

Research on the Education of Obsessive-compulsive Disorder Group in Colleges and Universities

Yichen Li *

Xi'an International Study University, Shaanxi, 710000, China

* 2243615476@qq.com

Abstract. Obsessive-compulsive disorder (OCD) has been diagnosed as a mental disorder in Western psychiatric medicine. OCD refers to a mental illness mainly manifested by Obsessive thoughts and compulsive movements. This disorder results in intense internal conflicts, inability to prevent themselves, and great pain in patients. Although patients can control and resist the symptoms to the utmost, they can never change some ideas and impulses. If this disease cannot be effectively controlled, it will bring significant impact and pain to patients. For college students, the influence of Obsessive-compulsive disorder is undoubtedly huge, it is necessary to pay enough attention to this university. This paper first made a brief overview of Obsessive-compulsive disorder, introduced the symptoms and effects of Obsessive-compulsive disorder, analyzed the performance of college students under the school background of Obsessive-compulsive disorder, finally combined with the actual put forward several effective education strategies. Nowadays, many students who suffered from OCD have drawn tensive attention to us all, human beings should take action towards it.

Keywords: Obsessive-compulsive Disorder; Schooling; Teaching Methods.

1. Significance of the Research Topic and Overview of its Current Status Worldwide

1.1 Significance of the Research Topic

Through the research and comparison of the education status of students with OCD in colleges and universities, the current education methods should be improved, and the attention of the society should be raised to this group, so that the students of this group can obtain a higher quality education.

1.2 Overview

Obsessive-compulsive disorder (OCD) is an anxiety-spectrum disorder characterized by persistent intrusive thoughts (obsessions) and repetitive actions (compulsions) [1]. The main symptoms of Obsessive-compulsive disorder are a concept of party and repeatedly, or compulsive behavior, with conscious ego force and features of the force at the same time when Patients know that forced symptoms persist pointless, unreasonable, cannot refrain from recurring, is trying to work hard to resist, the more nervous and pain, thus seriously affect their study and work life.

People with Obsessive-compulsive disorder have a hard time overcoming this mental illness, and the more they try to control and resist repetitive and meaningless behavior, the more nervous and anxious they become [2].

There are few research reports on the education of OCD patients by domestic and foreign scholars. At present, most of the research on exceptional learners in educational psychology mainly focuses on depression and autism patients. There are few types of research on the educational psychology of OCD patients, which need to be supplemented and updated.

2. Research Objectives, Main Contents and Key Issues to be Solved

Research Objectives: To analyze the learning situation of highly Obsessive-compulsive disorder patients, summarize the shortcomings of the education system, and put forward improvement methods and future research trends.

The research content:

- (1) The analysis conclusion Obsessive-compulsive disorder patients' daily performance
- (2) By reference to the existing analogy of psychological research in patients with depression and autism to the study of the characteristics of OCD patients accept education situation.
- (3) Related literature for education, general situation of the existing teaching mode and the future development trend of four high feasibility of teaching measures are put forward.

Key issues to be solved: The characteristics and coping methods of the education of OCD patients, so that the process of OCD patients receiving education is easier.

3. Daily Manifestations and Existing Treatment Methods of OCD Patients in Colleges and Universities

Obsessive-compulsive disorder (OCD) sufferers have daily fears of contamination, demands for symmetry, doubts and fears of casualties, obsessive concerns, and obsessive retrospections. Students with OCD often avoid contact with others to prevent their clothes and belongings from being contaminated. Some students also develop a fear of bacteria, dust, ink and other chemicals. Obsessive-compulsive disorder patients are very afraid of injury, illness and death, these patients often doubt and worry about the life of the people they care about, at the same time they will worry about their things stolen, also suspect that their friends will cause harm to themselves. They often create mental images and scenarios in which they harm others. What is more, they usually think about the same question in their mind. "When I leave the house, I suddenly wonder if I have locked the door and keep urging myself to go home and check whether the door is locked. When I want to walk, I will think about which foot I should take first."

Their main behaviors include forced cleaning or cleaning, forced counting, forced sorting, forced examination, and forced ritual or action. They students often arrange books to have a fixed number of times; they can carry on the forced count to the book, the text, the letter; When you count certain numbers and you come across certain numbers and you return a recalculation and so on. When placing items, they will emphasize the order too much, requiring items to be neatly placed, and their items must not be in disorder. "I often suspect that I am suffering from some kind of disease and constantly check my own body. I often check the items in my bag repeatedly, because I always feel that I have not brought all the books, so I ask to go back and check. The homework assigned by the teacher will be repeatedly checked; When the door has been locked, it will be repeatedly checked whether the door lock is locked." Usually, students' dressing and undressing should have a certain order, and the placement of clothes should also have a certain fixed position. If the clothes are not placed correctly, OCD patients will find it difficult to sleep. Desks and chairs must be wiped before class every day, and tables and chairs will be put in order after class. In addition, compulsive behavior also includes forced confession, forced confirmation and so on.

