

A Study on the Status Quo of College Students' Psychological Problems and Mental Health Education

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Abstract: The purpose of this study is to examine the state of psychological issues facing college students and to suggest measures for mental health education to positively impact the mental well-being of such students. The study involved analyzing the records of psychological counseling sessions conducted between January 2021 and February 2023 at our university's psychological counseling center. A total of 110 undergraduate students were selected as research subjects, and their records contained name, gender, grade, family economic status, family atmosphere, and types of counseling questions. The results indicated that out of all the students who received counseling, 72 were females (65.45%), 62 were freshmen (56.36%), and 41 came from underprivileged families (37.27%) with 58 experiencing an unharmonious family atmosphere (52.72%). The issues discussed during counseling sessions included interpersonal difficulties (33.64%), emotional problems (20.90%), self-development (11.82%), and relationship troubles (10%). In conclusion, female students, freshmen, those from poor families and those from unharmonious family situations are more susceptible to mental health issues. Also, the primary areas of concern discussed during counseling sessions involved interpersonal challenges, emotional problems, and love-related issues. As such, measures are needed to promote mental wellness and reduce the incidence of mental health challenges among college students.

Keywords: College students, Psychological problems, Counseling, Mental health education

In recent years, the mental health problems of college students have attracted more and more attention from all walks of life. According to the report of research group on the psychological quality of college students in Beijing, more than 60% of college students have moderate or above psychological problems^[1], and the number continues to rise. A survey of 126,000 college students nationwide showed that 20.23% of them had different psychological disorders^[2]. According to a joint report by 16 universities in Beijing^[3], 37.9% and 64.4% of the students dropped out of school due to psychological or mental illness. Tsinghua University in death and drop out of school students, schizophrenia accounted for 60%, China renmin university students died of schizophrenia accounted for 33.3% of the total number of students died.

As a special social group, college students have many special problems of their own, such as the adaptation to the new learning environment and tasks, the adaptation to professional selection and learning, the conflict between ideal and reality, the handling and learning of interpersonal relationship, the conflict in love and the choice of future career, etc. The psychological quality of contemporary college students not only affects their own development, but also relates to the improvement of the quality of the whole nation, more related to the cultivation of cross-century talents, so this study from college students, explore the status quo of college students' psychological problems, and put forward suggestions on mental health education, hope to make a positive impact on the improvement of college students' psychological problems.

1. Data and methods

1.1 General information

In this study, 110 undergraduate students who received psychological counseling from January 2021 to February 2023 in the Psychological Counseling Center of our university were selected as the research subjects. All records are kept on a voluntary basis and strictly confidential.

1.2 Research methods

The psychological counseling records of all undergraduate students who came for psychological counseling were recorded, including name, gender, grade, family economic situation, family atmosphere, and the type of counseling problems.

1.3 Statistical methods

The quality of data entry was ensured by the double entry method. Excel software and SPSS data analysis software were used to analyze and process all the data. The count data were expressed by the case number and percentage, and the measurement data were expressed by the mean and standard deviation. The data were statistically processed by t test, analysis of variance and other methods, and the statistical difference was considered to exist when the P value was less than $P < 0.05$.

2. Results

2.1 The general information distribution of visiting college students

Among all the college students consulted, there were 38 males, accounting for 34.55%, 72 females, accounting for 65.45%, 62 freshmen, accounting for 56.36%. 69 cases (62.72%) with good family economic conditions, 41 cases (37.27%) with poor family economic conditions. There were 58 cases from unharmonious family atmosphere (52.72%). The specific details are shown in the table 1.

Table 1: Distribution of general information of visiting college students (N=110)

		Number	constituent ratio(%)
gender	man	38	34.55
	woman	72	65.45
grade	freshman	62	56.36
	Sophomore	21	19.09
	junior	14	12.73
	senior	13	11.82
Family financial situation	good/common	69	62.72
	poor	41	37.27
Family atmosphere	harmonious	52	47.27
	unharmonious	58	52.72

