

The Dilemma and Identification of College Students' Covert Psychological Crisis Intervention

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Abstract: *The hidden psychological crisis brings great challenges to the mental health education in colleges and universities. This paper analyzes the reasons why the hidden psychological crisis of college students is difficult to find by sorting out and summarizing the cases of the crisis in colleges and universities, and the identification points of hidden psychological crisis of college students are put forward.*

Keywords: *concealment, psychological crisis, college students, identification*

1. Introduction

In February 2017, the Central Committee of the Communist Party of China (CPC) and the state council stated in their "Opinions on strengthening and improving ideological and political work in colleges and universities under new circumstances" that "Humanistic care and psychological guidance should be strengthened to promote the healthy development of college students' body, mind and personality". Studies have shown that adolescents who attempt or succeed in suicide are often students who are not in the mental bank. Mental health workers in colleges and universities also often face a problem: a large proportion of students who commit suicide or self-harm or suffer from mental illness have not been screened out in the psychological census of Freshmen, even after the occurrence of suicide to check back the student's life trajectory, also did not find obvious psychological problems. This adolescent suicide phenomenon has no omen, lets the human guard against, displays the concealment, the paroxysm characteristic. Covert psychological crisis is a kind of special psychological crisis, which is an unbalanced state that an individual can not deal with the present predicament by adopting the usual coping style, and in such a state of crisis, individual emotional, cognitive, behavioral, physiological and other responses are "Hidden", is not easy to be recognized by others of the psychological crisis. This brings a great challenge to the work of mental health education in colleges and universities.

2. The Present Situation of College Students' Hidden Psychological Crisis

At present, the social competition is increasingly fierce and the social environment is complex and changeable. The mental health problem of college students is on the rise. First of all, college students have psychological crisis, high-level suspected mental disorders, psychological diagnosis, treatment and adjustment of the situation is becoming more and more frequent, the resources of school psychological counseling cannot keep up with the needs of students, especially expert consultation. Secondly, students and their parents often have a "Sense of shame" about mental illness and are unwilling to cooperate with the treatment. They do not understand the psychological diagnosis and treatment and psychological counseling, which leads to resistance and antipathy, make the psychological counseling teachers to carry out the work more passive.^[1] Third, mental health has the nature of interdisciplinary, involving psychology, sociology, medicine, education and other disciplines, need higher professional standards and strict legal restrictions and ethical norms.^[2] However, due to the social demand for psychological counseling, practitioners have developed rapidly, there is no standard professional qualification access system and practice requirements.^[3]

Psychological problems are always accompanied by cognitive, physiological, social public opinion and other aspects, complex reasons. On the one hand, there is a cognitive bias towards psychological problems, that psychological problems are shameful, will be discriminated against by others. This

cognitive bias is not only for students, but also for parents whose children have been discriminated against by teachers and classmates because of their psychological problems, and who deliberately want the school to conceal their students' illness. So that students in the emergence of psychological problems are afraid to speak, do not want to speak. When students themselves encounter stressful events but can not be resolved according to their own ability to deal with, they will use extreme ways to deal with, resulting in psychological crisis or even serious crisis events such as self-injury, suicide. On the other hand, there is not enough understanding of mental health. When students have long-term depression and body pain, they cannot tell whether it is a physical health problem or a mental health problem, it is not possible to distinguish these phenomena as symptoms of mental illness from the perspective of scientific psychiatry.^[4]

3. Analysis of the Hidden Causes of Psychological Crisis

3.1. The Definition of "Diagnosis and treatment" of Psychological Problems is not Clear.

The existing "Mental Health Law" is more general, there is no psychological counseling rules for college students, which makes the definition of college students' psychological problems unclear. When faced with students' psychological problems, college psychological teachers usually predict students' psychological problems based on their own professional knowledge, and then decide whether the problem students need psychological counseling or referral therapy based on the judgment results. However, the psychological crisis intervention of college students can only be psychological counseling and cannot touch the psychological treatment, so it is difficult for college psychological teachers to avoid the possible legal risks when they do the psychological crisis intervention. This has restricted the university psychological teacher to the student psychological question judgment and the processing.

