

Discussion on the Pathway of Mental Health Problems of Chinese Generation Z College Students from the Perspective of Supply and Demand

Yifei Fang^{1,a}, Shan Qiao^{2,b}

¹ School of Information & Intelligence Engineering, University of Sanya, Sanya, China

² School of Information & Intelligence Engineering, University of Sanya, Sanya, China

^a fyf306895938@126.com, ^b 853407262@qq.com

Abstract: In recent years, Chinese colleges and universities are actively promoting the construction of school connotation, strictly grasp the discipline construction, cohesion of professional core competitiveness, and improve the quality of classroom teaching at the same time, they also begin to pay attention to the second classroom of students, committed to promoting the balanced development of students' physical and mental health, and training high quality talents needed for social development. Based on Maslow's hierarchy of needs theory, this paper, starting from the psychological supply and demand of college students, depicts the psychological problems of Generation Z, discusses the causes of psychological problems of college students and the ways to relieve them, and proposes that colleges and universities should, on the basis of adhering to the bottom line thinking, enhance the recognition of students' self-needs while effectively increasing the effective supply, ensure the physical and mental health of college students.

Keywords: Maslow's hierarchy of needs theory; Need recognition; Effective supply; Mental health of college students

1. Introduction

In recent years, Generation Z students have gradually become the main new force in colleges and universities. They are imaginative and creative young people with the rise of the Internet, they are also young people who do not want to be defined and labeled, they are also a group of new forces with strong demand and diversity, of course, it can not be ignored that they are also over-protected and relatively vulnerable group. Entering the university campus from high school is equivalent to entering a small society. College students are no longer only studying for exams, leaving their parents' watchful protection, and need to face more possibilities and uncertainties independently, such as employment choices, interpersonal communication, emotional problems and so on. As an ignorant "adult", you will inevitably face more problems that you have never encountered and experience more unknown challenges. For some students with weak psychological endurance, it is difficult to avoid panic, inferiority, escape and other negative emotions, and even anxiety disorders, depression and other psychological problems. The psychological problem of Generation Z college students has become a problem that cannot be ignored while promoting the discipline connotation construction and improving the teaching quality.[1]

Mental health refers to a positive, optimistic, confident and self-strengthening attitude of sustainable health state, specifically refers to the individual even in some special setbacks, major environmental changes and other circumstances, the individual's mental state at all times can remain calm and good. Based on Maslow's hierarchy of needs theory and the actual situation of the lack of psychological needs of college students, this paper analyzes the deep-rooted reasons for the imbalance of psychological supply and demand of college students, and discusses the establishment of a good ecological environment for college students' mental health based on the balance of supply and demand.

2. Maslow's Hierarchy of Needs Theory and analysis of college students' lack of needs

American psychologist Abraham Maslow, through the perspective of human motivation, proposed that human motivation is determined by human needs, and the level of needs of people in different

environments is not consistent. The theory points out that the difficulty of realizing human needs can be divided into five levels from high to low: physiological needs, safety needs, belonging and love, respect needs and self-actualization needs(see Figure 1). At different stages of human life, there will be one dominant need and several subordinate needs.

2.1. Physiological needs

Physiological needs refer to the most basic needs of human beings to maintain their own survival, mainly covering hunger, clothing, food, shelter, transportation and other basic survival needs. Physiological need is the basis for human beings to realize additional needs, and is also an important driving force for human behavior. With the continuous development of China's social economy, the improvement of people's living standards and the continuous popularization of higher education, more and more young people enter universities for further study, and the basic life of college students is guaranteed, and physiological needs are not the dominant needs. From a distinctive point of view, some students' family economic difficulties and sexual needs are one of the most important factors for the lack of physiological needs of college students(see Figure 1).

