

# Study on the Life Health of Contemporary College Students

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**Abstract:** The university should be a stage in which people's physiology and psychology gradually develop and become mature and stable. However, due to the influence of various aspects, the current college students' physical health is not optimistic, and their psychological status is not healthy and stable, which is not conducive to their correct and complicated college studies and to solve the problems in social life, work and family life in the future. Therefore, it is necessary to actively guide the formation of college students healthy personality and living habits. Based on this, this paper analyzes the specific standards and status quo of contemporary college students' life health, and explores the countermeasures of college Students' life health problems, in order to promote the comprehensive and healthy development of students.

**Keywords:** Contemporary College Students; Life Health; Psychological Education

## 1. Introduction

The current social competition is becoming more and more fierce, which has a complex impact on the society and the education industry. As the pillars of the construction of the motherland, college students need to have a good and stable state of life and health. However, the effectiveness of psychological education and physical education in many colleges and universities is not ideal, and it is unable to guide students to establish a correct and stable three outlooks. Under the influence of multimedia, the ideology of contemporary college students is also very complex, which is also a practical dilemma for the development of health education in colleges and universities. However, it is imperative to improve the health level of college students. Therefore, it is necessary for colleges and universities to follow the modern and scientific education concept and carry out effective education and guidance according to the actual health situation of students.

## 2. Analysis on the standard and current situation of life health for college students

### 2.1 Physical and mental health standards

College students' life health is mainly judged from two directions: Physical health and psychological health. In many cases, physical and psychological health is comprehensively reflected in a person's various behaviors. Therefore, it is generally judged from three dimensions of college Students' adaptability, coordination and stability. Adaptability refers to the adaptation and coordination of college students' learning, social practice and other behaviors with the development of society. coordination refers to the coordinated development of college students' personal emotion, perception ability, willpower and other factors. Stability refers to the development of college students' personality and three outlooks to a stable state. In the current information, multimedia and complex social problems have greatly impacted the three outlooks and behavior of college students. It is very difficult to get better development in the three dimensions of life health. Therefore, it is necessary for the

college counselors, teachers and other educational subjects to strengthen the guidance to students' behavior and psychology, and promote the physical and psychological health of students.

To judge college students' life health from three dimensions, it is necessary to consider 10 specific criteria, including reasonable rest time, high sleep quality, vigorous energy, no sense of fatigue, competent for work, positive attitude towards work and life, and courage to do things with different degrees of difficulty. These standards are formulated by WHO and cover both physical and psychological health. They are connected and influenced each other. Using these three dimensions and 10 criteria to measure the campus life of contemporary college students in China, first of all, we need college students to exercise reasonably, take health as the first guiding ideology, exercise with healthy sports and reasonable social intercourse to permeate and relieve bad emotions or psychological problems; on the psychological level, contemporary college students need to have a more comprehensive and profound understanding of themselves, so as to objectively observe and evaluate themselves and others and social phenomena, with self-esteem and reasonable desire for expression, as well as good self-control and self-regulation ability, helping them form healthy and mature psychology.

## **2.2 Current situation of physical and mental development of contemporary college students**

Because the physical and psychological characteristics of college students are very complex, and limited to the current situation of psychological research difficulties and other factors, China's current research on college students' life health generally separate their physical and psychological health. In the annual reports such as youth sports development and college students' physical health standards, it is found that the physical quality of college students is relatively poor, even worse than senior high school students, mainly showed as the proportion of obese life increased year by year, high proportion of overweight, low lung capacity and the more students fail to meet the standard, with decreasing trend year by year. Through the test of speed, endurance and strength, it was found that the physical fitness and sports performance of college students were poor.

The research on college students' psychological health is complex. Generally, colleges and universities understand students' psychological state through psychological testing questionnaire, and the relative research is less systematic and comprehensive. Through sorting out relevant papers and materials, it is found that the psychological problems of contemporary college students are mainly reflected in the following aspects: Poor adaptability in college life and practice stage, not active in learning and practice, and a variety of complex interpersonal and emotional problems show wishful thinking, neuroticism and over sensitivity in job hunting and selection, which are closely related to problems such as insufficient self cognition and imperfect personality development. In addition, personality and emotional problems are also obvious. Even a small number of students have serious psychological disorders or mental diseases, which indirectly lead to the occurrence of injurious animals. In the related research, the proportion of such "problem" students is increasing year by year, such as the frequent problems of college students. Therefore, it is urgent to pay attention to and actively improve the health problems of college students.

