

The Novel Coronavirus Pneumonia Background of the Use of University TV Learning “Youth Learning” to the Application of Undergraduate Psychological Intervention of Junior College Students

Mingyu Shang, Xiliang Wang

Harbin Far East Institute of Technology, Harbin 150001, Heilongjiang, China.

Fund Project: Research on the training mode of normal students based on Professional Accreditation—Taking Physical Education as an example, Subject number: 2021XJGLX04; Research on the design and optimization of cultivating scheme for credit system under the background of Emerging Engineering Education, Subject number: 2021XJGLX64.

Abstract: This paper takes 727 junior college students of Harbin Far East Institute of technology as the research object, through the study of 21 “Youth Learning” courses of University TV centralized learning, from the four main contents of modern health standards, as well as two questionnaires of SCL90 and EPQ, the results show that there is a significant difference, the students’ mood is more stable, and their health condition is significantly improved. This study is helpful to form a system of mental sub-health intervention for the lower grade students in application-oriented universities. From the perspective of “Youth Learning”, college students’ moral ideology and political position can be improved, which will provide a strong scientific theoretical basis for the systematic report and research of improving college students’ good mental health in the future.

Keywords: HACCP; Food Industry; Impact Factors; Food Safety Management Systems

1. Research objects and methods

The 727 students in the first questionnaire test have a wide range of majors, including accounting, financial management, engineering cost, engineering management, machinery, art design, language, computer and so on. After the test, every week from April 2020, the students will focus on the “Youth Study” through University TV, and the learning time is 10 minutes, with a total of one semester. The method of this test is to use the internet collective test questionnaire to standardize the introduction. In the test, the questionnaire is completed by the students independently. According to the feelings of the students who have been tested in the last two weeks, to ensure the authenticity and reliability of the questionnaire survey, the researcher and the counselors and teachers jointly organize the questionnaire collection and data collection survey.

Copyright © 2021 Mingyu Shang et al.

doi:10.18686/ah.e.v5i7.3789

This is an open-access article distributed under the terms of the Creative Commons Attribution Non-Commercial License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits unrestricted non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

The second questionnaire has been issued in early October 2020. The screening criteria are: SCL90 score is greater than 160, or each score is greater than 2, excluding patients with other mental diseases and suspected neurosis, the rest of the people with poor conditions lasting for 2 weeks or more are the people with mental sub-health status, that is, the score of any of the nine factors is greater than or equal to 2 (number of positive items), 150 of them were selected for the study.

According to the statistics and feedback of the whole school's participation in the "Youth Learning" through the TV centralized learning in colleges and universities, we know that the "Youth Learning" has been carried out for 21 periods, and the students whose attendance rate is less than 14 times of learning "Youth Learning" are regarded as invalid questionnaires, with 19 invalid questionnaires. There were 131 valid questionnaires, and the effective rate was 87.33%. Both men and women were 19.3 years old. 76% (94 subjects) for girls and 28.24% (37 subjects) for boys.

2. Research results

2.1 The descriptive results of "sub-health" students in the lower grades of our school

Table 1 Statistics of the results of two surveys on "sub-health" students in lower grades of our school

