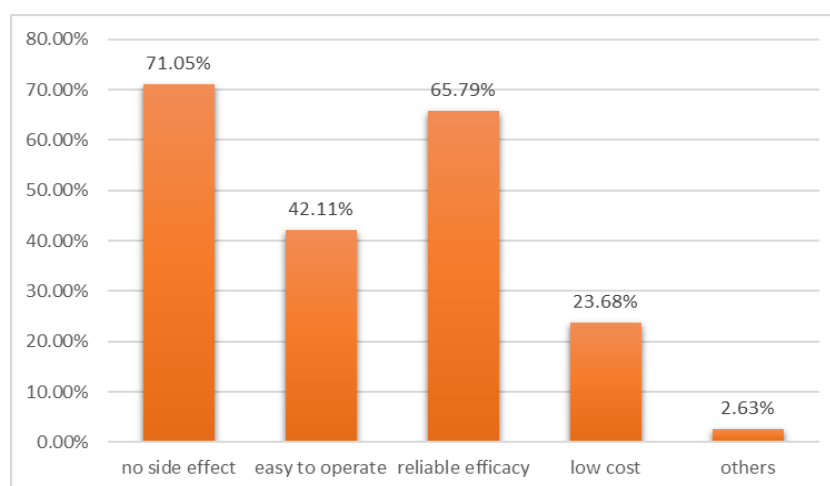


Figure 10

4. Survey Analysis of Cognitive Level of Subhealth State among Non-Medical College Students

According to the above survey, we extracted the following conclusions for non-medical college students.

- 1) Most of the students have a good understanding of sub-health, but on the whole, they lack the cognition of sub-health.
- 2) College students' understanding of sub-health and related knowledge mainly comes from the Internet.
- 3) A large number of college students are in different types and severity of sub-health.
- 4) The sub-health status of college students mainly comes from employment, social pressure, and irregular and unhealthy living habits.
- 5) Most of the college students with sub-health status did not go to the hospital for diagnosis and treatment, but chose to change their living habits to improve.
- 6) Most college students are willing to improve their sub-health status through TCM intervention.

5. Suggestions and Analysis of Chinese and Western Medicine Experts

According to the above conclusion, we visited many hospitals, visited many famous TCM and Western medicine experts, and listened to the opinions of medical nutrition experts, preventive medicine experts and general practitioners. The following expert suggestions on improving the sub-health status of college students were collected and summarized.

1) At present, the fast pace of urban life easily leads to the general sub-health state, and the lack of understanding of this state is the current situation of most people. There is no obvious abnormal medical examination in sub-health state, patients will not feel obvious discomfort, it is easy to be ignored or despised, but the neglect of sub-health status often leads to very serious consequences, especially chronic diseases. Chronic non communicable diseases are not only affected by genetic factors and environment, but also accelerated by unhealthy lifestyle. A healthy lifestyle can not only prevent various diseases, but also improve people's quality of life.

2) Bad living habits seriously affect people's quality of life. The World Health Organization found that among the four major factors affecting personal health and life span, biological factors accounted for 15%, environment including social environment factors accounted for 17%, health service factors accounted for 8%, and behavior and lifestyle factors accounted for 60%. Today, unhealthy lifestyle and behavior have become the main cause of endangering people's health, leading to disease and death. In recent years, the main diseases leading to the death of urban residents in China are malignant tumor, cerebrovascular disease and heart disease. These diseases are related to personal living habits and bad behaviors.

3) Generally speaking, most sub-health people can improve their sub-health status by changing their lifestyle, such as increasing physical exercise, adjusting diet structure and habits, forming regular work and rest, refusing smoking and drinking, etc.

4) In the application of traditional Chinese medicine theory of prevention of disease to improve sub-health state, on the one hand, we should take different treatment plans for patients of different periods, different symptoms, different constitutions, different severity, and different ages. On the other hand, we also need to follow the unified thinking of three factors, syndrome differentiation and treatment, and formulate specific treatment plans.

5) The improvement of sub-health status needs not only the awareness and efforts of patients themselves, but also the publicity and cooperation of the society and the government. It is mentioned in *Golden Chamber* that the sub-health state is often the precursor of many chronic diseases. If people pay attention to the sub-health state, it will be conducive to the further implementation of the "Healthy China" strategy at the grass-roots level.

6) Adjusting the diet structure is helpful to improve the bad state of sub-health. Nutrition is very important for the health of the body. Reasonable nutrition intake can promote the health of the body. In order to have a reasonable diet, we should pay attention to the moderate proportion of nutrients, neither lack nor excess. We should reasonably intake all kinds of essential nutrients according to *Dietary Guidelines for Chinese (2016)*.

6. How to Improve the Subhealth State among Non-Medical College Students

After sorting out the above suggestions, combining with clinical practice and consulting the relevant literature of Internet and library, we put forward the following suggestions for intervention strategies of common sub-health status

1) The government and society should strengthen publicity to enhance citizens' awareness and attention to sub-health. Such as shooting public service advertisements and putting them in public transportation and subway stations, or holding community activities and propaganda activities with sub-health as the theme.

2) The sub-health people should improve their personal awareness and exercise more in their daily life. They should exercise more than 5 days a week for 30-40 minutes each time. They should also pay attention to the adjustment of diet structure and avoid overeating and picky eating. And quit smoking and drinking, improve bad living habits.

3) Colleges should hold sub-health publicity activities in the campus, such as sub-health knowledge competition, and organize students to do exercises such as running exercises and morning exercises, and encourage students to go to bed early and get up early.

4) In order to achieve the best treatment effect, TCM hospitals should pay attention to the combination of modern medical means and traditional Chinese medicine technology when receiving patients with sub-health status. According to the theory of preventive treatment of disease in

traditional Chinese medicine, combined with the patient's own conditions and syndrome differentiation and treatment, the treatment was carried out according to the unified thinking of three factors.

7. Conclusion

Nowadays, countries all over the world are looking for safer and more efficient ways to change the state of sub-health, and the intervention of traditional Chinese medicine on sub-health state because of its high safety and little side effects, as well as the remarkable curative effect shown by its practical application for thousands of years, it provides a new idea for the world to intervene in the state of sub-health. The results of this survey have extensive reference significance and will contribute to the construction of "healthy China" and promote the influence of traditional Chinese medicine in the treatment of sub-health in the world.

Acknowledgement

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