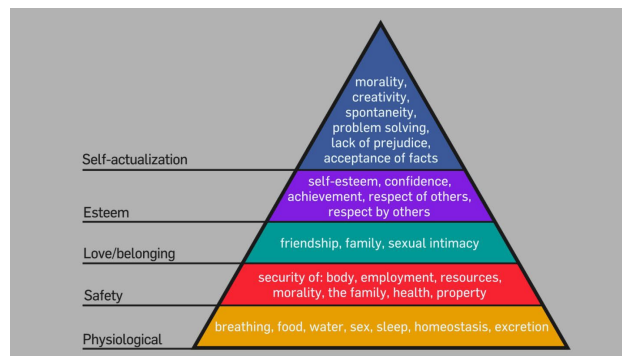


Figure 1: Maslow's hierarchy of needs

The psychological problems of students with family economic difficulties are mainly reflected in: avoiding and covering up their own family economic conditions; Inferiority and jealousy of many things around; Inferiority in interpersonal frustration; Impatience to escape poverty; Unable to change the real economic situation feeling helpless, the existence of social status qua dissatisfaction or angry youth resentment. Due to the influence of many factors such as economic pressure, social and cultural differences, self-awareness awakening, and external environment, compared with other students, students with financial difficulties are more prone to self-isolation, self-protection, self-repression, self-escape, and even unhealthy psychological states ,such as anxiety,, resentment and revenge.

Secondly, sexual psychological problems are mainly reflected in sexual psychological immaturity, sexual physiological malformation and so on. The sexual physiology of college students is mature, easy to produce voluptuous impulse, sexual fantasy, but also more eager to obtain the recognition of the opposite sex. However, due to the general lack of sex education among Chinese students, many students can not properly treat sexual impulses and sexual fantasies, and it is easy to produce a sense of deprecation, shame and guilt, and even because of addiction to sexual fantasies, they can not extricate themselves, and the idea of ending their lives by suicide. More importantly, due to the conflict between erotic physiological maturity and sexual psychological immaturity, some college students are unable to reasonably deal with the contradictions between sex and love in dealing with the obstacles of love and sexual relations. In addition, the psychological pressure caused by sensual curiosity, sexual ignorance, sexual separation, sexual addiction, etc., are all problems that universities need to pay attention to and attach importance to.

With the acceleration of social rhythm, college students' insomnia has also become an essential manifestation of the lack of physiological needs. Insomnia can be separated into organic insomnia induced by physiological factors and psychological insomnia caused by psychological factors. Insomnia will lead to poor mental state of college students, easy fatigue and learning efficiency, and become an essential breakthrough in causing physiological diseases. Academic pressure, environmental change and interpersonal relationship are the foremost reasons for college students' insomnia.

2.2. Security Requirements

The need for security refers to the human need for security, stability of order and freedom from fear, threat and suffering. The main characteristics of lack of security demand include: feeling nervous or even threatening to the surrounding environment; Often the surrounding or society is unfair or dangerous, compared to the average person, people with lack of security needs become more likely to be nervous, confused, anxious and confused. At present, the lack of college students' safety needs is mainly reflected in bodily disabilities, campus bullying and other aspects. Moreover, the unadaptability to the unfamiliar environment, the uncertainty of the alien society, and the lack of confidence in their own ability will also bring different degrees of fear to college students, resulting in a lack of security.

In general, due to the special visceral body, compared with ordinary people, students with physical disabilities are more sensitive and vulnerable, and their ability to withstand pressure is weaker. They usually have diverse lifestyles and adaptive behaviors, and they are more likely to show psychological states such as inferiority, sensitivity, passivity and inferiority. The continuous existence of these states will greatly affect the way of thinking of students with disabilities, and it is difficult to form a correct outlook on life and world, resulting in them slightly staying away from class, campus and society. In the meantime, campus bullying is also an important reason for the lack of security of some college students. Campus bullies in the abnormal physical bullying often feel that they are in an insecure environment. Emotional tension, anxiety and panic will affect their normal study and life, often lead to learning interest decline. They are often afraid and difficult to concentrate on learning. There is even the idea of suspension from school, and in severe cases, there may be more radical acts of retaliation against the campus and society(see Figure 2).

