

Research on Recognition of College Students' Mental Health Problems and Educational Intervention

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Abstract: In recent years, with the development of modern society, social competition, severe life pressure, and the frequent occurrence of tragic events caused by psychological problems, the development of college students' psychological quality has gradually become the focus of social attention. Good mental health education is not only conducive to the needs of the individual's overall development, but also conducive to the improvement of our country's education level. Based on the analysis of the psychological state of college students, combined with reality, this article lists relevant influencing factors to provide necessary intervention methods for the development of mental health education, and provide some suggestions and help for the development of modern education.

Keywords: Mental health; Influencing factors; Educational intervention

1. Problem raised and literature review

College students is an important source of social talent training, in the rapid progress of society, the development of the country needs more talent, the requirements of talent is gradually increasing, good psychological quality is not only an important part of the comprehensive quality development, is also an important content of talent training, is the inevitable requirement to promote social development.

1.1. The Importance of college students' mental health

In 2016, the Central Committee of the Communist Party of China clearly stated the importance of strengthening the construction of the mental health service system and improving the quality of mental health education, reflecting the country's emphasis on the development of mental health ^[1]. The report of the 19th National Congress of the Communist Party of China also mentioned strengthening social psychology. The construction of the service system is necessary to cultivate self-esteem, rationality, peace, and a positive social mentality^[2].

Healthy psychology is an indispensable part of ensuring a good life. In the face of the pressure from life, study, personal development and other aspects, many college students will lead to abnormal mental state due to bad emotions. Therefore, the analysis of the key factors affecting the mental health and development of college students not only helps universities to better find out the psychological problems existing in students, but also helps to promote a healthy China The development of.

1.2. What is the mental health

For the definition of mental health, domestic and foreign scholars have studied and discussed this accordingly. In this paper mainly defines the concept of mental health through the form of literature combing.

1.2.1. The views of domestic scholars

Yu Guoliang (2020) believes that having a good moral cognition is the premise and guarantee of a healthy and positive psychological mood and state^[6]. Liu Xiaojing (2020) agrees with the independent and healthy personality, self-confidence and improvement spiritual quality is the performance of a

person's mental health^[7]. Wu Huipan (2019) said that a healthy mental state should include a stable mood, good social adaptability and good conduct^[8].

1.2.2. The views of foreign scholars

In 1945, Menninger, K (a famous British psychologist) argued: " People in mental health are adaptability to the environment, satisfaction and pleasure to receive life norms." In 1955, sociologist Boehm (Meng) expressed his view on mental health that " Mental health is social behavior at a certain level, accepted by the society and happiness to itself on the other hand." In 1958, Mary Jahid first put forward the view that health is a personality characteristic, maintaining a benign interaction between personality and social organization.

1.3. Review of literature

Based on the perspective of scholars on mental health at different periods at home and abroad, we can learn that people with mental health should be a person with a sound psychological function, who can reasonably adjust the state of mind in the face of changes in the social environment, and who can maintain a good attitude in the face of life.

2. Definition of the mental health problems of college students

Experts also have different standards and opinions. Zhang Zhongming, a professor of psychology at Shanghai Normal University, believes that the lack of courage and confidence in personal growth, coping strategies, unbalanced relationship patterns, setbacks in interpersonal communication, improper learning methods and pressure, and inability to adapt to a new life may lead to psychological problems.

At present, China mainly divides mental health problems into three categories: developmental mental problems, adaptive mental problems and obstacles mental problems. It is a conclusion based on whether a person can adapt to the development of the social environment, understand oneself correctly, and respond correctly to changes in the external world.

2.1. Developmental mental problems

Developmental psychological problems mainly refer to the individual's biased cognition, especially their own ability and quality, and in addition, due development is not achieved in psychological quality and potential. The characteristics of developmental psychological problems are mainly reflected in the lack of confidence, ego, low ambition, lack of responsibility and so on aspects. Mainly manifested in self-growth, academic learning, interpersonal communication and romantic relationships, etc.

