

# Analysis on the psychological problems of college students from the perspective of sociology

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**Abstract:** *An outbreak has disrupted the pace of life for many people and had an impact on large mental health problems. This paper gradually evaluates large-scale mental health problems, grasps the emotional regulation of college students under the epidemic situation, and discusses the relationship with self-identity. According to the questionnaire survey, explore the relationship between self identity, emotional regulation and mental health problems, using SPSS data processing method, this paper expounds the COVID-19 outbreak college students self identity characteristics of emotional regulation and mental health problems, discusses the relationship between their variables, and then support college students to sudden new crown outbreak, verify the self identity and emotional regulation of mental health problems.*

**Keywords:** *social support, COVID-19, psychological response style*

## 1. Introduction

At the end of 2019, the novel coronavirus pneumonia, from the Wuhan part to the national health epidemic prevention war, some of our own college students in the battlefield into the most beautiful countermarch people, most of the people become otaku corrupt women, actively respond to the call to lock themselves at home. By 20 January 2020, the National Health Commission has included as a Class B infectious disease. The WHO then listed it as a public emergency.

The rapid spread of COVID-19 is fast, from the disease to the average of 8 days. The data signal of people is significant, which brings great anxiety to everyone and causes harm to the psychological state of college students. Make our dull life more and more helpless, now, we slowly out of the haze of the epidemic, orderly back to normal life. In all of this, one country must be falling behind. Seeing a like this, an average benign patient needs \$50,000 to 100 000 hospital. The cost of a severe case is too high for the average person to afford. Without the state to help pay for it, it's hard to imagine how many people have died in this disaster. Misasters will always pass, and daily life will eventually shine. But when the spring blooms and the COVID-19 epidemic declines, we must still remember that every time all quiet, because there is a country behind it.

In COVID-19, psychological state is extremely important in the immunity to epidemic prevention and control. College students' negative emotions are highlighted, anxiety, depression and anxiety are surrounded, and their satisfaction is reduced, although they lose confidence in themselves. Therefore, it is urgent to solve the mental health and response measures of college students in public emergencies<sup>[1][2][3]</sup>.

College students have changed from school life to online courses. We have experienced the collapse of the online teaching platform learning, and also feel the energy of the ideological and political course Chinese college students. This is also an deep and most unforgettable course of ideology and politics. the process of epidemic prevention and control, the mental health problems of college students in China are also constantly changing. Grasping the influencing factors of big mental health problems plays a role in giving psychological counseling countermeasures

## 2. Summarize

### 2.1. The concept of psychological problems

Mental health problems are rich in content. Mental health problems are the psychological state expressed in a certain period of time, is the background of all psychological state, is the total number of

all factors of psychological state. Mental health problems distinguish psychological tolerance and essential reliability from some bodies. The key of psychological state is one of the important bases to evaluate a person's physical and mental health. Only with good mental health problems, college students can actively carry out Internet courses and social and economic development. In recent years, the country has explored the mental health problems more deeply, and put forward the comment characteristics and solutions from the mental health problems of various research subjects. For example, studies have shown that mental health problems are ever-changing, unstable and egocentric. The admitted patients and their families also have different mental health problems before and after illness. There has been less exploration of mental health problems in the past. On the one hand, mental health problems are a complex system software, with different expressions from the opposite directions. On the other hand, the detection of mental health problems has not been unified high reliability analysis and measurement instruments. The past literature, such as the investigation, analysis, analysis and interference of mental health problems of inpatients in general hospitals, relied on the depression scale and anxiety self-evaluation scale to evaluate the mental health problems of the subjects. The common universal score psychological state in hospital outpatient clinics or psychological counseling centers is the symptom self-rating scale scl-90<sup>[4][5][6][7]</sup>. In order to suit the uniqueness of COVID-19, a self-evaluation questionnaire is used in the paper, which is more suitable for the description of mental health problems during the epidemic prevention and control period. Most of the references on mental health problems are dominated by publications, and the research subjects are often dominated by patients in the clinical medical process. The effectiveness of the treatment measures is determined by comparing the self-evaluation scale of the left and right symptoms before and after the treatment measures.