At present the treatment of Obsessive-compulsive disorder is a lack of specific methods, general is given priority to with drug therapy and psychological therapy, also use physical treatment, such as electric shock treatment (ECT) and transcranial magnetic stimulation (TMS) treatment, were reported and the surgical treatment of psychotherapy obsessive compulsive disorder including supportive psychotherapy and behavior therapy, and about 80% of the patients with symptoms improve Not only have to be patient counseling patients with Obsessive-compulsive disorder, but also education, it is relative to evoke assertive support system behavior around treatment including exposure therapy and response to prevent method For patients with Obsessive-compulsive disorder, drugs can be used to improve the abnormal transmitters in the brain, control the symptoms, and supplemented by long-term psychotherapy, in order to achieve the goal of complete elimination [3].

4. Treatment Processes for College Students with Obsessive-compulsive Disorder

Combined with the daily performance of OCD patients and the existing treatment strategies, after reading a large number of essays, the following strategies are summarized:

(1) Design tasks to focus students' attention over sometime

Obsessive-compulsive disorder patients with obsessive thinking or other psychiatric disorders, it is difficult to concentrate. Therefore, educators should take this important factor into consideration when designing educational links, such as drawing, music, small games and other entertainment so that students can not only divert their attention, but also learn knowledge. Students with Obsessive-compulsive disorder often show difficulties in accepting and completing assigned tasks and concentrating on classroom activities. The main reason for these problems lies in the students' obsessive ideas and compulsive behaviors, which cause the students to produce greater psychological pressure. For these problems, teachers must take effective measures in teaching to improve students' classroom attention. When assigning tasks, each student can be assigned corresponding tasks, so that students can focus more attention on the classroom tasks, so that students can successfully complete the task. When the assignment is completed, the teacher should check the situation of the completion of the task regularly, so as to encourage the students to keep their attention for a long time. Every 10 to 15 minutes, the students will be checked with questions to guide the OCD students to actively cooperate with other students. In addition, when assigning tasks, teachers must inform students of the time to complete the task, and provide students with corresponding timing tools, so as to force students to focus more on the teaching task, so as to prevent students from absentmindedness. At the same time, teachers should be careful not to ask students to "control or stop" their obsessive ideas or compulsive behavior, otherwise it will easily backfire.

(2) Plan the program according to different treatment methods

Due to the uniqueness of the treatment of OCD patients and the irregularity of the onset of symptoms, the old schedule is abandoned and biofeedback therapy and psychological therapy are inserted into the daily life of patients, so as to reduce the learning pressure of patients and improve the treatment effect. Morita therapy is a well-known treatment for Obsessive-compulsive disorder. Morita's treatment for OCD is a form of spiritual therapy. The key is to break down the spiritual interaction and cultivate and exercise the quality of hypochondria[4]. Morita theory requires people to treat trouble as a natural emotion to accept and accept it naturally, not as a foreign body to desperately want to exclude it, otherwise, it will cause ideological contradictions and spiritual interaction due to "not available", resulting in fierce conflicts in the inner world. If you can let nature take its course to accept all of the symptoms, mood, such as pain and unease, silently bear and endure the pain of these, it can be freed from the bondage mechanism, to achieve "to eliminate or avoid the negative influence of neurotic personality, and give full play to its positive desire for" life "positive role". The emphasis on Morita therapy should not be simply to eliminate symptoms as the goal of treatment, but to free oneself from the quagmire of repeatedly trying to eliminate symptoms, and then to reorganize one's life. Don't expect or be able to eliminate your symptoms immediately. Instead, learn to live with them. Cognitive Behavioral Therapy (CBT) is the most commonly used psychotherapy for Obsessive-compulsive disorder [5].

(3) Teachers give correct transition guidance

Educators should master some basic knowledge about the state of the force teachers should give some to first of all, to students of Obsessive-compulsive disorder with OCD in the transition to a new task for the students tend to exist certain difficulties, because such students habits tend to be perfect when completing the task Second, the educator should guide the student to carry on the social interaction Such not only can reduce the anxiety of students, but also can enhance the patient's confidence, so that they have the strength to face all kinds of difficulties in the future. At the same time, we should also guide students to the correct medical treatment and timely monitor the development of the disease of students. Many sick students in central and western China do not have access to good medical conditions, which we cannot change. Therefore, we can use remote

consultation and other ways to alleviate this situation. It is worth noting that some sick students do not realize that they have been sick, which requires us educators to pay attention to the psychological construction of each student in real time.

(4) From a regular schedule

Having a regular schedule is extremely important for college students with Obsessive-compulsive disorder. Due to the variety and lack of discipline of college life, students are easily addicted to alcohol or drugs, which is a major obstacle to treatment of OCD. Many Obsessive-compulsive disorder patients do not have a regular biological clock, easy to stay up late, irregular work and rest, which has a negative impact on the maintenance of drug concentration. The lack of regular counseling is also a problem. Therefore, we suggest that college students with Obsessive-compulsive disorder develop good habits, regular work and rest, and arrange regular professional psychological counseling activities.

5. Epilogue

To sum up, at present, many students suffer from OCD to varying degrees. The main reason for this phenomenon lies in the excessive psychological pressure of students. Therefore, as teachers, we must pay more attention to the psychological changes of students with OCD, and attach great importance to students with OCD.

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