

Current Situation And Problem Analysis Of College Students' Psychological Adjustment

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Abstract: This paper mainly aims at two groups of domestic college students and foreign students studying in China, using Wechat and other new media and open question and answer interview method to conduct research, and collate and analyze the collected text materials. The research content is mainly carried out through two dimensions of individual understanding and self-cognition. The purpose is to provide psychological adjustment measures for the problems found in the investigation, provide certain help for the mental health development of college students, and also contribute to improving students' ability to adapt to their living environment.

Key words: college students; Mental health; Mental adjustment

1. Introduction

The study of college students' psychological adjustment is a relatively new topic, but it is of great significance for college students to self-regulate and improve their own problems, and has a positive role in promoting social development. The common psychological problems of college students are generally derived from the deviation in the development of self-understanding, the obstacles in interpersonal communication and the inability of college students to adapt to the pressure of study and employment. At present, most colleges and universities in our country are carrying out the investigation of college students' psychological adjustment, and have achieved some results. However, due to the influence of social environment, economic conditions and other factors, there are still some colleges and universities have not carried out the corresponding theoretical research and practical investigation. This paper mainly focuses on the discussion of the psychological adjustment of college students at home and abroad, combined with the existing theoretical achievements of domestic and foreign scholars and the actual situation to carry out relevant investigation and research.

2. Analysis of Related Concepts

2.1 Psychological adjustment of college students

College students' psychological adjustment refers to the process in which an individual achieves the goal of adjustment by adjusting the interaction between himself and external stimuli in the face of different environments and conditions, so that the individual can actively cope with the pressure, difficulties, setbacks and other situations and maintain mental health. It aims to improve the individual's self-adjustment ability and adaptability, and help the individual better adapt to the external environment and internal emotions. Psychological adjustment of college students can help individuals better cope with challenges and pressures, improve quality of life and happiness, prevent and treat psychological problems, and promote individual growth and development.

2.2 Content of Psychological Adjustment

The main contents of psychological adjustment include emotional adjustment, cognitive adjustment, behavioral adjustment and social adjustment. Emotional regulation refers to achieving emotional balance and emotional adjustment by perceiving, expressing and regulating emotions. Cognitive regulation refers to adjusting an individual's mental state and emotional state by changing the individual's cognitive mode and thinking mode. Behavioral regulation refers to adjusting an individual's mental state and emotional state by changing an individual's behavior style and living habits. Social regulation refers to improving the individual's social ability and adaptability by improving the communication and relationship between the individual and others.

2.3 The Process of Psychological Adjustment

The psychological adjustment of college students can be divided into three stages: the first stage is the initial stage. It is necessary to recognize that the existence of negative emotions is a normal phenomenon and allow negative emotions to exist, which is a normal "self-protection" mechanism; The second stage is the middle stage, that is, individuals evaluate and adjust their own psychological state through social practice; The third stage is the core of the later stage, that is, individuals determine their goals and formulate relevant strategies and methods through their existing knowledge and experience and social practice, so as to achieve the purpose of psychological adjustment. Therefore, in the process of psychological adjustment, the first thing is to determine the goal, that is, to predict the needs of their future life, so as to determine whether they can adapt to it; The second is to choose the right companions; The last is to conduct self-assessment and reflect on the goal positioning, adjust the plan and a series of work to achieve the final goal. In this whole process, it is necessary to have the guidance and help of the corresponding professionals.

3. Analysis of College Students' Psychological Adjustment Status

3.1 Research Purpose

The level of college students' psychological adjustment ability will affect their ability to adapt to their living environment and their ability to have problems in interpersonal communication. Through this investigation, we hope to help college students better understand the relationship between themselves, others and society. The research is based on the current situation of mental health development of

college freshmen at home and abroad, and discusses the problems faced by college graduates in China such as employment, so as to improve the quality of life of contemporary college students, and puts forward countermeasures. It is hoped that it can provide some help for the development of college students' mental health, and also improve students' ability to adapt to their living environment.

3.2 Research Methods

The research objects are mainly domestic college students and foreign students studying in China. The research mainly uses Wechat and other new media tools and platforms, and adopts open interview and question-and-answer methods to sort out and analyze the collected text materials. The research content is mainly carried out through three dimensions: one is individual cognition, the other is situational cognition, and the third is self-cognition. In terms of individual cognition, it mainly refers to the individual's ability to respond to various stimuli in the environment, including the specific performance and the psychological adjustment mode. In the aspect of situational cognition, it mainly analyzes the individual's evaluation of society, school and family from two dimensions of personal life and interpersonal relationship. Self-cognition, mainly includes the individual in the face of pressure coping style and solution. In view of these three dimensions, it can be analyzed from the perspectives of society, family and school. Social support is a very important dimension, it can provide help and support for individuals; The family environment mainly includes the psychological adjustment strategies of parents and other family members. At the school level, we should pay attention to students' attitude, coping styles and methods when they are under pressure.