2.3. Belonging and love

Belonging and love refer to the need to establish an emotional bond with others, or the practical need to fit into a particular group and enjoy a certain group status. One is the need for fraternity, that is, everyone wants to be recognized by others, such as identification, harmony, loyalty between team partners, work colleagues, and love couples. The second is the need for belonging, that is, everyone has a feeling of belonging to a specific group, hopes to become a member of the group, and be recognized and supported by other members of the group, and has a sense of belonging and identity for the group.

College students have family, campus, class, dormitory belonging, love and love needs, and desire to establish emotional bonds with others. The main characteristics of the lack of belonging and love need are: due to the lack or inability to feel the concern and care of the group, it is more likely to have practical problems such as love frustration, Internet addiction and careless friends, and think that they have no value of existence, and further close themselves to protect themselves. The demand of love relationship and the improper handling of love relationship are the principal obstacles faced by college students, such as the distortion of love motivation, the imbalance of love attitude, the misconduct of love behavior, and the lack of love morality. At the same time, due to the increase of college students' spare time and abundant extracurricular activities, the time and difficulty of dealing with interpersonal relationships have increased to a certain extent. For some college students, dealing with interpersonal relationships has become an invisible pressure. College students all hope to find sincere friendship and pure love in college. Nevertheless, what underpins this is the willingness, method and ability to communicate with others. Optimistic and enthusiastic students who are good at interacting with others are more likely to obtain social satisfaction, while introverted and solitary students who are not communicative are always isolated in the crowd and lack the satisfaction of social needs, which is more likely to produce a vicious circle. Being isolated and working behind closed doors will never be a successful case for students to successfully enter the society(see Figure 2).

2.4. Respect needs

Respect needs belong to the higher level of human needs, such as the promotion of societal status, job promotion, achievement and fame. The need to be respected includes both the recognition of self-worth and the respect of others. The core characteristics of an inability to meet the need for respect are: gaining recognition through attention-seeking, positive actions, and pursuing vanity over substance. For example, the regular use of violence to express their peculiar strong, personal money worship strong demand, behavior motivation is not correct and so on.

As an important buffer zone before entering the society, college students generally have goal ideal,

full of vision and expectation for the future work and life. Although the road ahead is still very long and the realization of the dream may still be far away, the need for independent ability is not reduced, and the hope to be trusted and highly valued by more people is the external expression of the need to strive to realize the dream and meet the respect. However, on the whole, the best among college students are still a minority, and most of the students need more time and energy to work hard for it. More importantly, many college students have unclear goals, unclear planning, and dissatisfaction with the reality, but they have no way to start, or even "rotten". At the same time, the growing vicious circle has further contributed to students' inferiority, pessimism and world-weariness(see Figure 2).

2.5. Self-actualization needs

Self-actualization need is the top human need in Maslow's hierarchy of needs theory, which mainly refers to the ultimate need for people to maximize their potential, constantly enrich and improve themselves, realize the career that matches their own ability, and finally realize their own ideals. At the same time, Maslow also points out that self-actualization requires giving full play to one's potential and becoming the person one desires.

The principal characteristics of lack of self-actualization need are: self-emptiness and meaningless life. As a talent reserve required by national development and social progress, college students should also be an elite group with high-quality and superior ability in the society, and they have a more vigorous demand for realizing their personal aspirations. They want to be able to do the job they want, to do everything perfectly commensurate with their abilities, and to become the person they want. However, in the real society, with the popularization of higher education and the continuous development of science and technology, employment and work pressure are common problems faced by college students when they graduate. At the same time, after graduation, the number of people who engage in work related to the nature of their major is relatively minute, and the number of people who engage in work that they are interested in and good at is even less. The hopelessness of college students to realize their dreams, and the negative emotions such as disappointment and pessimism generated by it, are the essential psychological obstacles in college students' study and life(see Figure 2).

