

Study on Intervention and Adjustment of Mental Health Crisis of College Students

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Abstract: In the face of the novel coronavirus outbreak, the college students who are in the psychological from immature to mature stage of development, are prone to mood swings, panic attacks, anxiety, even mild depression and other psychological problems. For the mental health problems of the college students, Colleges and universities should make use of educational resources to carry out educational propaganda and on-line psychological counseling. We should use this as an opportunity and guide students to life values, sense of responsibility, coping ability and other psychological quality to help college students maintain a healthy and mature psychological. Thus, the college students can respond to all kinds of unexpected situations and setbacks in life actively.

1. Introduction

A sudden outbreak of a major public health event can cause certain degree influence to the human body and mind health unavoidably. It spreads quickly and has a wide range of infections since New Coronavirus wreaks havoc around the world in 2019. In addition, it has caused great losses to social order and the safety of people's lives and properties. There are some studies show that the physiological damage caused to people by these public health emergencies may recover in a short time, but the psychological effects will last a long time[1]. It is conducive to the implementation of the Ministry of Education for college students to carry out educational publicity work requirements to Research and adjustment on the mental health crisis of college students. As a result of that, it is of great practical significance to pay attention to and promote the mental health of college students during the epidemic period.

2. A Study on the Mental Status of College Students under the Epidemic Situation of Novel Coronavirus

In the face of sudden major public health events and academic employment and other pressure, the college students are easy to cause anxiety, depression and a series of psychological problems, who are in the stage of psychological development from immaturity to maturity.

2.1 Stay Tuned for News of Panic

The advanced Internet technology has made it very easy to exchange and disseminate information related to the epidemic. In the face of public health emergencies, people are more likely to be in the sensitive stage of information exchange. The colleges and universities are calling for fewer outings in response to the outbreak. In the meantime, the college students are ordered to stay at home and teach online. thus, they tend to pay too much attention to news related to the epidemic who are in a closed state. Constant attention to the victims of the new coronavirus epidemic causes College students to develop negative emotions such as sadness, anger and anxiety, which are detrimental to their physical and mental health. Some of the rumors are mixed with negative news

that is exaggerated in order to attract attention, so the Non-medical students may be psychological sensitivity and anxiety resulting from a lack of knowledge.

The epidemic situation of novel coronavirus has the characteristics of fast spreading speed and wide spreading range, so the global response to public health emergencies has been launched successively. The state has made information transparent to control the outbreak and Real-time update of the number of confirmed personnel, living quarters and range of activities and other information for the sake of facilitating self-screening by the public. On the other hand, under the influence of the virus escalation and “asymptomatic infectors” of the super-spread of news and so on, a questionnaire survey which was conducted among 1585 college students shows that 34.02% of the college students cause panic, worry and other unhealthy emotions for fear of his own health and that of his family. Even some of them appear Hypochondriac Psychology.

2.2 Anxiety Caused by Pressure to Study and Get a Job during the Epidemic

In order to ensure the life safety of college students and respond to the call of the Ministry of Education, the university students will not be allowed to return to campus until the epidemic situation is under effective control. Because of cancellation of examinations during the outbreak, the IELTS and TOEFL exams are not going well, so the college students preparing to study abroad are bound to cause anxiety and face great difficulties. Affected by the outbreak, the postponement of the “postgraduate re-examination” is an important test for this year's postgraduate students. But it's easier for them to get stressed and anxious, such as studying at home is not efficient during the outbreak, Looking forward to getting back to school and Second-round examination pressure and other issues.

Many provinces have issued circulars that no school shall, under any name, inform students to arrive at the school in advance to carry out practical training before the spring semester starts. This means that many college graduates can not improve their employment competitiveness through internships. The previous spring recruitment is an important opportunity for this year's college students, but there are still many enterprises have not resumed work or did not restore the normal operation of the previous state at present. Based on the severity of the situation, companies are under pressure from money and from all sides, which makes the corporate recruitment situation even more grim. There are studies show that a total of 47.2 percent of college students who are facing job-hunting and employment are uneasy, anxiety and even mild depression because of the current great pressure.

2.3 Emotional Interaction with Family Members At Home

An outbreak of the new coronavirus has brought a long holiday, so the college students are spending more time at home than ever before. The college students who are going through puberty have sensitive psychology and easy to get emotional, which causes the contradictions among the family members at home inevitably. There are studies show that the rural college students and their parents are more likely to panic and lack of trust, Probably because the rural and peri-urban areas do not have enough primary health care resources, the prevention ability of grass-roots public health is relatively weak and facing a shortage of living materials[2]. In addition, the college students and their parents are prone to emotional and aggressive behavior due to long-term home isolation, who face a difficult social situation, pressure of study and livelihood. And in the context of the epidemic, psychological problems that can not be solved and the contradictions that are more likely to be amplified and intensified will cause anxiety and even mild depression in this period.

3. Adjustment Strategies of Emotional Problems among College Students during Epidemic Period

Accompanied by the prevention and control of social epidemic situation has entered a tense stage, the college students' ideological education and mental health education are urgently required to follow up. Society, schools, families and individuals should collaborate and work together actively in order to guide the correct outlook on life and values of college students.

