

Current Situation of College Students' Mental Health and Countermeasures

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Abstract: The purpose of this paper is to discuss the current situation and countermeasures of college students' mental health in China. Firstly, by analysing the types, causes and effects of college students' psychological problems, it is found that college students' psychological problems are mainly related to anxiety, depression, interpersonal relationships, etc., and the causes include academic pressure, employment pressure, personal character, etc., which have a negative impact on college students' study, life and future development. Secondly, this paper puts forward countermeasures to solve the psychological problems of college students in terms of preventive measures and intervention strategies, such as improving psychological quality, strengthening mental health education, establishing a sound psychological support system, and psychological counselling and treatment.

Keywords: College Students, Mental Health, Current Situation, Countermeasures.

1. Introduction

With the rapid development of society and the intensification of competition, college students are facing more and more psychological pressure, and mental health problems are becoming more and more prominent. According to statistics, the incidence of psychological diseases among college students in China is increasing year by year, and psychological problems have become an important factor affecting the healthy growth of college students. In this context, it is of great practical significance to study the current situation and countermeasures of college students' mental health. This thesis aims to analyse the current situation of college students' mental health, explore the causes, types and effects of psychological problems, and propose targeted preventive measures and intervention strategies. This study has important practical value for promoting the mental health of college students, improving the quality of life, and achieving personal and social harmony. At the same time, this study also provides certain references for mental health educators, educational management departments and relevant policy makers, which helps to strengthen the mental health education of college students, improve the quality of psychology, and cultivate more excellent talents for our country.

2. Analysis of the Current Situation of College Students' Mental Health

2.1. Types of Psychological Problems

In the current situation of college students' mental health, there are various types of psychological problems, mainly including anxiety, depression, interpersonal relationship distress, low self-esteem, insomnia and so on.

Anxiety is one of the common psychological problems of college students, which manifests itself in such emotions as worry, nervousness, fear and uneasiness. Anxiety may originate from various factors such as academic pressure, employment prospects, interpersonal relationships and so on. College students are prone to anxiety as they face many challenges in study, life and employment.

Depression is another common psychological problem, which manifests itself in low mood, loss of interest, lazy life and low self-evaluation. Depression may originate from family environment, academic pressure, interpersonal relationship and other aspects. College students may encounter distress in adapting to the environment and dealing with interpersonal relationships, leading to depression [1].

Interpersonal relationship distress is also a common psychological problem among college students, which manifests itself in strained interpersonal relationships with classmates, teachers, family members, etc., making it difficult to establish good communication and interaction. College students may face challenges in interpersonal interactions in terms of trust, respect, and tolerance.

Low self-esteem is an important aspect of college students' psychological problems, which manifests itself as doubt and denial of their abilities in various aspects. Low self-esteem may originate from upbringing, family background, social comparison and other reasons. College students are prone to low self-esteem when they face pressure from academics, employment, and interpersonal interactions.

Insomnia is a common physiological problem among college students, which may also reflect psychological problems. Insomnia may stem from factors such as academic pressure, employment anxiety, and interpersonal relationship distress. When facing various pressures, college students may lead to decreased sleep quality, which in turn affects their psychological health [2].

In summary, there are various types of psychological problems among college students, involving emotions, interpersonal relationships, self-perception and other aspects. Understanding and analysing these psychological problems can help provide targeted mental health services and interventions for college students.

2.2. Causes of Psychological Problems

The causes of college students' psychological problems are multifaceted and can be analysed at different levels, such as individual, family, school and society.

Firstly, individual factors are the internal causes affecting college students' mental health. College students are in

puberty, with rapid physical and psychological development, and the physiological changes and sexual maturity at this stage will have an impact on their psychology. In addition, college students' personality traits, self-knowledge, and ability to cope with stress will also affect mental health. For example, students who are too introverted and sensitive may be more prone to psychological problems [3].

Secondly, the influence of family factors on college students' mental health should not be ignored. The family environment, education style, and the relationship of family members may all have an impact on the psychology of college students. For example, students with strained family relationships and lack of care may be more vulnerable psychologically.

