

# Analysis of the influence of myopia on mental health of students in higher vocational colleges

Xi Xuan

Binhai Foreign Language School Affiliated to Tianjin Foreign Studies University, Tianjin 300450, China

**Abstract:** The problem of myopia will affect the mental health of higher vocational college students to some extent, this paper uses the questionnaire survey method to explore the impact of myopia this factor on the mental health of higher vocational college students, and puts forward the corresponding mental health education measures to promote the development of mental health education of myopia students in higher vocational college.

**Key words:** myopia; Higher vocational colleges; Student mental health; impact

In higher vocational college education, strengthening students' mental health education is an important educational task, through mental health education can make students maintain a positive and sunny mental state, so that students form optimistic courage to face difficulties, determination and confidence to overcome difficulties, so as to students' career growth and professional development. Myopia as an important factor affecting the mental health of students, the existence of this problem will also bring a certain impact on the mental health education of students in higher vocational colleges, because skills occupy an important content in vocational college students' career choice, which leads to myopia to a certain extent affect the student's career development. Therefore, in-depth analysis and exploration of myopic vocational college students' mental health impact, and on a certain basis to adopt effective coping strategies, to promote the orderly development of vocational personnel training.

## I. The impact of myopia on the mental health of students in higher vocational colleges

### 1. Survey method

The questionnaire survey method is adopted in this study, and the survey objects are myopic students in higher vocational colleges. The questionnaire survey scale design focuses on the impact of myopia on students' mental health, involving a total of 300 questionnaire questionnaires. Myopic students in vocational colleges in this city are randomly selected to scale and invited to fill in the questionnaire scale. Recycle the questionnaire scale to understand the impact of myopia on the mental health of students in higher vocational colleges. 295 questionnaires were recovered, of which 291 were effective, with a recovery rate of 98.57% and an effective rate of 97.10%. After that, the results of the questionnaire were analyzed statistically.

### 2. Analysis of the survey results

#### (1) The survey results of the psychological situation of myopic students

In the data investigation stage, we have investigated and counted the information of vocational college students on the control of myopia. The specific statistical results are shown in Table 1 below. According to the statistical results of the data in the table, we can know that most of the students have relatively insufficient confidence in the control of myopia development, which accounts for 86.57%; The number of students who have confidence in controlling the development of myopia is 9, accounting for 13.43%. To a certain extent, this indicates that students majoring in transportation are not confident enough to control their myopia. In addition, the relationship between myopic students and their study and life was also understood in the data survey stage. The number of students who believed that their poor vision affected their study and life accounted for 76.23%. This data also indicates that myopia will have an impact on students' psychology to some extent. Some students will their own learning and myopia this problem is linked together. In addition, in the data survey stage, we also have a deep understanding of students' myopia related problems. 92.82% of students worry that they will be affected by myopia in the subsequent employment stage; 87.25% of the students worry that their future life will be affected and that their vision will continue to decline in the future. 96.27% of the students were anxious about their myopia and regretted that they had not taken effective measures to prevent myopia.

**Table 1. Survey and statistics of information on myopia development control among vocational college students**

Students' confidence in controlling myopia development	Number of people	Take up a proportion of
Confidence	39	13.43%
No confidence	252	86.57%

#### (2) Survey results of vision protection among vocational college students

In the stage of data investigation, the students' vision protection was investigated and statistics were carried out in order to better understand the relationship between myopia and mental health of students. The results of the survey show that only 13.22% of the students pay attention to eye health before the disease, and only 19.82% of the students pay attention to their own eye health and adopt scientific eye health methods after myopia, while a large part of the students do not pay attention to eye health at all. Even 8.76% of the students pay less attention to eye hygiene after myopia than before eating. To sum up, it can be seen from the above data survey results that the students

lacked sufficient understanding of scientific eye use before myopia occurred, and the treatment of eye hygiene was not in place. Only a small number of students paid attention to eye hygiene, and even some students did not pay attention to eye hygiene after myopia occurred. The emergence of this problem also reflects the causes of students' myopia to a certain extent.

## **II. Myopia brings problems to students' mental health in higher vocational colleges**

### **1. Myopia brings mental anxiety to vocational college students**

The emergence of myopia will affect the mental health of vocational students to a certain extent, so it is not conducive to promoting the orderly progress of students' mental health education. It may even affect the effect of professional teaching due to myopia, and it is difficult to play a positive role in the professional growth and professional ability training of students. The first problem is that some myopic students generally have mental anxiety. These students often worry that the development of their myopia is difficult to control, and even worry that myopia may affect their normal study and life. In addition, for some students who are facing employment after graduation, they are even more worried that myopia will affect their employment. Therefore, due to various reasons, myopic students have psychological problems such as anxiety and inner insecurity, which is obviously not beneficial to the healthy growth of students.

