

Research on the Problems about Psychological Crisis Intervention of College Students and the Countermeasures

Dandan Liu¹, Huanquan Shen^{1,*}

¹Qiqihar Medical University, Qiqihar, Heilongjiang, China

*Corresponding author

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Abstract. The psychological crisis of college students is an objective phenomenon which cannot be ignored nowadays. the study on the psychological crisis of college students can improve the mental health level of college students, improve the ability of college students to face the crisis, and extend the application of psychological counseling of college students. This paper explores the meaning and formation mechanism of psychological crisis of college students, and seeks the effective way of crisis prevention by extending the theoretical construction of traditional crisis intervention.

The Definition of Psychological Crisis

The Basic Definition of Psychological Crisis. The crisis is a state of psychological imbalance. It refers to the psychological status of internal and external stress when something bad happened suddenly or terribly in life (e.g.: family member's death, broken marriage, or natural and man-made disasters) that the human individual or group is unable to deal with by the existing resources and the usual response mechanism.

The psychological crisis of college students refers to a state of mental imbalance when college students face difficult situations and cannot use the way they usually deal with problems to handle the difficult situation. In terms of college students, because they are in a special development period in life with little frustration experience and little social support, they are easy to stuck in the confused condition when facing complicated problems about themselves and social problems. They feel difficult to adjust the inner conflicts, which lead serious psychological crisis.

The Definition of Psychological Crisis Intervention. Crisis intervention is a short-term help. "Crisis mediation" is the translation of crisis intervention. The aim is to help individuals or groups who are suffering from psychological crisis to get out of the difficulty and to restore their psychological balance.

Crisis intervention is also a form of psychotherapy. It is "a psychological consultation and treatment technology. Through mobilizing potential of individuals or groups and gathering all aspects of resources, It establishes the early warning mechanism, the disposal mechanism, and the preliminary plans, etc. It helps those who are in psychological crisis condition solve crisis events, eliminate crisis behaviors, and restore psychological balance." [1]

The Causes of College Students' Psychological Crisis

Life Events. Life events are a variety of social life changes happened in daily life. It refers to the visible life changes that are not continuous, but clear and observable. As a specific group, college students are faced with many specific life events, such as further study, failure of examination, lovelorn, illness, and death of family members. The sense of loss can cause an individual to react with helplessness, and the individual cannot respond to the needs of the environment from the aspects of psychology and biology. It is important to note that in addition to negative life events, positive life

events can also bring individuals into psychological crisis. They can also lead to negative emotional experience for individuals such as marriage, higher learning, and higher honor.

Daily Troubles. Daily troubles is a chronic stressor that comes from every aspect of social life, such as learning problems, relationship problems, economic problems, and physical health problems. The difference between daily troubles and life events is that it is weak and lasts longer. So it can be defined as: long-hour, endless disturbance. For college students, they need to cope with both the changes caused by the rapid transformation of the society and deterioration of the environment, and the specific pressures in schools. In particular, college students are facing unprecedented employment pressure, academic pressure, economic pressure, etc. Chronic stress, such as anxiety about the future and complex relationships, often bothers them. The pressure is recessive, but their sustainable and long-term influence is not trivial.

Unexpected Disasters. Unexpected disasters include both natural and social fields. Natural disasters include virus spread, hurricanes, floods, tsunamis, earthquakes, and volcanic eruptions, etc; Technical disasters include air crash, mine disaster and food poisoning, etc; Social disasters like war, violence and terrorism, etc. These kinds of stressors are emergent, incontrovertible and unpredictability, and are often accompanied by great loss of individual life and property. They have great impact and trauma to human psychology. In addition, the future stress is the biggest psychological stress source for college students. The intension of social competition and the popularization trend of education make the future problems always a sword hanging over the college students' heads. There are also academic pressure, interpersonal pressure, economic pressure and so on.[2]

If students have the following warning signs recently, they should be the target of psychological crisis intervention in colleges and universities. Students who are cheerful and have positive attitudes to life on normal days will be at opposite poles when it comes to the crisis. The introverted students will be worse when the crisis happens. Some of them may become irritable, complain about the things around them, or even have the wrong idea that the society is unfair to them and so on; Their emotion may differs from normal people such as Suddenly agitated, prone to anxiety and fear, easy to be impulsive, or depressed, suddenly feel depressed and so on; Their mood may suddenly changes from low to calm or even suddenly depressed and then excited, and the diet and sleep are seriously influenced; They may have abnormal behaviors such as avoiding social contact, keeping out of those who care about them, willing to be alone, and losing interests to everything.

The Harm of Psychological Crisis

Some scholars predict that by the middle of the 21st century, the psychological crisis will bring no more pain than any other kind of disasters. The psychological crisis caused by any kind of crisis brings great harm to students themselves, their families, schools and the society.

The Harm to Individuals. The psychological crisis has brought serious harm to the college students' bodies and health. Firstly, psychological crisis directly endangers college students' physical health. Some extreme behaviors caused by psychological crisis such as self-mutilation, self-abuse, suicide, or other injuries and homicides have caused serious damage to their bodies, even the loss of their precious life. The harm is directly visible and felt. Secondly, psychological crisis also harms college students' mental health. The harm of mental health is not seen directly as the harm of physical health, but is latent and undetectable. The psychological harm to college students is mainly about the abnormal psychological state like tension, anxiety, depression, sadness, shock, loss of control and pain. These are soft and unquantifiable, and the long-term influence may even outweigh the physical dangers.