Project	Never proportion (%)		Sometimes proportion (%)		Often proportion (%)	
	Once	The second time	Once	The second time	Once	The second time
Physiology poor constitution, easy to get sick	22.14%	32.82%	70.23%	62.60%	6.11%	3.05%
Long term persistent fatigue	19.08%	26.72%	68.70%	64.12%	9.92%	6.87%
Psychology Inexplicable fear; Anxiety; Uneasiness	28.24%	37.40%	59.54%	52.67%	11.45%	9.16%
Often insomnia, dreaminess	26.72%	40.46%	60.31%	48.85%	11.45%	9.92%
Feeling anxious and lonely	33.59%	38.17%	56.49%	53.44%	8.40%	7.63%
Memory loss and inattention	21.37%	29.01%	62.60%	57.25%	14.50%	12.98%
Depressed and easily hurt	31.30%	37.40%	53.44%	55.73%	12.98%	3.82%
Not interested in anything	37.40%	39.69%	51.91%	53.44%	8.40%	6.11%
It's easy to be emotional	13.74%	23.66%	56.49%	55.73%	21.37%	16.03%
Sociology Poor adaptability to natural environment	36.64%	35.11%	58.02%	60.31%	4.58%	3.82%
It's hard to get along with people if you don't want to associate with them	42.75%	42.75%	47.33%	50.38%	7.63%	6.11%
Morality Willing to contribute more to the society	3.82%	2.29%	39.69%	32.82%	30.53%	42.75%
Willing to care for others	4.58%	3.05%	32.06%	23.66%	38.93%	44.27%
Project	Always proportion (%)			Sub-health proportion (%)		
	Once	The second time	Once	The second time	Once	The second time
Physiology poor constitution, easy to get sick	1.53%	1.53%	7.63%	4.58%		
Long term persistent fatigue	2.29%	2.29%	12.21%	9.16%		
Psychology Inexplicable fear; Anxiety; Uneasiness	0.76%	0.76%	12.21%	9.92%		
Often insomnia, dreaminess	1.53%	0.76%	12.98%	10.69%		
Feeling anxious and lonely	1.53%	0.76%	9.92%	8.40%		
Memory loss and inattention	1.53%	0.76%	16.03%	13.74%		
Depressed and easily hurt	2.29%	3.05%	15.27%	6.87%		
Not interested in anything	2.29%	0.76%	10.69%	6.87%		
It's easy to be emotional	8.40%	4.58%	29.77%	20.61%		
Sociology Poor adaptability to natural environment	0.76%	0.76%	5.34%	4.58%		

It's hard to get along with people if you don't want to associate with them	2.29%	0.76%	9.92%	6.87%
Morality Willing to contribute more to the society	25.95%	22.14%	43.51%	35.11%
Willing to care for others	24.43%	29.01%	36.64%	26.72%

notes: The frequent and persistent items in this table are called “sub-health” states.

The “often” and “always” in the list are sub-health states. It can be seen from table 1 that through the study of “Youth Learning” on TV in colleges and universities, and from the analysis of the main contents of modern health standards, there are two physiological items, seven psychological items, two social adaptability items and two moral items. The test shows that 3.05% of the students have “poor physique” and their “susceptible” physical condition has been significantly alleviated. “Long term persistent fatigue” has also been significantly improved; In terms of psychology, the data from the list shows that the tested students also have different degrees of improvement 16% lower than the same period; The number of students with memory loss and inattention has decreased by 2.29%; In the psychological aspect, 8.4% of the students were also improved.

College students also have a significant improvement in social adaptability and social responsibility. The rate of “unwilling to communicate with others, difficult to get along with others” decreased to 6.87%; More students are willing to make more contributions to the society and care about others. Through the concentrated learning of “Youth Learning” on TV in colleges and universities, 73.28% of college students have made a qualitative leap, gradually changing from the original individual centered to the sense of ownership, and being able to take the initiative to care about others and serve the society. The goal of using college TV to focus on “Youth Learning” and actively guide students to carry out health education has achieved initial results.

2.2 Descriptive results of mental sub-health status of junior students in our school

The results of two surveys on SCL90 of junior students in our school (See Table 2) .

