

Study on the Causes of College Students' Learning Burnout and the Intervention Strategies of Mental Health

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Abstract: College students' learning burnout is one of the more common problems in colleges and universities, but there are not many related studies. The external factors that cause the learning burnout of college students are mainly the influence of social values, the pressure of employment situation, the cultivation mechanism of strict entry and wide exit of schools, the education and teaching management system to be improved and the influence of teachers' quality. The internal factors are mainly personality factors, the gap between ideal and reality, professional interests, demographic factors and so on. In view of the causes of college students' learning burnout, the society should strengthen the correct guidance of public opinion, and actively provide a platform for college students' career selection and employment. The school should improve and perfect the education and teaching management system, and fully mobilize the enthusiasm and initiative of students' learning.

Keywords: college students; Learning burnout; Mental health; countermeasure

1. Introduction

In recent years, the leapfrog development of Chinese higher education has been realized. The of college students is increasing year by year. The higher education has realized the development stage from "elite education" to "popular education". However, with the growth of the number of college students and the rapid development of information technology, the study attitude and study life of students have also produced very big changes, the study problems of college students are more and obvious, skipping class, cheating in exams, mobile phone addiction, Internet addiction and other problems appear in large numbers. At present, the problem of college students' learning burnout has widely concerned by the society, and the society has questioned the effect and value of college Learning burnout refers to the physical and psychological exhaustion shown by students in the long continuous passive learning process, as well as the behavior of tired of learning caused by this phenomenon, which is the reflection of the negative learning psychology of contemporary college students. The main task of college students is to study, study is also the main way for college students grow and become talented. The learning quality of college students will have a great impact on their mastery of professional and technical knowledge, their future employment and development, and the quality of college personnel training. The phenomenon of learning burnout in college students will lead to a great discount in their learning quality, but also have a great impact on the physical and mental of college students, and then have a bad impact on the construction of college learning style and the quality of student training.

2. The definition of burnout and learning burnout of college students

Burnout is a word commonly used in People's Daily life, and the empirical research on burnout in the mid-1970s. American scholar Maslach summarized the basic connotation of burnout from three dimensions: Diminished personal accomplishment Burnout is a phenomenon of Emotional exhaustion, Depersonalization and diminished personal accomplishment^[1]. With further research, scholars have found that students also suffer from burnout during the learning process. Pines et al. believe that burnout is a phenomenon in which students' enthusiasm for school work and learning activities disappears due to schoolwork pressure or load, and their indifferent attitude towards classmates and negative attitude towards school work^[2].

Learning burnout can lead to physical and emotional exhaustion of students, resulting in significant

changes in learning attitude and behavior, so that students have psychological boredom of learning, self-effectiveness is constantly reduced, and even a series of improper behaviors, such as perfunctory learning, loss of interest and learning objectives, lax discipline, easy to frustration, irritability, etc. Since the 1990s, many domestic scholars to our country college students exist learning burnout to carry on deeper research. However, these studies are mainly conducted for ordinary college students in domestic colleges and universities, and the learning burnout of students in ethnic colleges and universities has not been paid enough attention. In fact, most college students in ethnic universities come from economically underdeveloped areas, and their learning basis and growth environment are different from most Han college students. Therefore, their attitude towards learning and the sense of achievement in learning are different from ordinary college students. Zhang Shu made a comparative study on the learning burnout of Mongolian college students and Han college students in Inner Mongolia and found that the degree of learning burnout of Mongolian college students is higher than that of Han students^[3]. Learning burnout does great harm to the academic progress of contemporary university students for Nationalities.

3. The causes of college students' learning burnout

3.1 Teaching factors

At present, in the process of teaching in colleges and universities, teachers are more focused on instilling knowledge to students. In the process of teaching, teachers pay more attention to the completion of teaching tasks, while ignoring students' learning interests and classroom participation. In order to complete the relevant teaching tasks within the prescribed class hours, teachers adopt the "cramming" and "infusing" teaching methods, which leads to low participation of students in class, the whole class is not student-centered, and some teachers do not timely update the relevant teaching content according to the development of The Times, resulting in the relatively outdated contents of the professors. It will make students feel that the content taught by teachers is not helpful to their future employment, resulting in the idea of useless learning, which directly leads to students losing interest in class, frequent straying phenomenon, and gradually produce the sense of learning burnout.

3.2 Family factors

Most college students from single-parent families have certain psychological problems. Some students feel inferior and are reluctant to communicate with teachers and classmates, which is easy to form the psychology of learning burnout. On the other hand, some parents have the wrong perception that the education of children is the school's business, which has nothing to do with parents, and lack of education for their children. Although college students are adults, they still have poor self-control and lack of constraints will make them not want to study.

Students from families with economic difficulties are also more likely to produce learning burnout psychology, students from families with economic difficulties are often busy with a variety of part-time activities, through part-time to earn money to subsidize their own expenses, to a large extent affect students' learning, sleeping in class and other bad behavior, over time will produce learning burnout.

3.3 Personal factors

3.3.1 Students don't adapt to college study

Students do not adapt to university study mainly because of the great difference between university and middle school learning environment and learning methods, leading to the study motivation is not strong. The management of teachers and parents in middle school is relatively strict, and students are in the process of passive learning. However, after students enter the university, learning emphasizes autonomy, and teachers only play the role of guidance. Students' learning methods and methods are more independent learning and exploration by themselves. Some students still have the concept of passive learning and do not adapt to the learning mode in college, which leads to weak learning motivation, declining grades and eventually learning burnout.

