

# Research on College Students' Mental Health and Its Crisis Intervention

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**Abstract:** The psychological crisis intervention of college students is one of the important tasks of ideological and political education in colleges and universities. The results show that 432 mental health education workers in more than 300 colleges and universities across the country conducted a questionnaire survey. The current psychological crisis situation of college students is worthy of attention. It should not be taken lightly or alarmistly. The psychological crisis of college students is mainly caused by love, communication, mental illness, Learning and other aspects; most college mental health workers lack systematic crisis intervention professional training; professional professional literacy has become a bottleneck restricting the development of psychological crisis intervention in colleges and universities.

## 1. Introduction

As a college student of future social talents, facing the challenges of various setbacks and pressures, the heart is full of complicated contradictions and conflicts, and it is extremely easy to form a psychological crisis. If the psychological crisis is not timely and effective, it will inevitably lead to the interpersonal tension of college students. Serious incidents such as running away from home, violence, and even suicide and murder have had a huge negative impact on individuals, families and society. However, the current psychological crisis intervention model has some deficiencies such as lack of operability, systematization and institutionalization. In order to reduce and avoid the emergence or even deterioration of the psychological crisis of college students, it is imperative to pay attention to the innovative research on psychological crisis intervention mode.

## 2. The necessity of college students' psychological crisis intervention

The psychological crisis of college students is a serious psychological imbalance that occurs when college students face or think that they are facing certain major life events and cannot or think that they cannot solve, deal with and control. Typical characteristics such as universality and particularity, suddenness and complexity, helplessness and motivation, danger and opportunity, usually crisis performance: 1. Emotional anxiety, pessimism, hostility, etc. 2. Cognitive memory loss, distraction, confusion, and disturbance of consciousness. 3. Behavioral runaway, violence, suicide and murder. Lack of effective interventions, lack of timely care and support, college students in crisis situations may not be able to get out of the difficulties and setbacks, at this time psychological crisis intervention is particularly necessary and urgent. It is mainly reflected in: 1. Effective intervention of psychological crisis is an urgent need to maintain the psychological and physiological health of college students. 2. Effective intervention of psychological crisis is an urgent need to comprehensively promote quality education and cultivate high-quality talents. 3. Effective intervention of psychological crisis is an urgent need to build stability and harmony among individuals, families and society. 4. Effective intervention in psychological crisis is an urgent need to strengthen and improve ideological and political education. At present, although there has been some progress in psychological crisis intervention, in general, there are still problems such as poor awareness of crisis intervention, insufficient attention and less practical experience, which is in stark contrast with the urgency of crisis intervention.

### **3. Status quo of prevention and intervention of college students' psychological crisis**

The psychological crisis of college students refers to the psychological crisis that occurs during the specific development period of this special group of college students. College students are generally in the so-called “psychological weaning period”—they have left the adolescence and have not yet entered the adult world that is fully responsible. Their psychological maturity is not enough to cope with the possible setbacks or blows in the process of exploring the world. It is easy to experience various crises in itself. The psychological crisis essentially includes: the occurrence of crisis events; the perception of crisis events leads to the subjective suffering of the parties; the failure of the usual coping styles, resulting in the functional level of the parties in terms of psychological, emotional and behavioral reductions before the occurrence of emergencies. Therefore, how to identify the psychological crisis of students should mainly look at: Whether there are large life events, crisis situations and sudden changes that are difficult to cope with and bear by themselves; whether there is psychological imbalance, such as the decline of cognitive activities, it is difficult Control of negative emotions, negative behavioral changes; whether there are some physiological adverse changes, such as insomnia, loss of appetite, headache, etc.; social support system status. Some scholars believe that students who have the above three tops and do not have a good social support system need to pay special attention because such students are likely to be in a psychological crisis.

### **4. Domestic psychological crisis intervention mode for college students**

The psychological crisis intervention mode can be divided into treatment mode and treatment process. From the treatment mode, such as psychological counseling and psychotherapy crisis intervention mode, mainly through psychological counseling or psychotherapy to solve the psychological crisis problem, the main disadvantages are: (1) It may delay the handling of psychological crisis in time. (2) This model pays too much attention to the reshaping of personality. In terms of processing, such as the five-stage model of emotional crisis intervention, the five stages include: sluggish period, invasive period, contradictory period, digestive period and remodeling period. In fact, the chronological division is not exact or incorrect. . At the same time, the crisis intervention model itself lacks operability. At present, there is a rapid response mode of psychological crisis in college students. One of the biggest features is: Establishing a “Psychological Committee” and putting “committees” on the “class” to integrate mental health work into standardized student affairs, thus ensuring a solid foothold in the psychological crisis. Specifically: It is divided into three phases, namely, the formation of a crisis, the handling of a crisis, and the revaluation of a crisis. The first phase is the basis of crisis intervention; the second phase is the core of crisis intervention; the third phase is the product of crisis intervention, and it may also be the starting point of crisis intervention. 4 In theory, it is indeed a better crisis intervention emergency mode, but it must be based on a feasible operating procedure, including intervention skills, the use of interventions and personnel quality training, etc. The effectiveness of the intervention.