2.2 Visits by visiting university students

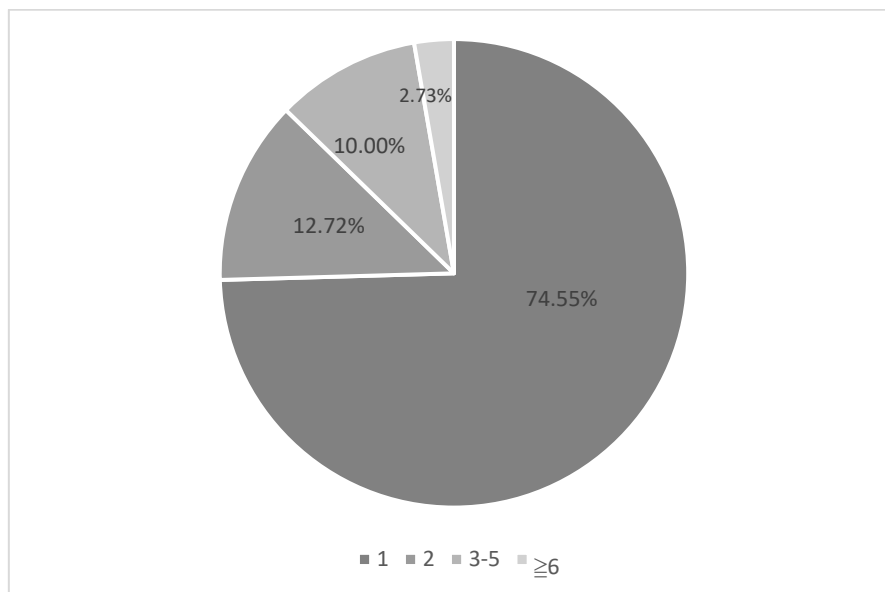


Figure 1: Visits by visiting university students

Among all the college students who received psychological counseling, 82 cases (74.55%) received one visit, 14 cases (12.72%) received two visits, 11 cases (10%) received three to five visits, 3 cases (2.73%) received six to ten visits. The structure of the number of visits is shown in Fig. 1.

2.4 Types of counseling problems of visiting college students

Among all the undergraduates who received psychological counseling, there were 37 cases (33.64%) who received counseling because of interpersonal problems, 23 cases (20.9%) who received counseling because of emotional problems, 13 cases (11.82%) who received counseling because of self-developmental problems, 11 cases (10%) who received counseling because of love problems, 11 cases (10%) who received counseling because of academic problems, and 15 cases (13.64%) who received counseling on other issues. The specific details are shown in the table 2.

Table 2: Types of counseling questions of visiting college students (N=110)

	Number	constituent ratio(%)
Interpersonal relationship	37	33.64
Emotional management	23	20.9
Self-developmental problem	13	11.82
Love	11	10
Academic problems	11	10
Emotional	10	4.15
Other	15	13.64

3. Discussion

3.1 College students psychological problems and cause analysis

3.1.1 Gender

The results of the study show that the number of female college students consulting is significantly more than that of male college students. Female college students are in a special period of physical and psychological development. Compared with male college students, they tend to have the advantages of exquisite mind and rich emotions. However, due to the thousands of years of restraint and depression of the feudal patriarchal system in our country, the social and cultural positioning of women's personality and role is still affected by the traditional concept. Under the open market economy system, the foreign commercial culture also caused the abnormal guidance and the disturbance to our country female^[4]. Coupled with the lack of a correct understanding of their social status and positioning of a variety of factors, resulting in female college students in the process of learning and growth and employment prone to a variety of psychological confusion and psychological problems. The female students with delicate thoughts tend to attach too much importance to others' view of themselves and care about their own image in others' eyes. They unilaterally think that only the recognition of others can reflect their true values, which leads to a series of psychological problems. According to the psychological survey report^[5] of female college students after 90s by relevant scholars, self-problems are the most concerned problems for female college students after 90s, and in the UPI test, 55% of female students lack self-confidence, while 58.3% of female students admit that they care very much about the eyes of others. It can be seen that female college students rely too much on others for their self-positioning. Especially after entering the university, the rich and diverse college life makes them uncomfortable. Some of the female students will also have forced psychological phenomenon, and then there will be a greater deviation of self-understanding. This will inevitably be not conducive to the realization of self-value, and there will also be a variety of negative psychological problems.

3.1.2 Grades

The study found that the number of freshmen (56.36) and sophomores (19.09) who came for psychological counseling was significantly higher than that of juniors (12.73) and seniors (11.82). Most of the freshmen got into the university and the people around them came from different regions and had never met before. They had different languages and customs. Moreover, the current students all had strong personalities. Some college students were not understood, rejected and ignored by their classmates due to their personality differences. As time passes, mental stress easily arose. In addition, after entering the university, freshmen should be familiar with the new environment, understand the behavior norms to be followed under the new environment, identify with the new environmental culture, and adjust their living habits, behavior patterns and psychological structure until they are

integrated with the new environment. However, contemporary college students are relatively vulnerable in psychology in high school and lack the frustration tolerance and self-adjustment ability, which easily leads to psychological problems such as psychological deviation, weird behavior, and large emotional ups and downs in the process of adaptation.

