

Analysis of college students' Mental Health and Intervention Strategy of Psychological Crisis in Joint Prevention and Control Mechanism

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Abstract: As the pace of life is getting faster and faster, the competition of college students is becoming more and more fierce, coupled with the problems of life and emotion, many students' psychological condition is not very ideal. It is very urgent to strengthen college students' mental health education and psychological crisis intervention. This paper establishes a joint prevention and control mechanism for a series of psychological problems produced by college students, and analyzes college students' mental health from an all-round perspective. Based on this, this paper explores the joint prevention and control mechanism of college students' mental health education and psychological crisis intervention, so as to prevent and intervene in college students' psychological problems.

Key words: joint prevention and control; Mental health; Psychological crisis; Intervention strategies

The report to the 19th National Congress of the Communist Party of China proposed that "we should strengthen the construction of the social psychological service system and cultivate self-esteem, self-confidence, rational peace and positive social mentality". The joint prevention and control mechanism is a new education model of college students' mental health education, which is to adhere to the student-oriented, adapt to China's educational policies, in line with the inevitable requirements of the law of psychological development of college students, it is also to improve the current content of psychology education in China's colleges and universities, to meet the inevitable requirements of college students' mental health. Based on the joint prevention and control mechanism, colleges and universities mobilize the strength of various functional departments of the school, at the same time, united society and family, timely intervention in the psychological problems that may occur in students, can cultivate the correct values of college students, shape good will quality, and help college students grow up comprehensively and healthily.

I. Current situation of college students' psychological problems

At present, the number of college graduates is increasing, the employment situation is becoming more and more severe, coupled with the public entrance examination, postgraduate entrance examination, academic internal examination, etc., college students are facing greater pressure in study and life. At present, college students are protected by their families, so they encounter relatively few difficulties and lack social experience, which makes them vulnerable to setbacks in campus life. In the Internet era, students are exposed to the vast and complex information on the Internet anytime and anywhere. However, the source of the network information is complex, and the authenticity is difficult to distinguish. The ability of screening and screening of college students is not strong, and they are easy to be misled by wrong information, resulting in anxiety, which seriously endangers their physical and mental health. A large number of psychological census data show that a considerable number of college students have weak willpower, and when they encounter setbacks in their studies, interpersonal relationships, emotions, etc., they show a weak ability to resist pressure, which is easy to produce psychological problems. Especially after entering the university campus, the study life is more free, many students lack of self-control, fail to arrange their own college life reasonably, often encounter setbacks in emotional and life. In colleges and universities, the maintenance and handling of dormitory relationship is also an important part of college life. Poor maintenance of dormitory interpersonal relationship will greatly affect the emotions and psychology of college students.

II. The causes of college students' psychological crisis

1. Students' own factors

There are various factors leading to the occurrence of mental health problems and psychological crisis events, and one of the important reasons for the frequent occurrence of mental health problems in college students is the lack of cognitive ability in mental health and the lack of attention to psychological problems. Before entering colleges and universities, students' life is relatively simple, the growth environment is also relatively simple, and the study life is basically a "school - family" two-point first-line model. After entering colleges and universities, in the face of free learning environment, many students are difficult to resist the temptation of the outside world, the lack of correct value judgment ability, coupled with a large number of bad Internet ideological erosion, the psychological problems of students show an increasing trend year by year. At present, the study pressure of colleges and universities is also increasing, students need to achieve good academic results, in order to better face the future employment, study abroad and postgraduate entrance examination and other problems. If these problems are not alleviated in a timely and effective manner, over time, the problems will accumulate, which is likely to lead to psychological problems for students.

2. Factors in school education

Students study and live in the campus, and the campus cultural atmosphere has an important impact on students' psychology. The harmonious campus atmosphere is the key to ensure the healthy growth of college students, which can effectively reduce the occurrence of

psychological problems. In recent years, colleges and universities have given full attention to college students' mental health education and psychological crisis intervention. A series of measures have been taken to build functional rooms such as psychological counseling rooms, psychological catharsis rooms, group psychological counseling rooms, and psychological intervention measures such as psychological survey and counselor talk have also been implemented. However, the work of mental health crisis intervention in colleges and universities has only arisen in recent years, and the work is still in its infancy. The teachers responsible for the psychological intervention of students are mainly the teachers of the school psychological center and the counselors. Other teachers have insufficient understanding of the psychological crisis intervention and do not actively participate in the related work.

3. Family environment factors

Family environment is the basic environment for the growth of students, but also an important factor affecting mental health, a good family environment is easier to cultivate optimistic, brave and strong children; If there is a problem in the family environment, the school's mental health education alone can not effectively alleviate the students' mental health problems. In fact, the occurrence of college students' mental health problems is inextricably related to the existence of family. Some students' parents attach too much importance to their children's academic development, future and destiny, and focus on students' academic performance, and fail to follow up their children's mental health education and emotional training in time. Children who grow up in this extreme family education atmosphere have greater psychological pressure, more obvious tension and anxiety, and are more prone to psychological problems.