Developmental problems in the development of psychological quality for personal growth is the key to the development. The famous Jansen effect embodies the importance of having the necessary psychological qualities; a basketball player, daily training results are very good, but on the field is often due to psychological burden and lead to unsatisfactory results.

In many college students, the failures in academic and professional development due to the lack of psychological quality also often occur. Correct cognition and good psychological quality play a very important role and influence on a person's comprehensive quality development.

2.2. Adaptive mental problems

Adaptive psychological problems refer to the psychological distress caused when the individual cannot achieve coordination with the environment in the social environment. Adaptive psychological problems are mainly aimed at individuals who have certain problems in behavioral ability, and pay attention to the contradictions and conflicts between individuals and the real environment.

Famous founder of self-psychology, the father of self-psychology Heinz Hartman believes that individual adaptation to the environment is mainly divided into changing themselves to adapt to the environment, change the environment makes oneself more adapt to the environment and choose their favorable living environment.

You can see the adaptation between individuals and the environment is a process of interaction, the balance between individuals and the environment also plays a very important role for individual physical and mental growth, the same is the psychological problems that need to pay attention to and

pay attention to the aspects.

2.3. Obstacles mental problems

Obstacles mental problems are also known as psychological disorders, psychological has normal and abnormal, with the development of the times and social and cultural changes, the boundary between the two also changed, psychological barriers is often relatively speaking, obstacle psychological problems mainly reflected in bad interpersonal relations. When there are problems with social and interpersonal relationships, anxiety, fear, depression and other emotions and problems will follow.

When college students face future life planning and development, anxiety, lack of interpersonal skills and other problems, these will cause the generation of individual barriers, which will hinder the growth of individuals and even the cultivation of social talents.

2.4. Summary

Nowadays, the number of college students with mental health problems is growing day by day. According to the sorting and definition of mental health problems existing in the development of individual comprehensive quality, it not only contributes to the analysis of psychological problems in college students, but also to the development of mental health education in college students.

3. Intervention means for the mental health problems of college students

3.1. With universities as the "platform", strengthen the development of the health education classroom

In view of the increasingly prominent psychological problems of college students and the occurrence of tragic events, the implementation of the necessary mental health education classroom is an important way and means to promote the mental health development of college students.

With universities as "platform" combining the needs of different students such as: emotional, academic, social and work problems and bad emotions to carry out characteristic psychological education classes, regularly carry out psychological counseling, psychological education lectures and other activities.

Help students to master the correct practice of relieving bad emotions and relieving psychological pressure, effectively guide the development of healthy psychology, so as to promote the development of college students' psychological quality, reduce the occurrence of tragic events, and provide a sufficient and good educational environment for the healthy psychological growth of college students.

3.2. With community as the "channel", promote the establishment of family health psychological education

Family plays a vital role in the psychological growth and development of college students. The way of getting along with family members will imperceptibly affect the formation of students' psychological state to a certain extent, and the tense and indifferent communication mode is more likely to lead to the generation of bad students' emotions.

Community is the epitome of macro society, and a collection group of several families. It promotes the establishment of family psychological education through the community, so as to promote the development of mental health education for college students.

With community as the "channel", promote the development of family psychological education activities, regular psychological education family activities, set up professional family psychological counseling center and institutions, to strengthen the harmony between family members, good communication and communication environment, thus from the root of the psychological development of college students to provide a healthy family atmosphere.

3.3. With the state as the "center", increase financial support for mental health education

As an important part of promoting talent training and a necessary means to improve the

development of psychological quality, the support at the national level is essential. In addition to the corresponding policy support, face-to-face economic support is also indispensable, economic support can not only promote the steady development of mental health education, but also provide them with access to more resources.

With the state as the "center" to establish mental health education group, to provide mental health education resources and economic resources, further promote the development of mental health education, economic support is an important part of the development of health mental education. The state should strengthen understanding, establish the necessary financial support policy.

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