3.2. The Validity of Psychological Screening Test is not High.

At present, the University of our country carries on the mental health survey to the newly enrolled students, that is, through doing some questionnaires and self-evaluation scales on the internet, the students obtain the related data results, the popular scale includes SCL-90, UPI, EPQ, MMPI and so on. On the one hand, these scales are not revised in time, and the timeliness remains to be studied. Most of the psychological scales used in our country's colleges and universities are imported from abroad and obtained through revision by scholars, less can meet the current characteristics of college students and their own laws of development, so that the test results appear bias. On the other hand, the anti-detection ability of the scale needs to be strengthened. Because of the misunderstanding of mental diseases, students can avoid some answers when they take the test, which leads to inaccurate measurement results. Because the professional quality, ability, and energy of university counselors are limited, the students who can detect them are usually those with serious psychological problems, and the students who have some hidden problems may not be able to detect them well, this makes it possible for this group of students not to be found.

3.3. The Parties' Concealment.

Because of the protection of self-privacy, the students are afraid to bear the danger of self-disclosure and avoid being hurt twice, they will conceal the psychological crisis that they have, that psychological problems are embarrassing, afraid to speak out of their own ridicule by others, snub, ostracism. So the more they hide, the more depressed they become, and the more serious the problem becomes. Or the students unconsciously conceal, such as the existence of personality defects, on the one hand, they are easy to take things to extremes, good is good, bad is bad, see the problem is also easy to one-sided negative. In the face of the crisis, low self-evaluation, interpersonal relationship disharmony, sensitivity, lack of security, there is no object to talk about will lead to hidden psychological crisis.

3.4. The Attention of Relevant Personnel is not Enough.

Parents, teachers and peers of the school concept of deviation, understanding is not enough. Because of the backward educational concept, the lack of ability to identify crisis, the lack of good educational methods and the influence of family problems, the students have hidden mental health

problems. Some parents, due to their lack of psychological knowledge, think that their children are just under great pressure when they exhibit behaviors related to psychological stress or mental disorders in junior and senior high school, the inability to identify hidden psychological crises. The number of teachers is not enough, and lack of professional knowledge, it is difficult to find and identify psychological problems. College students' companions mainly include roommates, other classmates in the same class, other classmates and friends with whom they have close contact. In a group environment, most things in a group are known in advance to peers, especially the closely connected university roommate. When the individual college students appear some abnormal behavior or emotional reaction, because of the partner's own self-identification crisis capacity, lack of life, and other reasons, causes the schoolmate already to have the psychological crisis signal information to discover.

4. Identification of Hidden Psychological Crisis of College Students.

Because of the particularity of college students, the psychological crisis of college students has the characteristics of paroxysm and concealment, but at the same time, it has the characteristics of transformation and controllability. For example, students with learning difficulties may trigger an internal crisis of Self-worth, which, if handled improperly or neglected, can turn into a serious crisis such as running away from school or even self-injury. But not all potential crises are necessarily explosive. If they had been identified earlier, these problems might have been eliminated. This study combs the characteristics of college crisis cases in recent years, and summarizes the following observation points, which can identify students with psychological problems in advance.

4.1. Students with Abnormal Performance

Students who often violates classroom rules.Special attention should be paid to those who often truant, late, leave early, cannot pay attention to the lecture, the classroom addicted to the Internet or sleep, and so on, understand the reasons behind abnormal behavior. We should pay more attention to this kind of students. We should not only grasp the situation of students coming to class in general, but also analyze where they go, what they do and how they think psychologically through their abnormal behavior in class, a comprehensive understanding of the situation of students, when necessary to communicate with parents, to understand the growth of students, whether there is a potential psychological crisis.

Students who fails or whose grades fluctuate greatly.Abnormal academic performance is a very obvious signal. When students' grades suddenly fluctuate greatly or fail, we should carefully analyze the reasons behind it, some students are learning attitude, ways and means or poor foundation and other reasons, to give academic help. However, it should be noted that some students' poor academic performance is due to psychological problems or mental disorders. There was once a student who suffered from depression and often took medication, which led to memory loss and frequent failing courses. Also, pay close attention to students who are about to drop out, especially when they have their last chance to take an exam and when they are back from school. Students themselves may have been aware of the hopelessness of passing the final exams, sometimes failing to take or handing in blank papers, and being wary of students acting out.