4. Social and environmental factors

In addition to campus atmosphere and family factors, social factors also affect the mental health of college students. At present, the economic level is gradually improving, the pace of life is speeding up, the competitiveness of the whole society is becoming more and more large, and the requirements for talents' educational background, educational level and comprehensive quality are getting higher and higher. The recruitment threshold of enterprises and public institutions is increasing year by year. In addition, with the advent of the information age, college students can get a variety of information on the Internet, and multiple ideological trends collide with each other on the Internet. Although college students have the ability to think independently, due to the relatively single learning and living environment, some adverse ideological trends are easy to interfere with students' ideological understanding and values, causing students' psychological problems. Due to a small number of news media's false reports, misguidance and overrendering of college students' mental health, it also affects college students' understanding of mental health.

III. The construction of the joint prevention and control mechanism of college students' mental health education and psychological crisis intervention

1. Popularize the knowledge of mental health and do a good job in the psychological counseling of students

Students' psychological state has a great relationship with their ideological understanding, values and so on. In the process of psychological crisis intervention, if students feel ashamed, their mentality will always be in a relatively closed state, unwilling to take the initiative to seek outside help, or even hide their real situation, which will make psychological problems have been accumulated in the mind, and eventually lead to psychological crisis. Therefore, in order to effectively solve the psychological problems of college students, so that students can better live in the university campus and solve their own problems in study and life, students themselves must master the professional knowledge in psychological aspects, eliminate the sense of stigma, and truly accept their own advantages and disadvantages. Colleges and universities should vigorously strengthen the publicity and popularization of mental health knowledge, so that students can correctly understand mental health, master certain mental health knowledge and psychological adjustment methods. Once encountering psychological problems, students can use the mental health knowledge and methods learned to conduct self-counseling in time to reduce the incidence of psychological crisis.

2. Taking students as the center, all departments of the school should jointly carry out mental health education

As an important place to train high-quality talents, schools should assume the responsibility of intervening in college students' psychological crisis. Under the joint prevention and control mechanism, colleges and universities should build a whole process, all-round psychological health education and psychological crisis intervention mechanism. The university has set up a leading group for college students' mental health education, the leader of which is responsible for coordinating the work of all departments in the whole school in mental health education, and the leading group propagandises and supervises the work of mental health education. Each department is required to set up a psychological counseling station with at least one psychological counselor to be responsible for the education, publicity, management, consultation and referral of mental health in the department. Each department will further convey and promote the work of mental health education, detailed to the class, dormitory management category, each class set up a psychological committee, each dormitory set up a psychological observer, responsible for regular reporting to the relevant personnel abnormal situation. All functional departments, psychological centers, counselors, teachers and student cadres in colleges and universities should clarify their responsibilities, strengthen exchanges, actively participate in and closely cooperate with each other to jointly carry out mental health education for college students. Schools should take students as the center, mobilize all resources inside and outside the school to participate in mental health education and psychological crisis intervention work, to prevent the occurrence of campus psychological crisis events.

3. Parents pay attention to, strengthen understanding, care and communication

Parents are the first teachers of children. A family's educational concept, ideological understanding and family environment have an important impact on children's mental health. In the joint prevention and control mechanism, parents should take the initiative to contact

the school, timely understand the child's situation, pay attention to the child's mental health status, and do a good job of communication and counseling. Schools should also strengthen home-school contact, take the initiative to publicize correct mental health education knowledge to parents, and inform parents of students' information in a timely manner. In life, parents should learn to communicate effectively and equally with their children, but also learn to think in the other place, more from the child's point of view to think about the problem, carefully observe the true idea of the child's heart, fully understand the child, learn to make friends with their children. Parents in the education of children, can not only take the achievement as the only standard to measure the value of the child, to give a full range of attention to the growth of the child, to be good at finding the bright spot of the child. When children have psychological problems, parents should face them correctly with a scientific attitude, more understanding and respect, and take timely measures to guide them to avoid further deterioration of psychological problems.

4. Multi-party collaborative education, the establishment of "home + school + medical" multiple prevention and control system

College students' psychological crisis intervention is a very complex work, and the establishment of a joint prevention and control mechanism for mental health in colleges and universities should be a multi-party linkage and cooperative intervention system of "home + school + medical" : taking students as the core of work: Strengthen students' self-awareness, guide them to establish a correct outlook on life and values, form a positive and healthy attitude toward life, and master certain professional knowledge of mental health; Families, schools and hospitals (professional psychological treatment institutions) intervene and guide students, connect the home-school network, school-medical intervention network and family treatment network, and carry out home-school co-education, medical school co-prevention and doctors' co-treatment; Jointly with judicial departments and government departments, establish a joint prevention and control mechanism based on the regulations of judicial departments, supervision of government departments and guidance of social atmosphere, form a fixed-point cooperation model of "home + school + medical", and build a joint system of "community" co-governance. Especially in the process of handling serious psychological crisis cases, it is necessary to strengthen the communication and cooperation between schools, families, hospitals and relevant government departments, and take effective measures to solve the problem, so as to achieve the intervention effect of twice the result with half the effort.

Epilogue

All in all, college personnel training should not only pay attention to students' scientific and cultural knowledge and professional skills development, but also pay attention to students' mental health, so that college students can achieve comprehensive, coordinated and sustainable development. The mental health analysis and psychological crisis intervention strategy under the joint prevention and control mechanism can not only help college students fully understand mental health, improve their ability to withstand setbacks and emotional regulation ability, but also help college students in crisis to restore balance as soon as possible, re-understand crisis events, and learn the correct coping methods. This paper discusses the problem of college students' psychological crisis prevention and intervention from the perspective of constructing mental health strategy under the joint prevention and control mechanism, in order to provide reference for the practice of psychological crisis intervention.

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