### **2. Nearsightedness brings lack of self-confidence to vocational college students**

In the training of higher vocational talents, some myopic students have a lack of self-confidence, which also affects the effectiveness of higher vocational talents training. For example, some students who wear glasses feel inferior, especially some female students who think that they are not beautiful enough. In daily study and life, they will gradually lose confidence due to myopia and eye problems. Although some students choose to wear contact lenses, it also brings more trouble to students' life. Moreover, in the communication with others, these myopic students, due to a certain degree of vision problems, cannot perceive the expressions and body language of others faster, so there is a certain sluggishness in the response speed of communication. Over time, these students will become unwilling to communicate with others, or even do not want to communicate with others, resulting in serious lack of self-confidence.

### **3. Nearsightedness brings inner sensitivity to students**

Nearsightedness of students will bring many mental health problems to students, and inner sensitivity is an important issue. The occurrence of this problem will make students more vulnerable, more sensitive to the things around them, the words and deeds of others, and even some joking words among classmates will be considered as targeting themselves, so these students will gradually become inferior. And even in serious cases, there may be a tendency to autism, which will obviously affect the students' inner health and growth, and will also bring certain obstacles to the training of rail transit professionals.

## **III. The psychological health problems of myopia students in higher vocational colleges**

In order to further promote the orderly training of vocational talents, stimulate the motivation and enthusiasm of students to learn professional knowledge, it is necessary to strengthen the degree of attention to the mental health problems of myopic students, and do a good job of counseling the mental health problems of myopic students, on this basis to maintain a healthy mental state. Promote the healthy growth of students at the same time so that they can continuously improve professional quality and ability, to achieve the goal of improving the quality of vocational personnel training.

### **1. Implement differentiated and personalized guidance for students' mental health**

In the work of mental health education, teachers need to pay more attention to students with myopia, fully understand and master the psychological problems of students with myopia, and on this basis, conduct education and guidance for students, and highlight the differentiation of mental health education, in order to protect students' mental health. For example: Teachers should understand the personality characteristics, interests, psychological dynamics and other factors of each myopia student in the class, and then take personalized guidance measures according to the different psychological problems of students, so as to help students timely resolve their inner negative emotions, promote the orderly conduct of students' mental health education at the same time, so that students can maintain a good attitude. It is the problem of myopia that promotes the orderly progress of student learning and improves the effectiveness of talent training.

### **2. Targeted group counseling work on mental health of myopic students.**

The development of mental health education of students in higher vocational colleges should also pay full attention to the mental health counseling of myopic students, on this basis, protect the mental health of students, and maximize the impact of myopia on students' mental health. For example: in the student education work can be targeted to carry out student mental health group counseling work, such as training students' self-confidence, improve self-efficacy and other content. Take group counseling as the carrier to do a good job of myopic students' mental health counseling, timely help myopic students to alleviate their negative emotions, and promote the orderly conduct of mental health education. For example, we can organize mental health teachers in higher vocational colleges to carry out mental health group counseling for myopic students, and carry out a student mental health counseling lecture hall every Tuesday and Thursday. In particular, we need to teach students some relevant mental health knowledge about myopic problem control and students' inner counseling. In addition, every Monday, Wednesday, Friday time also need to organize students to carry out some myopic mental health knowledge popular science activities, so that students form a scientific understanding of the problem of myopia, effectively assist myopic students to do a good job of psychological problems counseling, to promote the orderly conduct of students' mental health education.

### 3. Teachers take the initiative to increase communication and exchange between students

To promote the mental health education of vocational college students, we should pay attention to the role of teachers and strengthen the communication between teachers and students. Through close communication and in-depth communication between teachers and students, we can understand the psychological problems existing in myopic students and master the psychological dynamics of students. In particular, for some students with insufficient self-confidence, sensitive heart and low self-esteem, we should pay special attention so that teachers can gradually become good teachers and friends of students, timely psychological and emotional guidance in the stage of students' inner problems, help students get rid of negative emotions on mental health, and strengthen the positive psychological guidance of students. So that students can correctly view the problem of myopia, and with a positive attitude to face the difficulties in learning and life, to achieve the educational effect of maintaining students' mental health.

## The Conclusion:

To sum up, in the stage of promoting the mental health of myopic students in higher vocational colleges, it is necessary to scientifically plan and design mental health education, pay full attention to the impact of myopic problems on students' mental health, and take effective educational guidance measures for students, timely help students relieve their negative emotions, so as to promote their healthy and robust growth. So that students can always maintain a positive, sunny and optimistic mental state, so as to improve the level of talent training in higher vocational colleges.

## References:

- [1] Weikang Yang, Hongxu Liu, Chuan-an Wu, et al. A study on the correlation between myopia and health behavior among primary and secondary school students [J]. *Occupational and Health*, 2016, 32 (09): 1264-1267.
- [2] Juan He, Dandan Jiang, Yaoyao Lin et al. Relationship between mental health and vision-related quality of life in middle and high myopia students [J]. *Preventive Medicine*, 2019, 33(02): 117-120. (in Chinese)
- [3] Kewen Zhou. Effects of myopia on vision-related quality of life and mental health in senior high school students [J]. *Chinese Journal of School Medicine*, 2019, 33(07): 490-491+545.

This paper is the research achievement of 2019 Philosophy and Social Science Planning project of Tianjin (Project No. : TJJX19-008).