## **3. Strategies to solve the problems of life health for college students**

### **3.1 Paying more attention to the physical and psychological health of college students**

Colleges and universities are the main body to cultivate and guide the healthy growth of college students. However, due to the serious influence of examination oriented education on contemporary college students, and in the era of rapid change and information explosion, the special family environment and social environment will also have a great impact on the psychology and behavior of college students. Therefore, colleges and universities need to stand firm on their own health education position. First of all, it is necessary to strengthen the contact between various departments of the university, and strengthen the construction of psychological health education, physical education and other courses. In addition, basic courses related to psychology can be added to enable students to have a more correct understanding of their own psychology and behavior, guide students to learn Chinese traditional culture, absorb positive energy, in order to better understand national policies and social development, and actively start related activities, such as establishing various types of activities campus sports events and psychological health special activities to encourage students to participate in healthy learning, solve problems and relieve troubles, so as to maintain a healthy physical and mental state. On this basis, colleges and universities should strengthen the contact with students' parents and enterprises through the Internet and offline activities. Through these activities, parents and enterprises can have a more comprehensive and objective understanding of the physical and psychological status, problems and

causes of contemporary college students, encourage and teach them the methods of reasonably guiding students to form good mentality and behavior habits, so as to give them more positive behaviors and give physical and psychological support to students, rather than isolated by mean, one-sided or too subjective and beneficial speech.

### **3.2 Strengthening the construction of students' physical and psychological health independently**

At the same time, college students should take the initiative to use the Internet, offline social networking and other channels and school resources to actively seek help, such as actively discussing health problems with senior students, seeking help from school psychological counseling room, or learning physical and psychological health knowledge through self-study, strengthening physical exercise and relieving psychological pressure. The self cognition of college students is different. Students, with normal self cognition, have better adjustment on their own behavior ability. However, a large proportion of college students of generation 90 and 00 have introverted personality because they are in the special period of educational reform and rapid social change. Most of them have self cognitive bias, or psychological characteristics of inferiority, sensitivity and idealization, As a result, they will have serious psychological internal friction when seeking help, which greatly reduces their success in changing their psychology and behavior. Therefore, counselors and other campus administrators who often deal with students should pay attention to and go deep into the psychological characteristics of class students, such as personality characteristics and ability. At the initial stage, they should give positive and appropriate psychological guidance, educate them with language that suits students' psychology, and give priority to guidance instead of admonishing education based on their own experience.

### **3.3 Strengthening psychological guidance**

We should take the classroom as the main body to strengthen health education. First of all, teachers should guide college students to correctly look at the problems of "ridicule" and "anxiety" with the principle of equality and respect, and strengthen the ideological guidance of students with ideological and political education and psychological health education, encourage them to help themselves and seek help, so that they can understand the correct psychological adjustment and self-help methods; secondly, the main body of counselors, teachers of various subjects and dormitory management should establish a joint psychological early warning and monitoring system, and carry out targeted intervention or treatment on the basis of the general survey of students' physical and psychological health, so as to achieve early prevention and early solution. Finally, the education of career planning, employment counseling and mental health should be strengthened. Career planning can help students to find out their career orientation and make feasible plans by combining their own abilities and interests. Career guidance should focus on helping students with employment pressure and psychological problems when they are in employment. Psychological health courses and campus consulting rooms should be based on the basic curriculum education, In the form of psychological sitcom and psychological knowledge contest, more students can correctly treat psychological problems and deal with problems in love, study, employment and family.

## **4. Conclusion**

To sum up, contemporary college students are in a pluralistic and complex social link, many students' life health needs to be improved, in order to better realize themselves, adapt to society, and promote the progress of society and the country. Therefore, colleges and universities should strengthen the psychological guidance and sports construction, teachers and managers of various courses should work together to promote the better development of college students, and face the academic pressure and future family and work life with a healthy body and mind.

## **References**

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