## **2.2. Social support**

Related self-identity exploration can be traced back to the late 1960s, references involving a wide range of self identity, involving many courses, including medicine, social psychology, social psychology, etc, but each scientific research different experts and scholars on the concept of self identity, self identity exploration more and more mature, but there is no unified measurement method definition. The definition of social support can be roughly divided into three categories. First of all, the concept of public resources that we usually accept can be applied to family, good friends, partners, universities and other aspects, in which college students are mainly applied in family and other aspects. Second, enter into the interpersonal interaction to understand, that is, the degree and mentality of mutual trust between people. Third, covering self-identity into actions, which should be dynamic changes between individual behaviors between people in complex networks. This study points out that self-identification includes many specific contents that can be divided into different types. Exploring the factor analysis method of the self-identity evaluation scale. College students are a kind of adult who do not enter the society. On the one hand, the vast majority still need parental economic applicability, which is related to parental economic development. On the other hand, they are surrounded by large numbers of peers who are in a relatively independent utopia. In a sense, it is still not a separate individual.

## **2.3. How to respond**

Emotional regulation is the countermeasures, methods and methods used in the face of difficult situations. In everyday life, people are likely to get different ways of responsive regulation in facing difficulties and get different results. There are for two distinct categories of responsive regulation. One is that it can be divided into perfect and not mature complex, and the other can be separated into depressed emotional regulation and calm coping methods. In previous literature, the emotional regulation of self is monitored by various factors such as cognitive review, self-awareness, and personality characteristics. On the use of emotional regulation rating scale, previous exploration usually use solution simple ways such as questionnaire, the questionnaire is not suitable for this, in the questionnaire topic set not meet the situation, mainly used for setbacks after self active or depression to solve two aspects to measure the phenomenon of emotional regulation. There is also a common responsive regulation rating scale, which is the three factors of six dimensions. The three factors of the rating scale are improvement solution, immature solution and mixing solution, dealing with problems, guilt, seeking help, imagination, retreat and rationality. The rating scale has high reliability and many factors, but the number of questions is large and the data information is complicated. Therefore, the peculiar emotional regulation questionnaire during the epidemic prevention and control period is used in the paper. The rating scale is applicable to the COVID-19 epidemic environment. In the relevant

studies on emotional regulation and mental health problems of different subjects, the correlation between emotional regulation and mental health problems was verified, which is reflected in the fact that active emotional regulation will cause stronger mental health problems, but poor mental health problems may be caused by negative emotional regulation. This research provided support for the correlation between emotion regulation and mental health difficulties, for college students to the method of managing emotional regulation, properly guide the change from emotional regulation, negative emotional regulation to active emotional regulation, by regulating emotional regulation to change college students' mental health problems, based on emotional regulation and mental health issues related to finding help to cope with college students in some problem.

#### **2.4. Limitations of the existing studies**

There are many scientific studies on social support, and many people are aware of the important role of self-identity in all aspects. The current research has confirmed the correlation between self-identity and mental health problems, as well as strong social support and emotional regulation, but there is still very little scientific research on the relationship between the three. The study analyzed and analyzed the relationship between self-identity, emotion regulation and mental health problems in related fundamentals. On the other hand, the previous research subjects related to mental health problems are mainly in the evaluation of patients' mental health problems in clinical medicine, less involving the general population. Also, in the method of psychological state assessment, the symptom self-rating scale with more levels and questions, which is more like poor degree.

#### **2.5. Research hypothesis**

The psychological problems of college students are complex, and whether they are related to their family support, friend support and other support in the social support system. And psychological problems is a relatively stable quantity, through the way to respond from an Angle to analyze the situation of psychological problems?

Hypothesis 1: Psychological problems with high family support are better.

Hypothesis 2: Social support and coping style can predict the degree of psychological problems to some extent.

### **3. Object and method**

#### **3.1. Subjects**

Through QQ groups and wechat groups of different majors, the research objects (all students of different majors) are invited to fill in voluntarily, and the interviewees fill in the questionnaire online.

