

# Research on Psychological Crisis Intervention of College Students From the Perspective of Ecosystem Theory

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**Abstract:** In recent years, college students' mental health problems have become increasingly serious, and college students' psychological crisis events have emerged one after another. Based on the ecological system theory, this paper takes the case of college students' psychological crisis as an example, analyzes the causes of college students' psychological crisis from the aspects of micro system, intermediate system, outer system, macro system and diachronic system, and proposes solutions to help students grow up healthily.

**Keywords:** College students; Psychological crisis; Ecosystem theory

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With the rise in social changes in the education domain, the social competition is increasingly fierce, the interpersonal relationship is complicated, and the college students' world outlook, outlook on life and values are still not perfect, and the ability to distinguish is weak.<sup>[1]</sup> Going to university requires young people to adapt to new environments and social conditions, so this is an important transition period.<sup>[2]</sup> The "Guiding Outline of Mental Health Education for Students in Colleges and Universities" emphasizes that it is necessary to strengthen humanistic care and psychological counseling, adhere to the unity of nurturing heart and morality, and carry out mental health education scientifically according to the laws of students' physical and mental development and the laws of mental health education. Timely relief of psychological problems, strengthen psychological crisis prevention and intervention, and maximize the prevention and reduction of the occurrence of serious psychological crisis cases.<sup>[3]</sup> Starting from the ecological system theory, this paper discusses and analyzes the cases of college students' psychological crisis, in order to enrich the research perspective of the causes and solutions of college students' psychological crisis.

## 1. Ecosystem theory

In 1979, American psychologist Bronfen Brenner formally proposed the ecosystem theory in his book "The Ecology of Human Behavior". According to the degree of influence of the system on people, he divided the ecosystem into micro system, middle system, outer system, macro system and diachronic system.<sup>[4]</sup> He emphasized that "people are in the environment", and the occurrence of individual problems is not caused by a single factor, but caused by the combined effect of one's own factors and the external environment.<sup>[5]</sup>

## 2. Case Analysis of College Students' Psychological Crisis

### 2.1 Case background

Xiao Gao (pseudonym), male, 170cm, moderately depressed, introverted, reluctant to talk, downgraded student (due to relapse of depression, once dropped out of school for one year), from a remote mountain village in a certain province. The student has a cold relationship with his parents and never takes the initiative to communicate with his parents. The family's economic conditions are average. The father works odd jobs in a factory in his hometown, and the mother rents a house outside the school to accompany the child to study, and has no job. The parents' education level is not high, and the mother can't speak Mandarin. When she even accompanies Xiao to school she can't converse with the teachers or the people around her son. One day, during a class session, the student came to the counselor's office, crying and expressing suicidal thoughts.

## **2.2 Problem analysis**

The student is introverted, sensitive, and suffers from depression. As a resident student, the relationship with parents is indifferent, and it is difficult to obtain family support; as a downgraded student, there is not much contact with new classmates and lack of close friends. The student suddenly had suicidal thoughts, maybe he encountered something at school or at home, and needs to be further traced. The student's suicidal thoughts can turn into a crisis event if left unattended to find the source of the problem.

## **3. The causes and countermeasures of college students' psychological crisis from the perspective of ecosystem theory**

Bronfenbrenner emphasized the interaction between individual behavior and social environment. The occurrence of psychological problems of college students is not caused by a single self-cause, but also fully considers external factors. Therefore, individuals should be embedded in the entire environmental system, fully considering factors such as family, school, and society, to analyze problems and find countermeasures.<sup>[6]</sup>

### **3.1 Aim at the bullseye, precise force**

In the ecosystem, the individual is at the most central position. Therefore, when understanding the situation, analyzing problems and finding solutions, it is necessary to avoid the situation of detaching from the main body of students and analyzing the environment alone.

When the student came to the office, he just cried at first and was unwilling to express his true thoughts. Under the guidance of the counselor, the student revealed that his mother went back home, and now he is the only one living in the rental house. "I have stopped taking antidepressant drugs during this period of time, and I usually go to class by myself, without the company of my classmates", he said.