Students who break the rules in exams.The self-restraint ability, self-supervision ability and self-adjustment ability of college students need to be improved, and they are easy to break the discipline in examinations because of psychological imbalance. Therefore, in the face of the students who break the rules in exams, we should pay attention to whether the students have“Overstress” reaction, and understand whether the students feel guilty about the guilt to their parents, we should strengthen the guidance and monitoring of students' emotions at the key points such as when cheating is found in the examination, when punishment notice is given, and when punishment is given. In 2020, a college student was caught cheating in the exam by the invigilator. After the student left the exam room, he chose an extreme way to end his life. Parents, teachers and peer groups need to pay more attention to such urgent and exigent incidents and provide timely emotional relief and stress relief, avoid taking extreme actions due to multiple pressures.

4.2. Students with Abnormal Behavior

Abnormal sleep.For a period of time appear insomnia or morning mood is particularly bad, pain,

low mood, and after 3,4 pm mood improvement (morning heavy night light, is a manifestation of depression) students to be sensitive, through multi-party talks to understand the individual's psychological status, to the leadership and psychological professionals timely report, assessment of the student's psychological status. And to parents to understand the growth history of the students, remind parents and students to communicate regularly, give family support. In the material aspect to give the safeguard, in the emotional aspect to give the support and the encouragement.

Eating disorders. Students may have overeating, overeating, anorexia and other abnormal eating conditions, some students may appear in a short period of time changes in body shape, such as too thin or fat. Should first master its diet rule, the food structure as well as the emotion reaction. For obese students, counselors need to know if the student has a physical illness and is taking weight-loss or mood-control drugs.

Internet addiction disorder. These students are addicted to the internet every day, often play truant, stay in the dormitory, do not participate in campus activities. The reasons for internet addiction are various. Some students escape from reality and indulge in the internet. Some students hope to be recognized and gain a sense of achievement in the internet. But no matter what the reason, once they indulge in the internet, it is easy to be guided by bad information and lose interest in real life. This kind of group needs to arouse extreme concern and timely guidance.

Emotional abnormality. Due to emotional problems and lead to self-injury and suicide of college students, he injured the incident has occurred, college students have not yet fully mature mind, many students will love as the only major event in life. When encountering the emotional frustration, the insecure individual will have the extreme feeling of loneliness, rejection and frustration, and this kind of anxiety and loss will lead to the hidden psychological crisis. To master the students love, pay attention to students lovelorn situation, especially often because of emotional problems and emotional abnormalities of students.

Emotional abnormality. Changes in speech and behavior are the most common manifestations of emotional disorders. College students' interest in life has declined, and their mood has been depressed for a long time, which is manifested as low energy, indifference to life, or fatigue (lasting more than two weeks). Often in the speech aspect performance life meaningless, the valueless feeling, the behavior is lazy, the mood is depressed, stays in the dormitory for a long time, eliminates with the outside contact. Such groups need to be aware of the possibility of hidden depression, when necessary, the need for professional assessment of psychologists.

4.3. Students with Poor Social Support

Students with a bad peer group. This kind of students now or before no special good classmates or friends, no one can talk, to talk about their feelings, lack of emotional support and social support. Once encountered difficulties in life and emotional confusion, there is no place to seek help, can only bear alone, emotional relief cannot be timely, accumulated to a certain extent will lead to hidden psychological crisis.

Students with a complicated relationship in the dormitory. College students yearn for freedom, the pursuit of independent space, but the university dormitory generally to four or six as the standard, personality of students in one room, inevitably prone to conflict and conflict. When there is a small group of dormitory or isolation of a person, dormitory relations become more tense, such dormitory needs to be highly attention. For example, shocked domestic Ma Jiajue, due to improper handling of dormitory relations caused serious consequences, extremely destructive, but also should arouse people's attention and thinking.

Students with weak interaction in native families. The original family refers to the family in which an individual is born and grows up. The family atmosphere, traditional habits and interactive communication play an important role in the development of an individual. College students not only depend on their families in material aspects, but also need their families' companionship and support in emotional aspects. However, the misfortune of native families often aggravates the psychological crisis of college students, such as orphans, single-parent divorced families, the existence of domestic violence, control-type families. Parent-child relationship cold or general, individuals often lose social support from the family. Especially near the winter and summer vacation and other time nodes, these students sometimes difficult to deal with the relationship of the original family, will have anxiety and fear, psychological imbalance is more likely to lead to hidden psychological crisis.

5. Conclusions

The hidden psychological crisis of college students has the characteristics of concealment, complexity and latency, which is not easy to be detected in daily life. In daily life, more observation, early detection, early prevention, early intervention, improve the awareness of psychological crisis prevention and recognition, to improve the support for the development of mental health of college students.

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