

# The Causes and Suggestions of Psychological Disorders in College Students

Yihuai Wu, Shenqiao Wang

Zhanjiang University of Science and Technology, Zhanjiang 524094, China.

---

**Abstract:** In the process of the continuous development of modern education, school teachers not only pay attention to students' academic education, but also pay more and more attention to students' mental health education. For many college students, after entering the university, due to various subjective or objective reasons, prone to psychological problems. The emergence of these psychological problems will not only affect the daily life of college students, but also may lead them to make some extreme behaviors, which has a very obvious negative impact on the growth of college students. Therefore, in the current stage of college education, teachers can analyze the actual situation of college students, explore the causes of their psychological disorders, and take effective measures to improve them. Therefore, this paper focuses on the causes and improvement of psychological disorders in college students and suggestions.

**Keywords:** College Students; Psychological Disorders; Causes; Improvement Suggestions

---

## Introduction

In recent years, due to psychological problems, students can suspend school or suicide or other extreme behavior incidents are particularly frequent, so in the current university education, mental health education has become the focus of the current stage of education. Through mental health education, teachers can have a clearer understanding of some problems faced by college students, and can choose effective ways to guide students, so that students can transform from negative psychology to positive psychology, and protect the healthy growth of students.

### 1. A brief analysis of the common psychological barriers in college students

The research has found that many college students will still have many obvious psychological barriers. In terms of common psychological disorders, they can be divided into the following two categories. The first is the obstacle to adapt. For some students, they can enter the ideal university smoothly after making great efforts in the high school stage, so they are full of expectations and can quickly adapt to the university environment. But in some cases, some students may have obvious adaptation obstacles. In the past, in the middle and high school study stage, students usually study in their hometown, but after entering the university, students have to study in other places, so many college students may have adaptation obstacles.

The second is that students have anxiety disorders. Anxiety disorders mainly emphasize that students may appear some different anxiety emotions in the process of growth, and the excessive anxiety occurs. Mental overdue worry, fear, and even fidgeting, headache and other different phenomena.

### 2. To explore the causes of psychological disorders in college students

To protect the healthy growth of students, and the causes of college students' mental health barriers can be mainly discussed from three points.

The first point is the students' personal reasons. For many students, in the previous high school stage was mainly about learning, so the students did not have too much time to consider some other external factors. After entering the university, students' learning pressure can be relieved, so students have more time and energy to pay attention to other things. For many

students, it may be difficult to quickly adapt to them in the face of changes in the high school and university environment. And for many students, they do not have strong psychological debugging ability, because the students in the process of learning before, the understanding of psychological content is not enough, this leads to a lot of students in the face of some anxiety when unable to effectively adjust, further lead to students appeared more obvious psychological barriers.

The second point is that students are affected by the external environment. Such as under the background of the continuous development of modern society, our country has entered the network age, and under the network age, all kinds of information, in addition to some positive information, but also may have some negative information, such as some pornography, feudal superstition and the emergence of some of the pseudoscience content and spread, easy to erode the students' thoughts. For many college students, they themselves do not have a strong self-control and identification ability, so when the students are exposed to some negative ideological content, maybe some of the students' values and behavior norms will be shaken, produce psychological deviation, and then lead to a series of negative effects. And in the face of the new living environment, new learning tasks and interpersonal communication complexity, socialization, many students may have an obvious escape psychology. In the daily life, such as fear of communication and other negative behaviors.

### **3. Analyze the suggestions on the improvement of psychological disorders in college students**

It can be seen from the above that the psychological disorders in college students are also caused by many reasons. Therefore, at the present stage of education implementation stage, as educators, can reasonably play their guiding role, can combine the causes of college students' psychological disorders to choose a variety of ways to guide students, let students can get rid of negative emotions, can with a more optimistic attitude to face life, protect the healthy growth of students. Based on this, the following paper focuses on the improvement countermeasures of college students' mental health disorders.

