

Investigation and Research on Prevention and Intervention of Psychological Crisis Among College Students in Shaanxi Province

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Abstract: In this study, the self-compiled questionnaire “College psychological crisis prevention and Intervention Work questionnaire” and field visits were used to investigate the psychological crisis prevention and intervention work in 12 colleges and universities in Shaanxi Province. The content of the questionnaire is divided into three aspects: prevention, identification and intervention of psychological crisis. The results show that 91.67% of the institutions of psychological crisis prevention and intervention are perfect; 66.67% of school teachers and work networks at all levels, such as administrative and logistics personnel, did not know how to identify college students’ psychological crisis, and 41.67% of students did not know how to deal with college students’ psychological crisis. The school conducted psychological crisis screening once a semester and once a month, up to 91.67%; 66.67% of the students with no marginal student bank; There were still 16.67% counselors who could not help students with relevant knowledge of psychological crisis intervention when they found the students’ psychological crisis, and 58% believed that the prevention and intervention work of school psychological crisis needed to be improved.

Keywords: College students; Psychological crisis; Preventive intervention; The status quo; Research

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The psychology of college students is still in the process of development and is still unstable. Coupled with the rapid development of society, various temptations, competition and pressure, especially the severe form of the epidemic, the psychological turmoil and various crises caused by it have brought great challenges to the mental health education of colleges and universities, caused irreparable losses to families, and brought great instability factors to society and schools. The whole society from the country to the local to the school, the college students psychological crisis prevention and intervention as one of the key work, so the college students psychological crisis prevention and intervention must be attached great importance.

In recent years, studies on the prevention and intervention of college students’ psychological crisis mainly focus on the importance of crisis prevention and intervention, existing problems, the construction of crisis prevention and intervention system, the exploration of work direction, etc. These studies are fundamental to the work of college students’ psychological crisis prevention and intervention, and for each university, In the face of the increasingly severe situation of college students’ psychological crisis prevention and intervention work, how to achieve strict prevention, accurate identification, effective intervention is the top priority, is the urgent problem to be solved.

This paper attempts to study the current situation of psychological crisis prevention and intervention of college students in Shaanxi region through investigation and visit, so as to find problems, put forward countermeasures, and provide specific ideas and methods for the psychological crisis prevention and intervention of college students in Shaanxi region.

1. Research object and method

The Questionnaire on Prevention and Intervention of Psychological Crisis in Colleges and universities was prepared by the author. The prevention and intervention work of college students' psychological crisis in 12 colleges and universities including Xi'an Physical Education University, Xi'an Siyuan University, Xi'an Shiyou University, Northwest University of Political Science and Law, Xi'an Kedagaoxin University, Xi'an University of Science and Technology, Xi'an Polytechnic University, Shaanxi Vocational and Technical College, Xi'an University of Architecture and Technology, Xijing University, Xi'an Mingde Institute of Technology, Shaanxi University of Technology and Xidian University were investigated. The 12 universities cover key, private and higher vocational colleges, including liberal arts, science and technology, physical education and comprehensive institutions. The sample is well representative.

2. Survey results and analysis

2.1 Prevention of college students' psychological crisis

The results show that: all colleges and universities in the prevention of college students' psychological crisis work is good, 91.67% of the schools have established the college students' psychological crisis prevention intervention leading group; 75% of schools have special psychological crisis prevention and intervention sites; 91.27% of the schools had formulated a psychological crisis prevention and intervention program or system; 91.52% of the schools have full-time psychological counselors engaged in the prevention and intervention of college students' psychological crisis; Professional counselors engaged in crisis prevention intervention have received professional training in psychological crisis prevention intervention; 91.18% of the schools included the prevention and intervention of psychological crisis in the school's overall work plan; 75% of schools conducted training on psychological crisis prevention and intervention for teachers and work networks at all levels, such as administrative and logistics personnel; In order to reduce and prevent the occurrence of psychological crisis, 91.6% of schools often carry out mental health education activities, among which mental health education activities mainly include psychological micro film competition, mental health knowledge competition, My "heart" equipment, psychological theme class meeting, psychological drama competition. Ethnic minority students Workshop, psychological commissary series training, mental health education publicity season, three students education publicity month, psychological group counseling workshop, psychological joy reading psychological lecture, psychological essay, psychological fun sports meeting, special salon, sign language exercise and all kinds of student experience activities.

