Research on the Effect of College Students' Miniature Psychological Counseling Based on Probit Model in the Background of We Media

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Abstract: With the rapid development of Internet technology, self-Media platform has become an indispensable part of modern life. College students are more active groups on the platform of self-media. On the one hand, the rapid expansion of self-Media has a direct and indirect impact on the mental health of college students. On the other hand, micro-psychological counseling based on self-media is beneficial to college student's mental health. Based on Probit model, this paper analyzed the effect of self-media micro-psychological counseling for college students, and provided reference for relevant researchers.

1. Introduction

Self-media, also known as personal media, refers to the general term of media platforms which are popular, universal and autonomous media communicators to transmit various information to non-specific groups or specific individuals by means of modernization, digitalization and informatization [1]. Since the object of study is college students, the object of study itself has a relatively complete world outlook, and the influence of self-media is both universal and special, which is a problem worthy of analysis. In short, self-media platform has advantages and disadvantages for today's college student's mental health, so we need to look at the impact of self-media platform in a dialectical and unified way. College students are about twenty years old and in late adolescence. Their psychological state is sensitive, complex and changeable. In the process of acquiring knowledge and cognitive environment, cross-cultural communication from the media has a subtle influence on college student's ideology, ethics, morality and core values. Some college students' world outlook, outlook on life and values have changed and lost their norms, resulting in psychological distortion and affecting student's academic and socialist core. Establishment of values. While facilitating college student's learning and improvement, Internet addiction, Internet information anxiety, virtual personality and real personality transformation obstacles lead to dual personality or multiple personality, self-closure leads to psychological loneliness and depression, and affects the overall quality of college students and research and innovation ability. College students have more channels to talk and wider psychological horizons. The openness, interactivity and universality of self-Media have a tremendous impact on college Student's ideological concepts. The platforms for college students to express their thoughts and show their personality are becoming more and more diverse. The growing popularity of psychological interview programs on video websites has largely broadened the channels of cultural exchange and spiritual communication among college students [2].

2. Model

Since the evaluation of College Student's mental health is not a continuous variable, the prerequisite for general linear regression is that the interpreted variable is a continuous variable with free values. Therefore, the traditional linear regression model cannot be used for analysis. In contrast, the discrete selection model can well describe and analyze the decision-making behavior when the selection project is discontinuous. Therefore, we will use the discrete selection model to study. The commonly used discrete choice models are Logit model and Probit model. Logit model uses the

logical probability distribution function and Probit model uses the cumulative normal probability distribution function. Because the evaluation of College Student's psychological anxiety is orderly, we choose the multiple ordered Probit model to quantitatively analyze college students' anxiety psychology. Probit model is based on the theory of utility maximization and uses maximum likelihood estimation to estimate parameters. Its characteristics are consistency, asymptotic effectiveness and asymptotic normality.

Probability distribution in Probit model can be expressed as:

$$P_i = F(Y^*) = \frac{1}{\sqrt{2\pi}} \int_{-\infty}^{Y^*} e^{-\frac{t^2}{2}} dt$$

T is a random variable and obeys normal distribution.

Excess information will also weaken the individual's ability to choose [3]. When college students are faced with choosing situations in their study and life, as long as they check online, all kinds of ideas, opinions and information guidance will pour in. These unscreened and even conflicting information cannot help them make correct choices, but will lead to cognitive confusion and make students at a loss before choosing situations. At the same time, a large number of false information, false information and decadent culture spread rapidly through the network, which will produce negative guidance for college students. With the realization of mobile interconnection, smart phones are accessing the Internet anytime and anywhere, which brings college students not only technological experience, but also a brand-new way of life with information as the medium to a greater extent: many college students are addicted to the network and lose themselves, and their personality characteristics in the network are often inconsistent with reality. Overindulgence in the virtual world will lead to the loss of self, which will lead to the decomposition of self-identity and separation from reality. Software exchanges can also lead to college student's personality closure and neglect to contact with real people. When people are accustomed to expressing and conveying emotions through digital technology, they will inevitably lead to indifference and alienation in the face of real feelings. Although they can speak freely with strangers on the Internet, they cannot communicate with people normally in reality, forming barriers to interpersonal communication, restricting their expression and presentation, or even giving out information [4].