Table 2. Statistics of the results of two surveys on SCL90 of junior students in our school

Project	The first questionnaire survey of our students	The second questionnaire survey of our students	t	p
	x±s	x±s		
F1 (Somatization)	1.49±0.52	1.47±1.00	0.228	0.820
F2 (Obsession)	2.14±0.52	1.73±0.59	6.669	0.001
F3 (Interpersonal sensitivity)	1.92±0.57	1.60±0.54	4.845	0.001
F4 (Depression)	1.84±0.53	1.60±0.62	3.753	0.001
F5 (Anxiety disorder)	1.69±0.52	1.48±0.50	4.280	0.001
F6 (Hostility)	1.70±0.74	1.45±0.61	3.067	0.003
F7 (Phobia)	1.61±0.52	1.42±0.74	2.318	0.022
F8 (Paranoia)	1.69±0.68	1.43±0.61	3.330	0.001
F9 (Psychotic)	1.66±0.60	1.39±0.67	3.741	0.001

The results of SCL90 were equally divided into two questionnaires (see Table 2): except somatization, the scores of the former were significantly higher than those of the latter (P<0.01). This result shows that the psychological indicators of the junior students in our school have been significantly improved after the 21st period of “Youth Learning” of College TV concentrated learning. See the table below for details.

The results of the first and the second total detection were compared(See Table 3).

Table 3. Comparison of the first and second total detection results of SCL90 average score of abnormal number of lower grade students in our school

Factor score of the first questionnaire ≥ 2 Number of people (150)		Factor score of the second questionnaire ≥ 2 Number of participants (44)	
Factor project	Abnormal number	Factor project	Abnormal number
F1	11	F1	3
F2	83	F2	36
F3	48	F3	17

F4	41	F4	22
F5	27	F5	15
F6	30	F6	11
F7	24	F7	12
F8	28	F8	7
F9	27	F9	8

In SCL-90, the total detection rate of the first test was 21.25%, and the total detection rate of the second test was 6.23%. By comparing the total detection rate of the first and second tests, we draw the following conclusions: The first single data is higher than the second data, which is more obvious in F2, F3 and F8; F4, F6 and F9 were also significantly decreased.

Through the study of “Youth Learning” in the 21st period of TV learning in colleges and universities, the health status of low-grade mental sub-health students in our school has been significantly improved. According to the analysis of the main contents of modern health standards, there are two physiological items, seven psychological items, two social adaptability items, two psychological items, and two psychological items. There are significant differences between the two moral items and the two SCL90 questionnaires, which shows that each item has been improved in varying degrees, and the psychological indicators tend to be normalized.

3. Countermeasures and suggestions

According to the characteristics of students in our school, the author puts forward the following countermeasures to build a multi-channel and all-round education system project.

3.1 Pay attention to the individual and strengthen the students’ mental health education by using University TV

Educators should make full use of the advantages of College TV, such as fresh form, active thought and flexible style, create a traditional spirit full of youth and vitality, and carry forward the red spirit in the cultivation of spiritual temperament, teamwork, teachers’ ethics and school spirit. Based on the “Youth Learning” under the television media in colleges and universities, we should do in-depth and meticulous ideological work, give students more attention and care, let students fully understand themselves, cultivate positive psychological quality and pressure resistance ability, and develop in an all-round way, which is the basis of maintaining health, so that students can constantly correctly understand themselves, enhance their frustration ability and adaptability to the environment. Cultivate their good personality and noble psychological quality.

3.2 Establishing the mechanism of TV learning in colleges and universities and cultivating students’ positive attitude towards life

We should continue to strengthen the development and construction of TV media in colleges and universities, carry out political education, quality education and mental health education in colleges and universities. Pay attention to the ideological education of classroom and University TV, deepen the ideological and theoretical education knowledge reserve of university teachers. Innovative work methods and methods can help students form an optimistic attitude towards life, improve their conduct, professional ethics, success quality, adaptability and other all-round qualities, thoroughly release and reduce inner pressure, prevent, reduce and eliminate college students’ sub-health, quickly integrate into the society, and better adapt to social needs.

References

1. Liu X, Li Z. Sub health types and physical therapy of college students. *Journal of Guangzhou Institute of Physical Education* 2005; (9): 36-38.
2. Li K, Wu L. Experimental study on the intervention of Ba DuanJin to the sub-health of college students. *Proceedings of 2018 3rd ERR International Conference on Psychology, Health, Cultural Studies and Social Sciences (Advances in Social and Behavioral Sciences)* 2018; (12).