The Harm to Families. The harm to families caused by psychological crisis cannot to be ignored. Each student has a family. Once psychological crisis occurs in college students, the consequences of psychological crisis are not limited to students themselves, but also can cause adverse reactions of their parents. For example, the family members may have psychological shocks such as pain, guilt, and helplessness. The crisis also threatens the family happiness level and life quality.

The Harm to Schools. The harm to schools is also immeasurable. First, it undermines the security and stability of schools. Because of the collectivity of college life and the homogeneity of student groups, the psychological crisis in colleges and universities is more infectious. Once a student has a psychological crisis, the whole school is unsafe and unstable. Secondly, it interferes with the normal teaching operation of the school. In the normal teaching work, each individual takes their responsibility. The college students' psychological crisis disrupted the original harmony state. To some extent, it interfered with the school's normal teaching order operation.

The Harm to the Society. The psychological crisis of college students has great harm to social stability and harmony. The economic construction of any countries requires a good international peace environment and a stable and harmonious domestic environment. However, the frequent occurrence of psychological crisis of college students has bad influence on social stability and harmony. The negative influence caused by the extreme behaviors such as self-mutilation, self-abuse, suicide, or other injuries and homicides is not only about themselves, their families and schools, it also extends to the social instability and causes bad results in every aspect of the society.

Constructing Psychological Crisis Intervention Mechanism of College Students

The psychological crisis intervention of college students is an integrated work of prevention, early warning, reactivity intervention and post-intervention. The aim is to prevent and solve psychological crisis by publicizing education and knowledge, improving quality, preventing problems, psychological counseling and tracking and visiting and so on. Therefore, it is important to construct these four psychological crisis intervention systems: psychological crisis intervention prevention, early warning, reactive intervention and post-intervention system.

The Prevention System of Psychological Crisis Intervention. To reduce and prevent the occurrence of psychological crisis events through various methods, the developmental education comes to the first. In the mental health education work of higher education, prevention is the first priority, that is, the developmental education. It mainly popularizes students' mental health knowledge and prevents psychological problems through strengthening students' mental health awareness, accompanied by corresponding mental health popularization and publicity activities. According to the students' psychological characteristics of different age groups, the corresponding guidance courses of mental health education are set up in order to make students master the necessary knowledge of mental health so that they can better face the stimulation by life, and prevent the occurrence of psychological problems. The purpose is to stop the psychological problems in the bud.

The Early Warning System of Psychological Crisis Intervention. The early warning of psychological crisis is to discover the crisis factor in time, take preventive measures, reduce and avoid the possibility of crisis occurrence. Colleges and universities should have a well-established warning system and do quick response to psychological crisis incidents so that they can be found earlier, predicted earlier, estimated earlier and treated earlier. The colleges and universities should try their best to stop the crisis incidents from happening. Colleges and universities should carry out psychological general investigation and build students' psychological documents. They should interview the selected abnormal students, track and observe them, and establish a "three-level network" –"school-center-class", to complete dynamic management and guarantee that everything will be observed and reported. At the same time, a 24-hour free psychological crisis intervention hotline has been launched to enable students in crisis situations to find the rescue channel in time.

Psychological Crisis Reactive Intervention System. The reactive intervention is also known as emergency treatment. It can be said that the most essential part of psychological crisis intervention. It helps students balance their psychological states and regulate their conflicting behaviors. It includes four parts: treatment, assistance, regulation and control, and monitoring. The treatment is to help students of psychological crisis to get rid of the crisis by the knowledge and technology of medicine and psychological psychiatry. The assistance is when students are in a crisis, psychological crisis intervention work group members can go to the crisis scene in the first place, and help students get through the crisis in order to avoid vicious incident occurring. Regulation and control is to avoid students who have been better by crisis intervention relapsing in the crisis when meet relevant

stimulus again. Therefore, this part is to control or eliminate the continuous bad stimulus, and do protection and avoidance measures. Monitoring is based on the degree of the individual's psychological crisis and establishes different levels of monitoring. For example, for individuals who are in a moderate crisis situation and can study and live normally after therapy, the group will establish a mutual support group to keep track of them. For individuals with high degree of crisis, parents should be required to accompany them when necessary. For individuals with serious crisis, they should suspend from schooling, be persuaded to quit their studies or receive assistance to go to the hospital for treatment.

The post-Intervention System of Psychological Crisis. The post-intervention system is to focus on the future life of individuals who have been better after treatment. Because many students who have been treated and been better will reoccur the psychological crisis problems after accepting the impact of the living environment and the stimulation of similar crisis events. It means that the support systems for those individuals need to be maintained again. Therefore, for the individuals after intervention, it is necessary to conduct regular evaluation and timely make corresponding psychological counseling and treatment to help students build social and psychological support systems.

These four psychological crisis intervention systems are independent and coordinated. Each has its own purpose and effectiveness. The prevention system is to prevent the occurrence of crisis. The warning system is a warning message for an impending crisis. Reactive intervention system can solve contradictions and eliminate psychological crisis. The post-intervention system can play the role of post-regulation and maintenance, reducing the possibility that the individual will not relapse in the crisis and avoid the individuals from crisis events. These four systems are interconnected and influence each other. They can also be transformed, changed and operated on each other. They have provided the guarantee for the healthy growth of each college student and the whole psychological crisis intervention.[3]

All in all, it is necessary to set up a scientific, professional, highly-maneuverable early warning mechanism of college students' psychological crisis, which can effectively solve psychological problems of college students that have become increasingly serious, and help college students gain psychological growth from the crisis, and improve their psychological quality.

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