3.3 Survey Results

3.3.1 Main Influencing Factors of College Students' Psychological Adjustment

The main influencing factors of college students' psychological adjustment are: family economic conditions, school environment and social environment. According to the survey, the main problems in the process of psychological adjustment of contemporary college students are as follows: In terms of family and social environment, influenced by factors such as traditional Chinese cultural thoughts and educational concepts, mental health education is not paid enough attention to, parents take "looking forward to Jackie Chan" as a measure of whether children are excellent, in addition, the type of family structure will more or less affect the level of children's mental health, students from single children or single parent family structure are more likely to have mental health problems; The school environment has a certain impact on the mental health development of college students, the school material living standards, the availability of teachers and the teacher teaching form and other objective environment will affect the mental health development of college students, especially in school education, most students pay more attention to education and school environment, etc. The overall mental health status of the educated is greatly affected by the traditional exam-oriented teaching method, and the psychological problems of contemporary college students are largely affected by the subjective factors of exam results.

3.3.2 Main Problems in the Psychological Adjustment of College Students

Through the investigation, it is found that there are some problems in the process of college students' psychological adjustment. First of all, the lack of cognition of their own ability, most students think that they have adapted to the social life and learning environment, learning pressure and other objective conditions and can not extricate themselves, but the reality is that most students are at a loss for their future employment situation and have no way to start. Secondly, there is no goal and direction, and a clear career plan will affect their study status and life quality. Many students do not know what kind of role positioning they have and how to do to realize their self-worth, and these basic knowledge are decided by parents or teachers, resulting in students lacking enough confidence. Thirdly, in the process of psychological adjustment, students have insufficient cognition of their own abilities and advantages, subjective assumptions, and can't clearly identify their own abilities and advantages, which leads to low self-efficacy or can not accurately judge the realization of self-value and make inappropriate behaviors or even inferiority complex, which will affect the mental health development of college students.

4. Experience and Enlightenment of College Students' Psychological Adjustment

4.1 Build a Platform and Use Strategies for Psychological Intervention

For the adjustment strategies of college students, there are mainly two ways in foreign universities. One is to intervene through psychological counseling centers. Set up a special task force in the school to solve students' psychological problems. This can be a team of teachers, seniors, or counselors who work together on this task. The second is to use social resources to intervene and help them. Some relevant or corresponding lectures or activities are set up in the school to let college students have a deeper understanding of their shortcomings and the need for improvement, so as to enhance their self-adjustment ability and make them more confident in facing problems. There are mainly three kinds of psychological counseling centers in foreign colleges and universities, they are: interest groups for college students, interactive activities between students and teachers, and the school education committee and social groups participating in them as auxiliary institutions; While in China, the internal organization is the main form for the unit to intervene and assist.

4.2 Provide More Comprehensive Mental Health Training and Support Services

First of all, for college students, due to the lack of relevant training and guidance, most of them do not realize the importance of physical and mental health. They tend to focus only on their academic performance, ignoring their own physical and mental health. This kind of mental state will not only affect students' study and life, but also have a long-term impact on their future.

Secondly, the widespread anxiety and pressure among college students also seriously affect the effect of psychological adjustment. In the face of the difficult study and the fierce competition in the job market, many students feel at a loss, resulting in a series of negative emotions that are not conducive to physical and mental health. These emotions will further deepen their confusion and unease about psychological adjustment.

In addition, social barriers are also a major factor restricting college students' psychological adjustment. College students have a wide range of social contacts, but it does not mean that they can successfully integrate into society. Factors such as shyness, nervousness and low self-esteem often affect students' communication with others. This will lead to fear and confusion when college students seek to communicate with others, making psychological adjustment more difficult.

In a word, the insufficiency of college students' psychological adjustment needs to be paid enough attention. In order to help students achieve better psychological adjustment, educational institutions need to provide more comprehensive mental health training and support services to help students master certain skills and methods of psychological adjustment. In addition, students should also be aware of their mental health problems and actively seek help, while improving their interpersonal skills by actively participating in various social activities. Only in this way can college education truly achieve the goal of students' growth and truly become the cornerstone of human progress.

5. Conclusion and Discussion

The psychological adjustment of college students is an important social practice, which has positive significance for promoting the healthy development of students' body and mind. Through the investigation and research on the state of college students' psychological adjustment at home and abroad, it is found that there are many influencing factors. First, generally speaking, college students have such problems as low self-efficacy and high pressure. Secondly, the family environment and social support system are not perfect; Secondly, from the perspective of school: objective reasons such as the lack of motivation and interest during school lead to low psychological adjustment ability and deviation of self-cognition; Finally, in terms of individuals, most of them are more positive and optimistic in the face of employment competition, but the psychological adjustment level of college students is very low in the face of the pressure of employment competition.

At present, there are still some deficiencies in the theoretical research and practical operation on the group psychological adjustment of college students in China. For example, the theoretical research on mental health education is not perfect, and college teachers and students still lack a correct understanding of the influencing factors and psychological conditions of college students. Therefore, to the current problems of students at home and abroad, we should take active and effective measures to improve their own cognition and coping ability. For example, improve their own quality, improve teaching methods and so on; We can also make corresponding curriculum arrangements or adjust plans according to different grades to adapt to college life; Schools should attach importance to the cooperative relationship with parents, establish a good communication platform between teachers and students and a series of measures are to help college students better cope with the various situations in the process of psychological adjustment, so as to promote their physical and mental health development and socialization process.

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