In the United States, there are three main modes. 1. Individual intervention model. That is, mental health workers directly take various effective measures to ensure the psychological balance of students. Measures include classroom instruction, counseling, and psychotherapy. 2. The mode of environmental intervention, that is, the school mental health educators use various methods to correct the individual's environment and create a positive learning and living environment for the individual. 3. The overall intervention model, which integrates interventions such as mental health education counseling and social assistance, and comprehensively intervenes in many aspects. This includes school-based overall interventions and community-based overall interventions. All three modes use internal psychological interventions centered on student needs, namely: The school chooses one or more intervention modes to solve students' mental health problems according to their school's specific conditions and mental health needs. School behavior is voluntary and

self-conscious, and China's mental health education is a government behavior. Many schools' mental health education only pays attention to form and ignores students' mental health needs.

## **5. Discussion on the construction of psychological crisis intervention mode for college students**

In the comprehensive use of the psychological crisis intervention basic model, combined with the domestic emergency crisis intervention model and the foreign student-centered psychological intervention model centered on the needs of students, I believe that: psychological crisis is the individual cannot self-control and self-regulation A serious imbalance in mood, cognition, and behavior. Therefore, the focus of the psychological crisis intervention model should focus on the individual itself, and establish a humanized, institutionalized and scientific psychological crisis intervention model for the characteristics of the university students' own development. Adopt prevention as the main, prevent the occurrence of psychological crisis, and control and kill the crisis in the bud. Pay attention to the cultivation of the individual's internal comprehensive quality, including psychological self-regulation ability, anti-frustration ability, etc. At the same time, pay attention to the construction and improvement of external school, society and other psychological support systems to maintain the harmony of internal environment and external environment. And the various aspects of the intervention will be refined, and the feasibility and effectiveness strategies and systems will be used on the basis of theory and practice to ensure the timely, reasonable and accurate crisis intervention.

The psychological crisis prediction system has the function of predicting crisis, preventing crisis and dealing with crisis. Through the analysis and research of early warning objects, early warning scope, early warning indicators and early warning information, timely identify and identify potential or actual crisis factors, and take corresponding preventive measures to avoid sudden and unexpected crises. The commonly used methods and means are to conduct a psychological survey of college students, to understand the overall health of the students as a whole, to accurately and quickly identify high-risk subjects, and to provide targeted counseling and follow-up observations to achieve intervention and prevent psychological crisis. . At the same time, optimize the construction of psychological files, including determining the content of psychological files, collecting student materials, collating, analyzing, interpreting and establishing psychological files. Implement the principle of prevention and treatment of psychological crisis of "early detection, early prevention, early treatment".

The psychological crisis intervention plan is an important factor for the success of crisis intervention. When a psychological crisis event occurs, crisis intervention can be implemented according to the predetermined processing method, path and procedure. Excellent plans can avoid mistakes and confusion after the crisis, effectively and timely guide the intervention to use the correct method or strategy to solve the crisis. The design plan should pay attention to: In-depth research, clear up the factors. The classification is detailed and the measures are proper. Simulation exercises, practice tests. When a college student has an emergency psychological crisis, the evolution of the crisis depends largely on timely assistance and intervention. The steps of intervention at this time mainly include: Ensuring the safety of individuals in crisis. Actively listen.(It is beneficial for the intervention to better assess the degree of crisis; to facilitate the individual to vent negative emotions. Provide practical help. In short, intervention plans and stress interventions must ensure the effectiveness of the operation, thus minimizing the risk.

When college students are in adolescence, they are the key period for individuals to become independent and mature. The development of body and mind is drastically changing, and the plasticity is strong. Correct guidance and education are crucial. Mental health education for psychological crisis aims to improve college students' resistance to frustration, improve their personality and cultivate social adaptability, establish a correct concept of marriage and love, and establish a harmonious interpersonal relationship, thus preventing psychological crisis and reducing the degree of harm. The commonly used educational carriers and forms are: 1. Systematically set up mental health courses or related courses, infiltrate other disciplines, and hold special lectures on a regular basis. 2. Popularize mental health knowledge among college students and teachers through

various publicity media in schools. 3. Carry out psychological counseling work in colleges and universities. 4 Strengthen the construction of campus culture and create a good psychological and social environment. 5. Establish organizations such as the College Students Mental Health Association. To enable college students to better understand their own strengths and weaknesses, constantly improve and improve themselves, face a variety of contradictions and conflicts, and maintain a stable psychological state.

## **6. Conclusion**

The intervention of psychological crisis in colleges and universities in China has made great progress and played an important role. However, due to the late start, short time, lack of corresponding professional settings and formal training, the professional level of crisis intervention team is still relatively low. Not well adapted to the needs of reality. It is imperative to cultivate a high-quality psychological crisis intervention team with a certain scale. To this end, we urgently hope that the education administrative department and school leaders should attach great importance to the construction of psychological crisis intervention teams; set up and expand psychological counseling or mental health education as soon as possible. The professionalism makes it the main channel for the training of crisis intervention professionals.

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