#### **3.2. Measurement tools**

Self-assessment of physical and mental health (SQR-20). Each content is divided according to the 1 comment method, the evaluation standard is: the critical value is divided into 12, less than 12 points have stress state to attract attention. Who (WTO) released by the simple and quick select special tools, is translated into more than ten language expression in the global corresponding regional application, the questionnaire by the disaster psychological crisis intervention training manual baidu, as the victims mental health of professional equipment, SQR instruction manual thoroughly analyzed the distinguishing validity, have good predictor. The A indexes for family support, good friend applicable, other strong support and full scale are 0.87, 0.85, 0.91 and 0.88, respectively, and the test-retest reliability analysis is 0.85, 0.75, 0.72 and 0.85, respectively.

The study refers to the questionnaire in the interview report during the COVID-19 period. The key of the questionnaire was to produce the original original rating scale of emotional regulation according to the open questionnaire survey, and then some inefficient statements were deleted through the analysis report of two pre-test items, and 8 questions were finally saved. The questionnaire has half reliability 0.77 and retest reliability analysis 0.95.

The rating scale has two factors: the COVID-19 problem level and the support for COVID-19 mentality. The rating scale uses Likert 4:1= "I never do that", "I sometimes do that", 2= "3=", "I always

do this "and 4=" I always do this ". The greater the score, the more proactive they are in solving the COVID-19 epidemic.

### 3.3. Program

Questionnaires were distributed on the questionnaire star platform, and 302 questionnaires were collected, including 302 valid questionnaires. Excel entered data, and statistical analysis was conducted in SSPSS. The results are as follows.

## 4. Bear fruit

### 4.1. Basic information of the study subjects

Table 1. Basic information of the study subjects

	group	number of people	percentage
sex	man	115	38.07%
	woman	187	61.93%
grade	freshman	64	21.19%
	sophomore	60	19.86%
	junior	88	29.13%
	senior	90	29.82%

According to the questionnaire survey on the official website of college students, As shown in Table 1, the correlation analysis of demographic economic variables was carried out in the questionnaire survey of 115 men, with a share of 38.7%, and 187 women, with a share of 61.93%. The share of freshman, sophomore, junior and senior year was 21.19%, 19.86%, 29.13% and 29.82%.

### 4.2. Statistics of total scores of college students' psychological problems during the COVID-19 period

Table 2: Psychological problems

	N
Psychological problems	302
There is a stress response	29
No stress response exists	273

According to the questionnaire survey of 302 college students in mental health self-assessment questionnaire, As shown in Table 2, 29 of 302 college students were judged to have stress response and 273 had no stress response.

### 4.3. Gender differences in college students' psychological problems

Of the collected valid questionnaires, As shown in Table 3, which were 115 for men and 187 for women, the mean score for male psychological problems was 11.54 and 10.719. Independent sample T test by spss showed significant differences in psychological problems between men and women. Similarly, there is no significant difference in the independent sample T-test of social support between men and women in coping methods.

Table 3: Difference analysis of psychological problems on gender

	man	woman	t	p
Psychological problems	11.54 ± 7.70	10.71 ± 5.85	2.069	0.039

### 4.4. Analysis of social support, coping style and psychological problems

According to the Table 4, correlation analysis was used to explore the correlation between self-identity, emotional regulation and major mental health problems during epidemic prevention and control, and Pearson correlation coefficient r was used to indicate the level of correlation. The analysis

shows that the correlation coefficient  $r$  between big mental health problems and emotional regulation is 0.536, and shows the significant level of 0.01, thus indicating that there is a significant negative correlation between big mental health problems and emotional regulation. The correlation coefficient  $r$  between big mental health problems and self-identity was 0.294, and it was significant at the 0.01 level, thus indicating that there was a significant negative correlation between big mental health problems and self-identity.

