

A Probe into the Psychological Problems of Freshmen in Military Academy

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Abstract: As an important new force of the army, the psychological quality of students in military academies not only affects the overall quality of military personnel, but also affects the long-term development of the military. In recent years, great achievements have been made in mental health education for cadets in military academies. However, the new situation puts forward higher requirements for the mental health quality of cadets in military academies, which makes them face many problems. There are some problems in the mental health of newly-enrolled students in some colleges and universities. This paper mainly starts with the causes of psychological problems, focusing on the analysis of the causes and adjustment measures, to provide some basis for the military school freshmen to adapt to military school life in time.

1. Introduction

As a relatively special group, military freshmen should not only face the environmental changes from high school to university, but also re-adapt to university learning, military life and new interpersonal relationships, which will cause a certain degree of psychological pressure, and then psychological conflicts will gradually increase. In order to better carry out mental health work education, help freshmen of military academies quickly adapt to military academies' study and life, and make adequate psychological preparations for undertaking military tasks in the future, it is necessary to conduct a comprehensive study and in-depth analysis of the mental health situation of Freshmen of military academies, so as to provide valuable reference for the related work of mental health education of newly-enrolled students of military academies.

2. Causes of the Psychological Problems of the Freshmen in Military Academy

1) Great changes have taken place in the learning and living environment of the freshmen in military academies. Like other college freshmen, the learning and living environment on the campus of the military academy has changed significantly compared with that in senior high school. In terms of learning, they rely more on personal initiative, no longer have teachers to supervise and guide them everyday^[1]. In terms of life, they no longer have parents to take care of them carefully, and need freshmen to plan and arrange themselves, and the military academy in terms of life. More stringent requirements, for some former dependent and less adaptable freshmen, will have a sense of loss and discomfort, serious will have a sense of frustration and depression, which will lead to a variety of psychological problems.

2) Military freshmen need to deal with more interpersonal relationships by themselves. In high school, students only need to face the simple interpersonal relationship between teachers and students and classmates. After entering the military academy, the interpersonal relationship tends to be more complex and socialized. Collective life is also the first experience of many military school freshmen. Students from all over the world live together. Differences in personality and living habits need more understanding and tolerance. Once freshmen fail to deal with interpersonal relationships, they may cause some minor contradictions or conflicts, resulting in depression^[2]. Failure to be solved in the new environment can easily lead to many psychological problems.

3) Military freshmen need to face the gap between ideal and reality. Most freshmen yearn for Military Academy life. They imagine military academy with mystery and sacredness. They think that military academy life is exciting and romantic. They can also temper their will, seek knowledge,

grow up, achieve their career and improve themselves. It makes them feel proud and glorious to stand out from many candidates and become a military college student. However, after entering the military academy. When the real life of the military academy unfolded in front of them, they found that the reality was not as beautiful as they had imagined. Some of the cadets fluctuated in mood, resulting in a deep sense of depression, confusion and loss.