#### **3.1 Teaching effective methods and conducting self-regulation**

For the students who just enter the university, in fact, their physical and mental development is still not mature enough, and their self-cognition is not accurate enough, and there may be some weak wil. In this case, the students may have some psychological disorders. In order to effectively guide students, in the present stage of university education implementation, teachers can effectively for students, such as in the previous mental health education implementation stage, teachers may be mainly in accordance with the requirements of the school to complete targeted teaching content or for students to import different mental health knowledge, and the content with the students' real life, so students may not in the process of learning more profound learning feelings. Therefore, in the classroom, teachers can teach some effective methods to students around these different psychological barriers, so that students can make effective self-adjustment according to the suggestions provided by the teacher when encountering some psychological problems. At the same time, teachers can organize some group activities in the education implementation stage. In this way, students can relieve their inner loneliness, so that they can gradually walk out of their own small world after contacting more peers, and enhance the adaptability of students.

#### **3.2 Make effective planning and build a professional team**

In order to protect the healthy growth of students, to avoid the practical impact of psychological problems on students. In the current university mental health education, school administrators and teachers need to make careful planning. Such as in the previous implementation of mental health education, some schools may not pay attention to or the school did not create a group of professional psychological teachers, so many teachers just follow the book, did not play the practical role of mental health education, leading to the problem of students' psychological barriers have still not been solved. In this link, universities can first set up relevant compulsory courses of mental health education. In the implementation of compulsory courses, teachers can analyze some psychological problems from different perspectives, and establish a psychological consultation room. In this way, students can not only be guided in the classroom, but also timely talk about their own troubles

and problems to teachers after class, so as to reduce the interference and influence of their negative emotions on students. In addition, after building a professional team of teachers, teachers also need to negotiate and discuss about the implementation of mental health education at the current stage. For example, for the arrangement of mental health education courses and the teaching content, teachers need to make detailed planning, and then set up a more complete teaching plan, to choose a more acceptable way for students to guide students, to ensure the high quality of mental health education work.

### 3.3 Adopt different methods to play the role of education

In the process of carrying out mental health education in universities, teachers do not teach some fixed knowledge points to students according to the requirements of textbooks. In the specific education implementation stage, teachers need to have a strong awareness of renewal. In the process of carrying out the university mental health education, the teachers should combine the current students with some practical psychological problems to guide the students, and choose some different teaching methods to help the students, so that the students can get out of the psychological cognitive misunderstandings. In the teaching implementation stage, teachers can organize different independent and mutual assistance activities. In the process of activities, teachers can try to organize conversations and let students express their ideas. With the help of this way, let the students have a more free space to talk in class, willing to take the initiative to talk out their troubles, under the guidance of students and teachers can timely solve some psychological barriers encountered, form a healthy psychology.

### Conclusion

To sum up, for college students, they are still in the period of physical and mental development is not mature enough, in this stage, students may also have some different psychological problems, psychological disorders. Therefore, in the university education implementation link, teachers need around the implementation of the mental health education for complete and detailed planning, trying to choose different ways to reasonable guidance for students, let students with a more positive and optimistic attitude to face life and learning.

### References

- [1] Xu W, Zhang ZH. Analysis of the main types and causes of college students' psychological problems from the perspective of psychological counselors [J]. International Education Forum, 2021,3 (2): 12-13.
- [2] Wang MD. On the Positive Significance of Positive Psychology in the Adjustment of College Students [J]. 2021(2016-10):148-149.
- [3] Peng KQ, Xiong JJ. Psychological reasons and countermeasures of ideological and political education [J]. Journal of Jiangxi Normal University of Science and Technology, 2020 (3): 6.
- [4] Luo HF. Discuss the existing problems and effective countermeasures of psychological counseling for college students [J]. Psychological Monthly, 2020 (2): 1.
- [5] Cai XL. Study on the causes and countermeasures of sports psychological disorder [J]. Journal of Kunming Cadre Academy for Nationalities, 2016 (1): 2.

**About the author:** Yihuai Wu (April 2002--), female, Han Nationality, born in Shantou, Guangdong province, Zhanjiang University of Science and Technology;

Shenqiao Wang (September 1992--), female, Han Nationality, born in Shenyang, Liaoning province, lecturer, master of accounting, unit: Zhanjiang University of Science and Technology, research direction: Internal control, accounting informatization.

Fund project: Zhanjiang University of Science and Technology 2020 School-level College Students Innovation and Entrepreneurship Training Project "Psychological Tree Hole" (2021ZKYDCA21)