3.1 Creating a Good Social Atmosphere to Fight Against the Epidemic Actively

When the public relations crisis occurs, it is often accompanied by the problem of “responsibility confusion”. That is, the crisis of the concept of group responsibility. Only with the active guidance of the government and the active participation of the whole society, we can speed up the modernization reform of national governance system and governance capability in this way. Government departments should assess the situation and carry out emergency education around the epidemic situation to improve the national anti-epidemic quality. Besides, we should make the information during the outbreak updated in real time to make it open and transparent to the people; we should arouse the public's consciousness of responsibility with the voice of social public reason and the media report fairly; We should work together to build a healthy anti-epidemic social environment.

No doubt about it, the college student group is the most solid strength in the new era. The country's vigorous anti-epidemic education not only makes the university student deepen the theoretical knowledge, but also makes the spirit of the great nation, which is fearless of sacrifice and fearless of hardships, take root in their heart. The good anti-epidemic atmosphere in the society will bring people's satisfaction in the anti-epidemic achievements surely. In the meantime, The confidence that the public restored will encourage the college students to adjust to a healthy state of mind, set up the positive idea and show the spirit of the new era of college students.

3.2 Building a Good Breeding Ecology during the Period of Fighting Against the Epidemic

To better deal with the psychological problems of college students during the epidemic, the colleges and universities should make full use of educational resources to expand the connotation of liberal education. Put these things in a more prominent position, such as the ideal and faith education, the life character education, the moral and legal education, the scientific knowledge popularization, the physical and mental health education, the public safety education, the media literacy education and so on. We should guide the college students to cultivate the thoughts and feelings of patriotism, love for the family and love for the people to enhance their awareness of the rule of law, scientific knowledge and protection capacity[3].

Developing the course of mental health education for students during epidemic period, which can make the students learn the knowledge of mental health care systematically, is an effective means to control bad mood, improve mental health problems and optimize mental quality. The quality of teaching staff to a certain extent determines the success or failure of education. In order to carry out mental health education smoothly, it is necessary to strengthen the team building of mental health education. Besides, we should strengthen the training of non-professional and professional educators to ensure the quality of mental health education[4]. Establishing the mental health consultation system, perfecting the family-school contact network and giving special care to the students in the epidemic areas can make us pay more close attention to the psychological health of students. For students with problems, parents and schools should communicate in a timely manner in order to do a good job of psychological comfort for students. In addition, we should carry out anti-epidemic propaganda and learn from the heroic deeds and heroic spirit that emerged in the fight against the epidemic actively for the purpose of helping students stimulate a healthy mind, establishing good values, guiding students to participate in the voluntary fight against the epidemic. Thus, the mental health problems of college students can be improved and we can build a good breeding ecology during the epidemic.

3.3 Arranging a Rich and Orderly Home-Based Study Life

Well, A longer time at home can test the time management ability of college students according to our investigation. If the students can learn to plan and plan scientifically, then they can promote their autonomy, self-care, self-control and other psychological behavior of the mature growth[5]. Contemporary College students, who are energetic young students, should cultivate good moral character consciously and shoulder the heavy responsibility entrusted by our times. During home isolation, the college students should maintain a good routine, develop a thorough web-based

learning program. Besides, the college students should eat properly, keep exercising and arrange their study and life time reasonably. Through the regular home isolation life to develop good habits, thereby reducing psychological stress, enriching themselves in an orderly busyness, forgetting the troubles brought by the epidemic.

Ample time at home is a favorable condition for strengthening family ties. We should participate in parent-child exchanges at home actively and enrich the content of family meetings. In the same time, the parents should teach by example through the communication and empathy timely and effective in order to understand mutually, ease the pressure and improve family relations. Still, the college students can do gastronomy with family, play poker and so on to relax and deal with the anxiety. So the whole family can prevent and control the epidemic situation actively and healthily. In addition, the university student mental health education should break through the innovation and obtain the pressure alleviation in the practice. During the outbreak ,self-directed learning of new skills can lead to better development of the talents you are interested in, such as learning to play the piano, calligraphy, paper-cut, read some classic books and so on, which can enrich the knowledge and expand the ability to regulate emotions actively and effectively. Based on the use of horticultural therapy theory of education, the students can understand the meaning of life in the care of plants and develop a more sound mentality through cultivating and taking care of some plants at home.

3.4 Self-Care Helps to Improve Mental Health

Self-care is a way through the acceptance and care of their own to combat the suffering and obtain a strong vitality. Self Care Strengthens our emotional and physical defenses. A person, who is with a clear sense of self-care, would be better cope with the huge psychological burden that major events create[6].

For an emotional person, it is reasonable to be anxious and nervous in the face of sudden important events. But as a college student who can do things in his own way, he should focus his energy on himself, accept his emotions. During the severe outbreak, the college students should make deliberate thought suggestion and use positive psychological cues for self care,such as” It’s no big deal”, “I have a new idea” and so on. The students should use positive thoughts and words to dominate their body and mind. To be valued without fear and to be positive without carelessness. Thus, they can maintain a positive mood and a good mood, keep improving their values and have confidence and hope for the future.

4. Conclusions

Without doubt, the epidemic situation has had a huge impact on the safety of people's lives and property, so as to the people's mental health. Contemporary College students, who are a symbol of youth and vigor, are required to have a healthy body and mind. Therefore, It is an important part of the psychological liberal education of college students to intervention and adjustment of their mental health crisis around the time of the outbreak, which is very significant.

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