Once again, school factors are also an important reason affecting the psychological health of college students. Academic pressure, interpersonal relationships, educational resources and so on may all have an impact on college students' psychology. For example, excessive academic expectations and competitive pressure may lead to psychological problems such as anxiety and depression [4].

Finally, social factors also have an impact on the psychological health of college students. The social environment, cultural background, and employment prospects all exert pressure on college students' psychology. For example, society's definition of success, competition in the job market and so on may cause psychological pressure on college students.

To sum up, the causes of college students' psychological problems are multifaceted, including individual, family, school and social factors. To improve the psychological health of college students, it is necessary to start from multiple levels and take comprehensive measures for prevention and intervention.

2.3. Impact of Mental Problems

The impact of mental health problems on college students is multifaceted, not only affecting their academics, but also may have far-reaching effects on personal relationships, physical and mental health, and future career development [5].

Firstly, psychological problems may have a negative impact on college students' academics. Psychological stress and anxiety may distract students' attention and reduce their learning efficiency and performance. Some students may skip classes, arrive late, leave early and other behaviours due to psychological problems, which may even lead to suspension or withdrawal.

Secondly, psychological problems may affect college students' interpersonal interactions. Psychological disorders may cause students to show social fear and communication difficulties in interpersonal interactions, making it difficult for them to establish and maintain good interpersonal relationships, thus affecting their social life and mental health.

In addition, mental health problems may also have an impact on the physical and mental health of college students. Prolonged anxiety, depression and other psychological problems may cause students to suffer from physical symptoms such as insomnia, loss of appetite and headaches. In severe cases, psychological problems may also lead to suicidal tendencies and behaviours, posing a threat to students' life safety [6].

Finally, psychological problems may have an impact on the future career development of college students. Students with poor psychological quality may be more prone to problems

when facing competition and pressure in the workplace, affecting their performance and career development. At the same time, psychological problems may also cause students to develop low self-esteem and fear in the job-seeking process, affecting their interview performance and employment opportunities.

To sum up, college students' mental health problems may have a negative impact on their academic, interpersonal, physical and mental health and career development. Therefore, paying attention to the mental health of college students and providing effective psychological support and interventions are of great significance in promoting the overall development of students [7].

3. Research on Countermeasures for College Students' Mental Health

3.1. Preventive Measures

3.1.1. Improvement of Psychological Quality

Improving psychological quality is an important means to ensure the mental health of college students. Firstly, college students should pay attention to cultivating good psychological quality, including stress resistance, emotion management ability, interpersonal communication ability and so on. Secondly, they should cultivate a positive and optimistic attitude towards life and correctly face the setbacks and pressure in life. In addition, college students should strengthen their self-knowledge, understand their own strengths and weaknesses, and set reasonable life goals.

In order to improve the psychological quality, schools and education departments should strengthen the mental health education for college students, offer relevant courses and teach psychological adjustment skills. At the same time, college students are encouraged to participate in all kinds of practical activities, such as club activities, volunteer services, etc., to improve their overall quality. In addition, families and society should also pay attention to the mental health of college students and provide necessary support and care.

College students themselves should also take active measures to improve their psychological quality. Firstly, they should pay attention to self-adjustment and maintain a good work schedule and eating habits. Secondly, actively participating in physical exercise can help release pressure and maintain physical and mental health. In addition, college students should also learn to confide, share their moods with friends and family to avoid excessive psychological burden [8].

In summary, improving psychological quality is the key to college students' mental health. Through the joint efforts of schools, families, society and college students themselves, the establishment of a sound psychological quality cultivation system can help promote the development of college students' psychological health.

3.1.2. Strengthening Mental Health Education

Strengthening mental health education is an important means to improve the mental health of college students. First of all, schools should increase the strength of mental health education, incorporate mental health courses into the compulsory course system, and ensure that every student can receive systematic mental health education. The content of the courses should cover the cultivation of mental quality, prevention of mental diseases, and methods of psychological adjustment, in order to help students establish a correct concept of mental health.