3.1.3 Disadvantaged family backgrounds

The study found that the number of college students with poor family conditions (37.27%) and from unharmonious family atmosphere (52.72%) who came for psychological counseling. Poor family conditions and Disadvantaged family background refers to a family situation where there are societal, economic, or cultural conditions that place the family at a disadvantage compared to other families. Factors such as low income, a history of domestic abuse or parental divorce, limited educational opportunities, and a lack of access to quality health care can contribute to a disadvantaged family background^[6]. For college students with poor family conditions, their psychological problems were often complex and diverse, and their minds were often filled with a large number of unreasonable concepts^[7]. The study's findings indicate that students from disadvantaged family backgrounds are more susceptible to psychological problems such as anxiety, depression, and low self-esteem due to the impact of these challenges^[8]. Since it is very difficult for them to get rid of the shadow of family economic poverty quickly during their college years, their psychological imbalance will also exist for a long time, all of which will create hidden troubles for the psychological problems. Due to the family's financial difficulties, poor students usually experience more hardships from life than non-poor students. At present, the gap between the rich and the poor in our country is gradually widening. On college campuses, students from rich families and students from poor families share the same room. The sharp contrast between each other's consumption strength and consumption behavior has greatly impacted the minds of quite a number of poor students. They have a strong sense of inferiority and feel inferior to others everywhere, resulting in anxiety, depression and other bad emotions. Economic embarrassment and the resulting psychological inferiority, so that they gradually closed their hearts, some people because of fear of spending money, dare not and are not willing to participate in collective activities or student gatherings, directly or indirectly affect the interpersonal relationships with students, the establishment and maintenance of a destructive impact on the campus friendship; Some poor families in their hometown still have the feudal thought of honoring one's ancestors. They entrust the responsibility of thriving the whole family to them^[9]. Therefore, they feel that they have to live like this to be accountable to their loved ones. One side is the expectant look of the relatives while the other side feels that they are inferior to others everywhere. This inner imbalance makes some poor families feel very tired and feel that their fate is particularly unfair to them. They blame others and suffer terribly for this. Therefore, one possibility is that students from poor families have certain psychological problems, they are difficult to seek help, they need to be encouraged to seek psychological support.

3.1.4 Consulting issues

The results of this study showed that among all the college students who came for counseling, interpersonal problems (33.64%), emotional problems (20.9%), self-developmental problems (11.82%), love problems (10%), and academic problems (10%) were the most frequently asked questions.

The first is interpersonal communication. Because of the requirements of exam-oriented education in China at present, most students have to go through numerous examinations in order to get into a good university. College students trained in fierce competition are good at going it alone, easy to be self-enclosed^[10], and afraid of failure, they dare not communicate and cooperate with others to prevent self-exposure and loss of competitiveness, thus creating psychological barriers. Some college students are too sensitive to interpersonal relationships. I can't correctly handle the relationship between individuals and classmates, feel uncomfortable in the crowd, lack self-confidence, lack interpersonal communication skills, have strong vigilance, suspicion and jealousy when getting along with others, and have various puzzles in interpersonal relationships.

The second is emotional communication. A large number of emotional problems among college students may be caused by various factors. Firstly, college students are in a period of transformation, and their roles from high school students to college students need to adapt to new environments and academic requirements, which may bring them great pressure. Secondly, college students often face various pressures such as academic, social, and family pressures, often finding a balance between busy courses, exams, and other activities, which may also lead to anxiety, stress, and unease. In addition, many college students leave their hometowns to study in unfamiliar places, reducing their contact with family and friends, which may make them feel lonely and lost. At the same time, some college students may face financial problems, such as paying tuition fees, renting houses, and purchasing textbooks, which may cause them to feel frustrated and anxious. Some college students may encounter interpersonal problems, such as interpersonal conflicts, romantic issues, and feelings of isolation and helplessness, which may also have a negative impact on their emotions. In short, the emotional

problems of college students may be caused by the accumulation of various factors and require comprehensive measures to address them, such as seeking psychological counseling, adjusting learning and lifestyle, and enhancing social activities.