3. Empirical Analysis

In this paper, a questionnaire survey was conducted among college students. 800 questionnaires were actually sent out and 747 valid questionnaires were valid. The effective response rate was 93.4%. There were 548 freshmen, sophomores and juniors and 199 senior students in the sample. After analyzing the bar chart of psychological anxiety evaluation, we find that it is normal distribution, which means that we can use Probit model for empirical analysis. Likelihood ratio test is often used to test the saliency of Probit model. Logarithmic likelihood value is the natural logarithmic form of likelihood ratio. It is calculated by the iteration method of maximum likelihood estimation. Because it follows chi-square distribution approximately and is easy to calculate, logarithmic likelihood value is often used to test the significance of regression in Probit model. The concrete method is that if the actual significance level of logarithmic likelihood value is greater than the given significance level, the unexplained part of the explanatory variables is not significant, and the fitting degree of regression equation is higher. According to the regression results, in the model used in this paper, the logarithmic likelihood value is 5892.08, which is larger than the corresponding value of the given significance level, indicating that the unexplained part of the variation of the explanatory variable is not significant, so the fitting degree of the regression equation is higher. The likelihood ratio test shows that the P value is 0, which is less than the hypothetical significance level, so the model is of statistical significance. In addition, it is very close to 0, which shows that the fitting effect of regression equation is very good. The empirical results were observed as significant variables at 5% significance level. The coefficient is negative, which indicates that the variable has a positive effect on anxiety, that is, the increase of its value increases the probability of anxiety state. Marginal effect

represents the marginal effect of the change value of each variable on the change value of anxiety degree.

4. Result Analysis

4.1 Positive Influence of Self-media Platform.

It is conducive to the self-internal adjustment of College Student's mental health. Self-media has the characteristics of diversity and strong interaction, covering a wide range, facing large crowds conducive to college students in a convenient and efficient way to integrate with society, and have a more comprehensive understanding of society earlier. The information sources from the media are open. Every college student can be either a publisher or a receiver or a disseminator of information. Through the network, college students can get all kinds of relevant information in society in time. Under the circumstances that the world outlook and values of college students are relatively complete, it is beneficial to receive a large amount of information. College students can summarize their experience and improve themselves, which is conducive to the self-regulation of college student's mental health. It is conducive to the transformation of college student's mental health education mode. In the traditional media era, the mental health education received by college students is basically through classroom, lecture and other means of education = However, in the era of self-media, the mental health education of college students breaks through the limitations of time and space, and can accept the needs anytime and anywhere through the PC terminal, or mobile phone client. Psychological health education; and compared with traditional education, the content is rich and varied, which is also helpful to develop the vision of college students and enrich the methods of college student's mental health education. In this way, college students' mental health problems can get timely feedback from teachers or experts on the network, and further. Improve the effect of mental health education for college students.