3.3.2 Students lack career planning

Many students do not have a clear goal or a good plan for themselves after graduation. They think that what they have learned will not be of any help to their future employment. They mainly engage in

various activities unrelated to school every day. After entering the university, they relax their requirements, do not adapt to the learning style of the university, do not know how to arrange spare time reasonably, resulting in poor academic performance and other phenomena, can not find a sense of achievement in learning, easy to produce learning burnout.

3.3.3 Inadaptability leads to psychological disorders

University is a brand new environment for students, in the face of the new environment, some students will have certain inadaptability, in the face of learning style, interpersonal relationship, professional interests and other aspects of a variety of problems, it is easy to lead to some students have psychological cognitive dissonance. If students due to a variety of problems caused by psychological problems can not be timely catharsis and counseling, easy to let students have certain psychological problems, and then affect the students' normal learning life, leading to students learning burnout.

4. The relationship between learning burnout, coping style and mental health

Relevant studies have found that there is a significant correlation between learning burnout, coping style and mental health, among which learning burnout has a higher correlation with mental health and positive coping, indicating that the higher the level of learning burnout, the lower the level of mental health, and vice versa. Zhang Le found that learning burnout is a risk factor for college students' mental health, which seriously affects their mental health level and is positively correlated with mental health [4]. The higher vocational college students tend to adopt positive coping style, the higher their mental health level, and vice versa. Wu Sumei found that students who adopt positive coping are conducive to improving their mental health, while negative coping will lead to negative emotions and reduce their mental health level [5]. Therefore, teachers can reduce the level of learning burnout and improve the level of mental health by guiding students to adopt positive coping styles or reduce negative coping styles. Regression analysis showed that learning burnout, positive coping and negative coping had significant predictive effect on mental health ($F = 19.52$, $P < 0.001$), and the joint explanatory variation reached 19%, which provided a way to improve the mental health of college students. To guide college students to deal with learning burnout actively, reduce the level of learning burnout by channelling negative emotions, reestablishing learning goals, cultivating good habits, improving professional identity, etc., can improve the mental health of students. Shen Dan et al. made full use of the theory of positive psychology and created a positive, positive and stable "psychological magnetic field" by cultivating good habits, experiencing positive emotions, shaping healthy psychological qualities, and constructing a stable social support system to continuously provide psychological energy for students to improve learning burnout and mental health [6].

5. The education strategy of college students learning burnout

In order to help students overcome learning burnout, cultivate excellent learning style in school, improve the quality of school training students, should be carried out from the following aspects of education management to help students to overcome learning burnout, improve learning efficiency, focus on the construction of learning style:

5.1 Strengthen ideological and political education and guide students to form correct learning motivation

Correct outlook on life, values and world outlook will encourage college students to have firm ideals and beliefs, and can provide students with learning motivation, help students overcome various setbacks in study life, and promote their efforts to achieve the established college career planning. If college students lack the correct outlook on life, values and world outlook, they will feel confused after entering the university and can not adapt to the study and life style of the university. Strengthening the ideological and political education of college students can cultivate the correct outlook on life, values and world outlook of college students, so that they can continue to maintain the enthusiasm for learning, under the control of the correct outlook on life, values and world outlook, college students can understand the importance of learning to their own, find the motivation to learn, so as to encourage students to take the initiative to learn, willing to learn. According to the characteristics of different students, career planning should be conducted to guide students with learning burnout to realize their goals at various stages, and set short-term, short-term, medium-term and long-term goals. In the process of realizing small goals, it can also help students better achieve self-efficacy and learning

achievement. And help students to overcome the psychology of learning burnout. It also helps to enhance students' sense of urgency, and promote students to improve their self-control ability, so as to effectively manage time.

5.2 Strengthen the home-school connection, parents and schools jointly carry out college students learning burnout education

The education of students is not only the responsibility of the school, parents also play an important role in the process of carrying out student education management. First of all, parents should give trust and support to the students with learning burnout, understand the causes of their learning burnout, instead of blindly blaming and reprimanding the children, parents should encourage their children and try to move forward with their children. Secondly, parents should learn more from school teachers to communicate, through a variety of channels to timely understand the performance of students at school, to ensure that the information channel is smooth, and school teachers to do a good job of learning burnout students.

5.3 Strengthen mental health education

Although the intellectual development of college students has reached the peak, they are psychologically immature, have more internal conflicts, unstable psychological development, easy to be affected by emotions, poor ability to adapt to the new environment, insufficient ability to overcome difficulties and setbacks, and often trapped in disappointment, distress, depression cannot extrude themselves, which not only damages physical and mental health, but also has a great negative impact on learning. Therefore, mental health education should be conducted on college students to guide them to understand themselves, view learning correctly, develop life planning, career planning and academic goals, improve the ability to cope with setbacks, enhance adaptability, improve interpersonal skills, scientific use of the network, learn self-psychological adjustment, reduce the adverse emotions caused by psychological problems to study and life interference, Promote their psychological development and personality improvement, and finally finish their studies with excellent results.

6. Conclusion

The correlation between learning burnout, coping style and mental health is significant. Learning burnout has a significant positive predictive effect on mental health, positive coping has a significant negative predictive effect on mental health, and negative coping has a significant positive predictive effect on mental health. Coping style plays a partial mediating role between learning burnout and mental health, that is, learning burnout can directly predict mental health level, but also indirectly affect mental health level through coping style. By strengthening ideological and political education, guiding students to form healthy learning psychology and strengthening home-school cooperation, we can effectively deal with the learning burnout of college students, so as to improve the level of mental health, improve the mental health of students.

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