Thirdly, there may be various reasons for college students' self-development problems. Firstly, college students are usually in a very free period without the supervision and guidance of parents or teachers, and they need to take responsibility for their own growth and development. Some people may experience confusion and disorientation. Secondly, the university stage is often a turning point in life, requiring the face of many new challenges and opportunities, and feeling confused and uneasy about future directions and goals. In addition, with the rapid development of modern society and the rapid updating of knowledge, many college students face the risk of being eliminated from their majors or skills, which can also lead to self-development problems. In addition, due to psychological and physiological changes in college students, some may also independently think about issues such as self-awareness, personality, and interests, leading to confusion about self-development. In summary, it is a common phenomenon for college students to have issues related to self-development, and they should actively seek solutions and strategies to promote their own growth and development.

Fourthly, the problem of love. The reason why love can become an eternal theme for thousands of years is that it can arouse people's very complex and rich emotions. College students are in the period of love and mate selection in their lives. At this stage, many people are very concerned about emotional problems, and they also feel the ups and downs it brings. College students are physically mature and psychologically immature. Contemporary college students who lack parental supervision are eager to get the love of the opposite sex. However, because they have not yet formed the correct values of love, lack the ability to control their feelings rationally and lack life experience, they are not good at controlling their emotions, rely too much on the object of love, cannot accept love, and cannot correctly handle the contradictions in love^[11]. Over time, there will often be some unnecessary tension, shyness and fear. In addition, the lack of mature love conditions and the contradiction between strong physical and psychological needs are also an important factor that produces psychological problems.

Academic problems are the most common problem. Some college students are too demanding of themselves. For example, they require that they must get scholarships, must be admitted to prestigious graduate schools, and require that they keep their best study condition every day. As a result, they are swayed by considerations of gain and loss, suffer from excessive anxiety, even insomnia and other physiological symptoms. Although having a goal is good for future development, if the goal is too far beyond their own ability, they are prone to psychological problems. Another part of the college students are born after the university, in learning to reduce their own requirements, usually rarely on self-study, like in the dormitory online to play games, watch movies, listen to music, chat, etc., but every day, and feel very empty, the mind is very anxious, want to change the status quo and feel helpless, and will produce more pressure.

3.2 Suggestions for mental health education

People's psychological quality is not innate, but depends on the acquired education and training, education plays a decisive role in the improvement of psychological quality. Therefore, how to make them avoid or eliminate the psychological stress, psychological crisis or psychological disorder caused by the above kinds of psychological pressure, improve physical and mental health, and adapt to the current and developing social environment with a positive and normal psychological state, and prevent the occurrence of mental disorders and psychosomatic diseases have become an urgent need and common concern of all colleges and universities. College students' mental health education is a sunshine education activity with love and dedication as the premise, with college students' mental health needs as the starting point, and with the creation of a harmonious society as the basis. Colleges and universities should pay attention to college students' psychological problems, and promote the all-round development of college students' mental health and physical and mental quality. Colleges and universities should actively carry out mental health education according to the psychological characteristics of students of different genders, different grades and different family situation. Colleges and universities should actively carry out mental health education according to the psychological characteristics of students of different sexes, grades and family situation. We should give more care and guidance to women, freshmen and students from unharmonious family atmosphere, and achieve "four things in place", that is, ideological understanding, organizational guarantee, teachers and work responsibilities. Carry out the "five-in-one" mental health education model for college students, give full play to the role of classroom education by offering mental health education courses, help students correctly understand the law of psychological development, master the necessary mental health knowledge, and guide students to grow up healthily; By carrying out various, colorful and entertaining mental health education activities, students are urged to improve their comprehensive quality and achieve comprehensive and coordinated development; Through psychological education guidance,

psychological consultation and counseling, psychological guidance is carried out to help students solve doubts and doubts; Through psychological crisis intervention, prevent problems before they happen, pay attention to students' safety and ensure their health; Through psychological investigation and research, we can understand and grasp the psychological status and characteristics of students in time, carry out targeted work, and enhance the pertinence and effectiveness of mental health education in colleges and universities. Based on the fact that family environment and relationships have a significant impact on the psychological health and resilience of college students, it is important for universities to actively expand the ways of collaboration between families and schools, and form a joint force to help students cope with challenges and pressures in life. Therefore, it is crucial to establish effective home-school cooperation to enhance the psychological resilience and health of college students. Schools should actively guide and cultivate college students' good personality and psychological quality, improve their social adaptability, interpersonal communication ability and emotional adjustment ability, and promote the comprehensive and coordinated development of their psychological quality, ideological and moral quality, scientific and cultural quality and physical quality.

4. Summary

Female college students, freshmen and students from unharmonious family atmosphere or poor families are more likely to have psychological problems. The main problems of psychological counseling are interpersonal problems, emotional problems, developmental problems, love problems and academic problems.

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