Students with weak social support from family, friends are more likely to have mental health problems. The student's living environment has changed, the interpersonal skills are lacking, and the academic pressure is high. Therefore, in addition to the work of parents and classmates, the counselor should also encourage the student to learn to express his emotional needs, teach the student how to communicate, and suggest that the student actively participate in group activities in the class and make close friends.

### **3.2 Weaving a network to form a joint force**

#### **3.2.1 Create a good micro-system environment**

Micro-system refers to the environment that individuals are directly in contact with, including family and school, which directly affects students' cognitive, psychological and emotional experience.

On the one hand, in the student's family, the parents have little interaction with the student, and the parent-child relationship is weak. On the other hand, in the school, the student is a downgraded student and lives off-campus. He has little contact with new classmates and lacks close friends. All of these situations amalgamate the growing period of loneliness and affect the emotional experience of the student at home and at school.

In this regard, the counselor immediately got in touch with the student's parents, urged the parents to return immediately, and he took it upon himself to accompany the student until the parents arrived. It is of great importance to communicate with parents to explain the current psychological crisis situation of students, so that parents often communicate with their children and probably accompany their children more school till a certain point where they can manage by themselves. In addition, the counselor also communicated with the student's class committee many times, hoping that the class committee can pay more attention to help the student and help him get out of his closed life circle.

#### **3.2.2 Pay attention to the interaction of various micro-systems**

The intermediate system refers to the connection or interaction between various microscopic systems. The weak way of getting along with his parents also affected the way of getting along and emotional communication between the student and his classmates. At the same time, the unfavorable interaction with classmates also affects the mother-child relationship. In this regard, counselors should take active actions, pay attention to home-school cooperation, actively adjust the relationship between parent-child and classmates, and jointly help the student to form an educational synergy.

#### **3.2.3 Pay attention to the indirect impact of the outer system on students**

The outer system refers to the environmental system that individuals do not directly participate in but has an impact on their development, such as parents' occupation and work unit. Xiao Gao's mother could not speak Mandarin and was unable to communicate with the people around her. She stayed in the rental house every day. The dull mood of the mother was also affecting the student's mood. The student once told the counselor that he felt that his mother was mostly unhappy even during the time she accompanies him

to school, which indicated that although the student did not directly integrate into his mother's daytime life, his mother's emotional state was affecting the student.

### **3.2.4 Pay attention to the implicit impact of the macro system environment on students**

The macro system, which is located in the outermost layer of the environmental system, refers to social and cultural values, customs, and other cultural resources. The main reason why the mother stopped encouraging her son from taking the drug was that the mother was superstitious (the birthplace of her hometown was more superstitious), she believed that the child had recovered and no longer needed to take antidepressants, and the mother returned to her hometown to make a vow in the temple. In this regard, the counselor and the student's parents emphasized the importance of taking medicine on time, and following the doctor's scientific diagnosis to determine the amount of medicine the child takes and whether it needed to be taken.

### **3.3 Facing changes and improving resilience**

A diachronic system means that any changes in an individual's age and ecological environment affect the development of an individual. The student was downgraded to a new grade and moved off-campus to live with his mother. The learning and living environment had changed a lot from before. It is necessary to learn to be flexible in the communication and guidance strategy with students, and to make the best use of the situation according to the actual situation of the students and the environmental information at that time.

### **3.4 Work effectiveness**

With the help and cooperation of counselors, parents and classmates, the student's parent-child relationship and classmate relationship have been significantly improved. Usually, he will post the food made by his mother in his circle of friends, take medicine on time, and often take the initiative to contact counseling. The overall emotional state is stable.

### **3.5 Reflection and Revelation**

In this case, based on the ecosystem theory, the counselor can analyze and examine the complexity of the students' situation from multiple dimensions, levels and angles, and then think about it in a vertical diachronic system, and then comprehensively analyze. The causes of students' psychological problems help us find those environmental factors that are easily overlooked and affect students' psychological state, effectively solve the difficulties encountered by students, and let the sun shine in the hearts of students.

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