3. The Adjustment Measures of the Psychological Problems of the Freshmen in Military Academy

1) Strengthen the adaptability training of military school freshmen. Military college students have to adapt to the needs of war in the future, so it is very important to train their adaptability. Adaptability refers to the test of people's adaptability and endurance when life, society, work and war environment change^[3]. Because of the particularity of military tasks, the environment that soldiers need to adapt to is more complex, and the requirements for their abilities are higher than those of ordinary people. Therefore, improving the adaptability training of Freshmen in military academies is an important part of strengthening psychological quality education. First, Help freshmen gradually complete the psychological role transformation from high school students to military students. A large number of practices have proved that the more adequate psychological preparation, the stronger adaptability^[4]. Therefore, after entering the military academy, let them timely understand the characteristics of military academies in terms of learning and life, make clear the requirements of military academies for students, and then form the role recognition of military academies freshmen which is different from ordinary college students. Establish psychological expectations to overcome difficulties and endure hardships, so as to adapt to the study and life of military academies faster and better. Second, Lead the freshmen of the military academy to enter the tense and orderly study and life state quickly. When freshmen of military academies enter school, they are not familiar with all kinds of rules of military life, help them adapt to the order of collective life, improve their subjective initiative and predictability, and devote themselves wholeheartedly to the tense and orderly study life, which can help to relax freshmen's anxiety. Third, Strategic training of military freshmen to adapt to the new environment. The main principle of adaptive ability training should be gradual^[5]. Military academy management is mainly based on external intervention. Once the requirements are too harsh and exceed the psychological endurance of Military Academy freshmen, it is easy to have a negative impact, causing freshmen to appear rebellious psychology, and the courage to withstand pressure is hit [14]. Serious people will have self-doubt about the choice of military academy. Therefore, military academies should step by step in the management of daily learning, life and training, master a "degree", teach students in accordance with their aptitude, pay attention to the combination of work and leisure, and never rush.

2) Establish the self-confidence of military school freshmen. Confidence refers to the positive psychological feeling brought about by one's own behavior, and is also the affirmation of one's sense of self-existence and self-worth^[6]. The intensity of a person's self-confidence can even determine his attitude towards life, future prospects and development^[7]. Helping college students to build up self-confidence is an important part of mental health education. First, Encourage actively. Usually people have certain expectation effect psychologically. Full affirmation and enthusiastic encouragement from the outside world, even a kind smile, can turn into a warm current, and then blend into the heart^[8], so that military school freshmen can build up self-confidence and make continuous efforts towards the direction of positive progress. Although it is normal to give proper criticism to the mistakes of the freshmen, if blaming blindly, it may lead to the rebellious mentality of the freshmen. Serious people will gradually hate themselves and subconsciously think that they can't do anything well. Criticism or punishment are both negative reinforcement methods, which can warn some improper behavior, but once used excessively, there may be such negative emotions as "grief is no greater than death". What we most worry about happens, the new students fall into pessimistic negative emotions, unable to trust others, lose self-confidence and lose the motivation to move forward^[9]. Second, Give responsibility. Trust and responsibility have a certain degree of relevance. Within a certain range of burden and pressure, it can be allocated as much work tasks as

possible to the freshmen of military academies. In the process of undertaking tasks, the freshmen will feel their self-worth^[10]. They think that they have certain abilities in the minds of leaders and teachers, so that they can treat the tasks arranged by leaders and teachers more seriously. Once you devote all your enthusiasm and efforts to the task, let yourself and the task of integration, so as to get rich and sublimation from the inside out. Third, Provide opportunities for performance. Most freshmen have a strong desire to express themselves, and they expect to be needed and valued^[11]. If expressive desire is fully satisfied, self-confidence will be improved and psychological state will be improved. In learning and life, create more opportunities for freshmen to express themselves, such as organizing class meetings, debating competitions, speech competitions, singing competitions and other colorful activities, so that they can fully display their personality and talents, thereby enhancing self-confidence. Fourth, Give timely help. Some freshmen in military academies do not perform well, often make mistakes, and their self-confidence is relatively weak. They need to be helped to adjust and improve and rebuild their self-confidence. First of all, help freshmen find their own problems, put forward suggestions for improvement, give them patient guidance, so as to build up self-confidence and re-stimulate their enthusiasm^[12]. Leaders and teachers should trust freshmen who have made mistakes again and assign them some tasks that can be accomplished, which can effectively eliminate their psychological burden and strengthen their self-confidence.

4. Conclusion

Freshmen in military academies have just changed from high school students to military academies. They are faced with new learning, living environment and strict militarization management. It is difficult to avoid psychological problems. Through this survey, it is found that among the freshmen in military academies, the mental health level of girls, non-only children and rural freshmen needs to be improved. The academies should pay special attention to the prevention of psychological problems in time, early detection and effective intervention.

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