Table 4 Variable correlation analysis

	social support	coping style	Psychological problems	Family support	Friends support	Other support
social support	1					
coping style	0.327**	1				
Psychological problems	0.362**	0.635**	1			
Family support	0.695**	0.273**	0.375**	1		
Friends support	0.680**	0.250**	0.237**	0.206**	1	
Other support	0.619**	0.123**	0.096**	0.136**	0.149**	1

#### 4.5. Regression analysis

Table 5: Regression analysis

argument	B	T	R Square	F	p
			0.430	112.842	0.00
social support	0.072	3.734			
coping style	0.579	12.528			

Self-identity and emotional regulation were considered as variables, and mental health problems were used as independent variables, and linear regression analysis was used for multiple regression analysis. As shown in Table 5, the determination coefficient was 0.430, and the F value of the linear regression equation was 112.842,  $p < 0.001$ . The linear regression equation concluded that the two predictive variables could understand 43% of the genetic variation in mental health problems.

## 5. Discuss

### 5.1. Current situation analysis of college students' psychological problems.

During the COVID-19 period, their mental health problems 2 did not experience stress. When we do not know something, we will also be afraid. With the openness of epidemic data in China and the understanding of college students, less stress occurs. Men and women harm their mental health problems, men are better than women because men have better psychological endurance than girls<sup>[9][10]</sup>, which has been confirmed in previous literature, and the article also discusses that point. Alternatively, the difference in mental health conditions may be caused by variety of factors, overall, approximately twenty percent of students have some degree of mental health issues, ridicule you otherwise a little mental health problems are abnormal, university is a tendency of mature physical and psychological development, is an significant time in the development process, now college students dealing with s fraught with competition and cruelly challenging, so all kinds of mental health problems can easily be produced.

### 5.2. Related analysis of social support, coping style, and psychological problems.

Emotional regulation has little to do with self-identity, which is also influenced by everyone's characteristics. When faced with the same environmental pollution, it is mainly manifested as a variety of emotional regulation. Emotional regulation is more like a specific manifestation of mental health problems. We predict and analyze the phenomena of mental health problems through emotional regulation. In self-identity, family support is more influential than the strong support of good friends and other apps. Among young people, on the one hand, we are still provided economic development by families, without a certain fixed income<sup>[11][12]</sup>. On the other hand, during the epidemic prevention and

control period, everyone was quarantined at home, and the key target of contact was family members. Therefore, family support actually has an important role in our mental health. People with high self-identity have a strong backing than those with low self-identity, because they have more network resources to protect themselves. All of us must have a certain degree of self-identity, and the most important applications for a person include true feelings, friendship and feelings. These are also the three most effective fulcrum, namely family support, strong support for good friends, and other applications in the self-identity scale. Emotional regulation is a relatively stable problem-solving strategy that we gradually form as we grow up. If self-identity is an objective cause of your mental health, then emotional regulation is a major mental health problem. Statistically, self-identity is much less correlated to mental health problems than emotional regulation and mental health problems, indicating that each person's mental health problems are more related to their own emotional regulation than we have self-identity.<sup>[13]</sup>On the one hand, on the premise of creating their own social support system to improve their own positive mental health problems, it is more important to pay attention to their own emotional regulation. In the process of psychological counseling, especially in the process of psychological construction, an important stage is to re-establish their own psychological state terminal software, which is our social support.

### 5.3. Deficiency and reflection.

In terms of the analysis method, there are still some deviations in the rating scale data information, such as the detection of mental health problems, and some higher measurement instruments for reliability analysis. Because I basic knowledge is limited, from the classroom teaching science research time is very short, graduation thesis on the effect is not very good, probably because some sample size is small, did not cover generally, limited by questionnaire survey and sampling standards, the results of the survey is likely to change after ascension.

This study describes the prediction of self-identification and emotional regulation among college students, and is committed to providing psychological counseling and dredging support for college students.

## 6. Conclusion

(1) Social support and coping style make a definite prediction effect on the psychological problems of college students during the epidemic, which can explain 43% of the total variation.(2) There were statistically significant differences in social support by sex. (3) Correlations among social support, coping style and psychological difficulties.

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