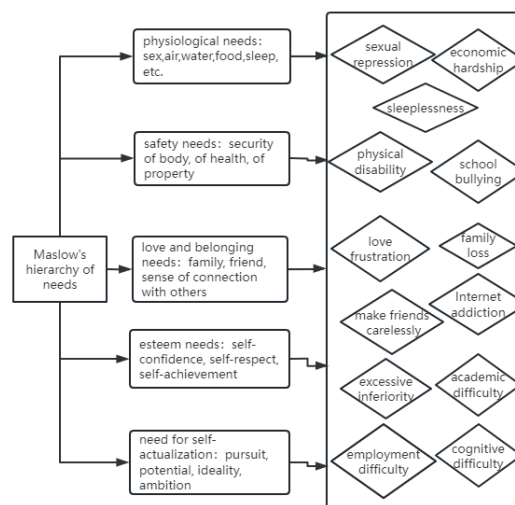


Figure 2: An analysis of college students' need deficiency based on Maslow's hierarchical needs theory

3. Causes of college students' psychological problems from the perspective of supply and demand

Based on the theory, the main cause of market failure lies in the mismatch of supply and demand relationship and the insufficient elasticity of supply or demand. Based on this principle, the problem of lack of mental health demand of college students mainly stems from the failure of adjustment of lack of demand, insufficient external effective supply and lack of elasticity of lack of demand.[2]

3.1. Failure of self-demand regulation

Although individual needs or the needs of different stages are not the same, in fact, the lack of individual needs is a normal phenomenon. On the one hand, there is the lack of college students'

existing needs, as well as the needs that individuals urgently need to meet. On the other hand, there is the lack of original needs and acquired needs, most of which can be met through the efforts of the acquired day. However, there is also a lack of irreversible needs such as family loss and physical disability. The key to college students' mental health lies in how to correctly understand the lack of demand at the present stage and whether the lack of demand can be transformed into the motivation for learning and growth.

3.2. Insufficient external effective supply

Owing to the diversified channels for students to obtain information in the Internet era, the gap between teachers and students in the cost of information acquisition is disappearing. Meanwhile, the diversified demands of students do not match the supply of traditional classroom teaching, student activities and club activities on campus, which has become a tolerable solution to college students' psychological problems. College students' needs of belonging, love, respect and acceptance can not be fully satisfied, which leads to the emergence of unreasonable demand satisfaction channels or psychological problems caused by psychological inhibition. The form of rigid theme class meetings, voluntary activities and social practices to meet the inspection requirements, as well as bureaucratic student organizations and societies, less energetic student activities and other inferior supplies, can not meet the needs of students at the same time, but to the university students more trouble and pressure, can not fully adapt to the growth needs of young students.[3]

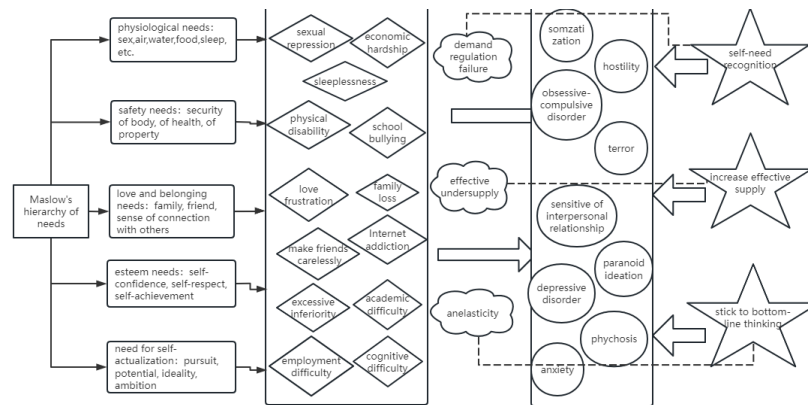


Figure 3: Analysis of the causes of college students' psychological problems from the perspective of supply and demand