Secondly, schools should organise various kinds of mental health lectures and activities, inviting professional psychologists and people from all walks of life to impart mental health knowledge and skills to students. At the same time, students are encouraged to organise mental health promotion groups on their own initiative and carry out mental health promotion activities to raise students' awareness of mental health [9].

In addition, schools should also strengthen the construction of mental health education teachers and improve the professional quality and teaching ability of teachers. Teachers should pay attention to students' mental health in teaching, and be good at finding and solving students' psychological problems. At the same time, teachers should pay attention to their own mental health and set a good example for their students.

In the family, parents should also pay attention to their children's mental health, maintain good communication with their children, respect their children's independence, and give them appropriate care and support. Parents should learn to listen to their children's inner thoughts, help them solve their problems in life, and cultivate their children's ability to face problems independently.

On the social front, publicity on mental health education should be stepped up to raise the awareness of mental health among all people. The media and other public channels should actively disseminate knowledge about mental health and guide the public to look at mental health problems correctly. In addition, the government and all sectors of society should care and support the cause of mental health education and provide sufficient resources and protection for mental health education [10].

In short, strengthening mental health education requires the joint efforts of many parties to form a good situation of collaborative parenting among schools, families and the society, and to provide a strong guarantee for the mental health growth of college students.

3.1.3. Establish a Sound Psychological Support System

Establishing a sound psychological support system is an important measure to improve the mental health of college students. First of all, schools should set up professional psychological counselling institutions, equipped with professionally trained psychological counsellors to provide psychological assessment, consultation and treatment services for college students. At the same time, schools should also hold regular mental health lectures and training to improve the psychological quality and self-adjustment ability of college students [11].

Secondly, it is also important to establish a peer support network. College students can confide in each other, exchange ideas, and form a good atmosphere of mutual support. In addition, schools can guide students to participate in interest groups, societies and other activities to cultivate their teamwork spirit and social skills, so as to improve interpersonal skills and enhance psychological resilience.

Family and social support should not be neglected. Parents should pay attention to their children's mental health, maintain good communication with them, and give them understanding and support. At the same time, the community should also pay attention to the mental health of college students and provide help and resources to students in need.

In addition, schools should also strengthen mental health education, and incorporate mental health courses into the mandatory course system, so that college students can

understand the knowledge of mental health and master the method of psychological adjustment. At the same time, teachers should pay attention to students' mental health in the process of education and teaching, and discover and solve psychological problems in time [12].

In summary, the establishment of a sound psychological support system includes professional psychological counselling, peer support, family social support, mental health education and teachers' attention, which together provide college students with a full range of psychological support and help improve their mental health.

3.2. Intervention Strategies

3.2.1. Psychological Counselling and Treatment

Psychological counselling and treatment is one of the most important means of solving college students' mental health problems. Psychological counselling refers to the process in which, through communication with professional counsellors, help-seekers are able to know themselves better, solve problems and improve their psychological quality. Psychotherapy, on the other hand, is the treatment of psychological disorders or mental illnesses on the basis of psychological counselling, using professional methods and techniques.

Psychological counselling and therapy has the following advantages: firstly, it can help college students establish correct self-knowledge, recognise their own strengths and weaknesses, and improve their self-confidence. Secondly, through psychological counselling and therapy, college students can learn to face pressure and challenges and improve their ability to resist setbacks. Thirdly, psychological counselling and therapy can help improve interpersonal relationships and communication skills, so that college students can better integrate into society. In addition, psychological counselling and therapy can also help college students solve emotional problems and improve emotional management ability [13].

In China, psychological counselling and therapy for college students has made some progress. Many colleges and universities have set up psychological counselling centres to provide psychological counselling services for students. At the same time, professional psychotherapy institutions are also increasing to provide help to students who need psychotherapy. However, there are still some problems, such as the shortage of professional counsellors, the high cost of psychological counselling and treatment, and people's misunderstanding of psychological counselling and treatment.