From the above data, it can be found that the prevention of psychological crisis of college students in various schools is relatively perfect and standardized from the aspects of system construction, professional training, universal education and so on.

2.2 Identification of college students' psychological crisis

The survey results show that all schools carry out psychological crisis screening, but the psychological crisis screening once every semester accounts for 50%, once every month accounts for 41.67%, and once every week accounts for only 8.33%. Only 33.33% of school teachers and work networks at all levels, such as administrative and logistics personnel, know how to identify college students' psychological crisis (see Figure 1 for details). All key student libraries are built in the school, but only 33.33% are built for marginal students (see Figure 3 for details). From the above data, it is found that the link of college students' psychological crisis identification is weak, and it is urgent to improve the awareness and ability of psychological crisis identification.

2.3 College students psychological crisis intervention

The survey results show that 58.33% of school teachers and staff at all levels of work networks, such as administrative and logistics personnel, know how to deal with the psychological crisis of college students, 41.67% still do not know how to deal with it; 75% of schools often provide psychological crisis education guidance to students who need it, and 25% of schools still neglect to provide psychological crisis education guidance to students. Students are quite clear about which department they should turn to for help in case of psychological crisis. 83.33% of the schools had designated psychological crisis contact referral hospitals, and 16.67% of the schools had no designated referral hospitals; 58.33% of schools have 24-hour psychological crisis intervention hotline, 41.67% of schools have not set up a hotline, all schools have psychological crisis intervention procedures; 83.33% of the college students' psychological crisis intervention procedures are clear to all levels of the school network, and 16.67% of the relevant personnel are still unclear; 83.23% of counselors could help students with relevant knowledge of psychological crisis intervention when they found the students' psychological crisis, and 16.77% of counselors could not help students with crisis intervention knowledge. The school can intervene and deal with students' psychological crisis in time; 73.33% thought that the school psychological crisis prevention intervention work is relatively standard.

From the above data, it can be seen that there is still a lack of understanding in the implementation of the relevant system of psychological crisis intervention in colleges and universities, and there are still many areas to be improved, especially how to deal with the psychological crisis of the work network at all levels and establish the psychological crisis hotline as soon as possible.

3. Research conclusions and problems

3.1 The psychological crisis prevention and intervention mechanism of college students is relatively sound. However, through research and field visits, it is found that more college students' psychological crisis prevention and intervention mechanisms are still at the institutional level, and have not been effectively implemented.

3.2 All colleges and universities have carried out different forms of mental health education popularization activities. However, the psychological education activities are uneven and different in form and content.

3.3 All colleges and universities have carried out psychological crisis investigation and built key student databases, but most of them have not established psychological crisis edge databases. And the psychological investigation time interval is too long, for the frequency and severity of the psychological crisis of college students at the present stage can not achieve the purpose of timely discovery of problems.

3.4 All colleges and universities have carried out relevant training on the prevention and intervention of psychological crisis, but the emphasis on the prevention and intervention of psychological crisis for college students is still insufficient, which is reflected in the insufficient training of teachers and work networks at all levels.

3.5 Each work style network has a relatively standardized intervention process for college students' psychological crisis, but it needs to be improved.

4. Suggestions

4.1 In the process of psychological crisis intervention of college students, the responsibilities and communication and cooperation of all departments of the school should be further strengthened.

4.2 The training of psychological crisis work network at all levels of the school needs to be strengthened, especially the knowledge training of psychological crisis prevention and intervention for front-line staff counselors and student backbone, especially the training of crisis identification ability and early warning awareness. Field exercises can be conducted.

4.3 The doctor-home-school linkage needs to be strengthened and the school counseling hotline needs to be built. Meanwhile, the knowledge of psychological crisis can be popularized to parents through home-school classes, so that parents can cooperate when students are in crisis and the intervention of psychological crisis can be carried out smoothly.

4.4 The school management should continue to improve the cognition of the severity of the psychological crisis of college students, and the school should be mainly responsible for leading the training of relevant psychological crisis prevention intervention content.

4.5 The school psychological crisis intervention network needs to be further systematized, and should be given full attention from the level of school management and included in the work assessment.

4.6 For the prevention and intervention of college students' psychological crisis, adequate financial support should be given, and professional training and supervision should be effectively carried out.

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