3.3. Insufficient mental elasticity

Insufficient psychological resilience mainly refers to the fragile psychological bearing ability, poor anti-frustration ability, and can not correctly deal with the lack of needs. Psychological resilience is a line of defense to maintain distinct mental health. Students with small coefficient of psychological resilience are prone to produce bad emotions in the face of frustration, and even lead to behavioral disorders and mental diseases; However, students with large psychological resilience coefficient have small frustration response and short duration, and can still maintain normal behavior ability in the face of major setbacks, and adopt a rational attitude and correct methods to deal with setbacks. Training frustration tolerance and improving mental resilience are the everyday needs of sound personality and maintaining physical and mental health. Generation Z college students, their growth environment is surrounded by various temptations, and they are more pursuit of independence and openness, while the self-control ability of them is mediocre and the ability to resist setbacks and resist blows is relatively poor.[4]

4. Guide college students' psychological problems from the perspective of supply and demand

College students' outlook on life and values are not mature. Despite the fact that this will increase the hidden danger of psychological problems, it also provides a platform and opportunity for college students' mental health guidance. As the last campus before college students enter the society, colleges and universities also shoulder great responsibilities in the issue of college students' mental health education. From the perspective of the demand and supply of college students, we should focus on

improving students' self-demand recognition ability and psychological demand elasticity, while adhering to the bottom line of personal safety and laws and regulations, increasing the effective supply to meet the diversified needs of students(see Figure 3).

4.1. Improve students' self-need recognition in multiple ways

Through the combination of various forms of individual guidance and collective education, the linkage and cooperation between classroom teaching and the second classroom, through practical education, further improve the psychological demand elasticity and toughness of college students. Helping students correctly understand and rationally treat reversible and irreversible needs, further improve the ability to solve the dilemma of lack of demand, and transform the lack of demand into the driving force for learning and growth.[5]

4.2. Increase effective supply in multiple ways

The increase in operational supply, on the one hand, is a response to meet the diverse needs of students. On the other hand, it is also an important reform of university education. The enrichment and reversal of classroom forms, the presentation of more scientific and technological means in class, the design of talent training programs that meet social needs, and the careful design of classroom session are all important ways for colleges and teachers to increase effective supply and further meet students' academic and employment needs. Additionally, rich second class, colorful social practice and volunteer service, campus brand cultural activities with a strong sense of belonging, student associations that fit the temperament of young students, etc., are all important ways to meet the needs of students and increase effective supply. Effective supply requires the cooperation of multiple departments such as teaching, students and workers, and party and league organizations throughout the students' four years of study and life to achieve the whole process management.

4.3. Adhere to the bottom line thinking of personal safety and laws and regulations

Pay attention to the mental health of college students, colleges and universities should act as an imperative "night watchman" of college students' study and life. While encouraging students' diversified growth and better entering the society, they should adhere to the bottom line thinking and do not violate laws and regulations on the basis of ensuring students' personal health and safety. When students' mental health problems have exceeded the controllable scope and endanger the safety of themselves and others, It is necessary to seek the help of external professional forces in a timely manner and jointly protect the ultimate barrier of students in school.

5. Conclusion

With the rapid development of economy and the wide application of emerging technologies, the information access gap is disappearing, and education is suffering an unprecedented impact. Major universities and colleges have begun to focus on the construction of subject connotation and further improve the effectiveness of classroom teaching and second classroom schooling. At the same time, the independent pursuit of personalized pursuit of generation Z college students is more exuberant, but the self-control and anti-attack ability is weak, and the mental health problem of college students has become one of the key issues of college education. Based on the perspective of supply and demand, to explore the causes of mental health problems of college students and the mechanism of dredging, on the one hand, can effectively guide colleges and universities to provide work guidance, while paying attention to the internal reasons of college students with mental problems, skip the vortex and frame, and think about the overall work control from a higher perspective. At the same time, the mental health problems of college students can not be solved from the demand and supply side alone, and it needs to enhance the endogenous motivation of students, provide students with more possible platforms and opportunities, and a set of effective mechanisms and institutional processes. In addition, the long-term cooperation mechanism of individuals, families, schools and society is particularly weighty.

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