To solve these problems, the authorities concerned should increase investment in mental health, train more professional counsellors, and improve the quality and level of services in psychological counselling and treatment. At the same time, publicity and promotion of psychological counselling and treatment should also be strengthened to eliminate people's misunderstanding of it, so that university students will be more proactive in seeking psychological help. In addition, the psychological quality of college students can be improved and the occurrence of psychological problems can be prevented through the establishment of mental health education courses and the organisation of mental health lectures [14].

In conclusion, psychological counselling and treatment has an important position in the mental health work of college students. By strengthening the construction of psychological counselling and treatment team, improving the quality of service, increasing publicity and other measures, it can

provide better psychological support for college students and promote their healthy growth.

3.2.2. Group Counselling and Activities

Group counselling and activities are one of the important means to improve the mental health of college students. Through group counselling, participants can share their feelings, thoughts and experiences in a safe and relaxing atmosphere, thus reducing psychological pressure and improving self-knowledge. At the same time, group counselling also helps to cultivate college students' teamwork, communication and leadership skills, improve interpersonal skills and further promote psychological health.

As for activities, various forms of cultural, artistic and sports activities are organised to allow college students to release pressure, experience success and happiness, and enhance self-confidence through participation. In addition, various forms of activities such as class meetings on the theme of mental health education, psychological knowledge competitions, and the creation of psychological dramas can be carried out to increase college students' attention to mental health and improve their psychological quality [15].

When implementing group counselling and activities, the following points should be noted: firstly, ensure the relevance of the activities, and develop corresponding contents and forms for students of different grades, majors, and genders; secondly, pay attention to the effect of the activities, give full consideration to the interests and needs of the students, and ensure that the activities are appealing and effective; and lastly, strengthen the construction of the faculty and improve the professional level of group counselling and activities.

In summary, group counselling and activities are of great significance in college students' mental health education. Through rich and diversified activities, it helps to improve the psychological quality of college students and promote mental health.

3.2.3. Family and Social Support

Family and social support play a vital role in college students' mental health. Family is the first environment for personal growth. Harmonious family relationship and sufficient care are conducive to cultivating healthy psychological quality of college students. Parents should pay attention to their children's mental health, provide emotional support and understanding as much as possible, and help them cope with their studies, life pressure and interpersonal relationships. At the same time, families should establish sound values, guide children to form a correct outlook on life and values, and enhance the ability to resist setbacks.

Social support mainly comes from friends, classmates, teachers and social organisations. Establishing good interpersonal relationships is crucial to the mental health of college students. Mutual support and understanding among friends and classmates can effectively reduce psychological pressure and improve psychological quality. Teachers, as the guides on the road of college students' growth, should pay attention to students' mental health and find and solve psychological problems in time. In addition, social organisations such as psychological counselling centres and volunteer groups can also provide psychological counselling and various forms of help for college students [16].

In conclusion, family and social support is an important guarantee for the psychological health of college students. Only when the family and society pay attention to the psychological health of college students together and provide them with adequate care and support can we ensure that they

maintain a good psychological state when facing various challenges, so that they can better realise their self-worth.

4. Conclusion

This study aims to explore the current situation and countermeasures of the mental health of college students in China. The results of the study show that college students generally have psychological problems, mainly including anxiety, depression, and interpersonal relationship distress. The causes of these problems include academic pressure, worries about employment prospects, and complicated interpersonal relationships. Meanwhile, psychological problems have a serious impact on college students' study, life and mental health.

We have proposed a series of countermeasures to the psychological health problems of college students. Firstly, mental health education is strengthened to improve the psychological quality of college students so that they can better cope with various psychological pressures. Second, establish a sound psychological support system, including psychological counselling and treatment, group counselling and activities, etc., to provide timely and effective psychological interventions for college students. In addition, the support of family and society is also crucial, which should pay attention to the mental health of college students and provide necessary help and care.

In conclusion, the issue of college students' mental health is an important topic that deserves attention. By deeply analysing the current situation and exploring effective countermeasures, we can help college students better cope with psychological problems, improve their mental health and promote their overall development.

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