In traditional university mental health education, because of the privacy involved, many students can not completely expose themselves when they visit, so many students with psychological crisis cannot get comprehensive help in the early screening and later counseling and counseling. Under the environment of self-media, the media extends people's horizons. College mental health educators can find out the troubles and confusions in student's daily study and life by means of self-media platform, understand students' ideological dynamics and needs, and perceive student's psychological changes. Friendship circle and micro-blog function is simple and convenient. Many students take it as the primary way to express their emotions. Teachers can check the attitude of the target students to events and interpersonal communication through micro-mail friends and micro-blog. In addition, we can also use daily K songs, fast-hand, tremolo, volcanic video and other self-Media products to fully understand the student's interests, temperament, taste, personality and other characteristics, so as to follow-up to seize the entry point of psychological crisis intervention. Establishment of self-Media comprehensive mental health education sharing platform. With the deepening of mental health education in Colleges and universities, more and more students begin to take the initiative to pay attention to the mental health education media and use psychological knowledge to cope with pressure. Colleges and universities can use the self-Media platform to build a comprehensive platform for mental health education through the following aspects, so that students can solve psychological problems one-stop. First, popularize mental health knowledge. We can help students understand some aspects of psychological knowledge and choose reasonable ways of psychological adjustment by recording psychological knowledge micro-lessons and open lessons. It can also set up a mental health resource bank, collect psychological films, psychological interview programs, audio files, classical cases of mental health education for college students, and guide students to understand mental health knowledge through the data and cases, so as to rationalize their psychological problems. Through interactive communication functions such as self-Media platform, on the one hand, it provides online consultation and answering services for instructors, on the other hand, it encourages students to exchange their learning experience and insights, so as to realize self-help, help others and mutual assistance.

4.2 Negative Influence of Self-media Platform.

The characteristics of interaction and dissemination of self-Media determine the complexity of its information. In today's high-speed information age, cultural garbage has been generated in the history of self-media. This special term covers a wide range of areas, mainly in four categories. Partial negative energy, group moaning without disease. Entertainment headlines that are eye-catching. Part of the false news and the dissemination of false information. The grey zone of law. These cultural rubbishes are pervasive in various self-media. It is not uncommon that some college students are influenced by these "cultural rubbish", which directly leads to psychological depression, impatience, impatience and other phenomena, and even becomes a tool for some illegal organizations. These "cultural rubbish" have greatly affected the mental health of college students in China. This requires college students to have a good ability of self-identification of information, to be able to rationally identify the true and false information, to form a good three-view, in order to maintain mental health. Some college students' mental health education work efficiency is low, the emergence of self-media platform, so that college students absorb knowledge in class in a variety of ways, but at the same time, it also brings some unavoidable drawbacks: in the high-speed information age, impetuosity affects the whole society, and college students are naturally no exception. Some college students have low consciousness, which seriously affects the educational effect of the combination of self-Media and psychological health education. Therefore, colleges and universities should strengthen the management of self-media platform, help students develop good habits of using self-media, improve student's consciousness, cultivate their self-Media literacy, and actively and healthily carry out psychological health education in colleges and universities in line with the era of self-media. In order to do a good job in college students' mental health education, the most important thing is to do a good job in the environment of self-media.

At present, self-media has become an important means of communication among college students. It is more and more effective and meaningful to use self-Media platform to carry out peer mental health education. Firstly, colleges and universities should equip special psychological counselors or counseling associations in each class and conduct regular training so as to make student cadres proficiently use the self-Media to propagate and popularize psychological knowledge. At the same time, they should guide student cadres to detect student's psychological abnormalities through the self-Media platform in a timely manner and discover psychological crisis incidents. Report to teachers and schools in time. Secondly, we should give full play to peer behavior demonstration and psychological counseling function in mental health education. In the psychological resource database mentioned in the previous article, we can collect the real cases of college student's psychological problems and corresponding measures. Through the real cases of peers, on the one hand, we can strengthen students' recognition and understanding of their own psychological problems, on the other hand, we can get the motivation of self-growth according to peer imitation. In order to promote college students' mental health education through self-Media platform and reduce adverse effects, it is necessary to organically integrate with off-line mental health education. The new era has entrusted a new mission to college mental health educators, which requires not only a solid grasp of the relevant theories of psychology and pedagogy, but also continuous improvement of their media literacy in practice.

5. Conclusion

In the age of self-media, information updates rapidly and the times develop rapidly. While helping students to receive more information about history, it is also easier to breed student's impetuous mood, resulting in mental health problems of College students. To solve this problem, students need to be mature. Consciousness also requires the correct supervision and guidance of the school to students, in order to create a good environment of self-Media platform, and play a correct role in promoting college student's mental health.

Acknowledgements

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