

Superficial Inquiry on the Mechanism of Psychological Health Education of College Students under the Background of Anti Epidemic

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Abstract: Psychological health education has been highly valued by the party and the state. During the fight against the COVID-19, colleges and universities have made a beneficial exploration in carrying out psychological health education. In order to further understand the impact of the epidemic on the psychological health of college students, a survey was carried out based on questionnaire survey, depth interview and expert consultation. The survey found that the epidemic increased the psychological pressure and posed new challenges to the psychological health education in colleges and universities. Based on the analysis of the causes from the four aspects of society, family, college and individual, this thesis put forwards some suggestions on how to effectively carry out the psychological health education of college students in the context of fighting against the epidemic.

Keywords: Psychological health education of college students; Working mechanism of psychological education

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On March 10, 2020, when he investigates prevention and control work of COVID-2019 epidemic in Hubei province, general secretary Xi Jinping pointed out, We should strengthen psychological counseling and psychological intervention, especially strengthen

psychological counseling work of patients and their families, family members of the deceased and so on. At present, the COVID-19 epidemic has brought new demands to the psychological health education in colleges, the psychological health level of university students not only affects their own development, but also concerns the quality of personnel training in universities, and also the harmony and stability of the society. The report of the 19th National Congress of the Communist Party of China put forward that "Cultivate self-esteem, self-confidence, rationality, peace and positive social mentality". In 2016, on the national college ideological and political work conference, general secretary Xi Jinping emphasized that we should make unremitting efforts to promote harmony and stability in colleges and universities, cultivate a rational, peaceful and healthy mind, and strengthen humanistic care and psychological counseling^[1-2].

Since the outbreak of the epidemic, colleges and universities have carried out timely and effective psychological intervention and consulting work for the people and teachers and students, based on the functions of personnel training and local service, relying on the strong psychological specialty and talent advantages, and achieved good results. However, the global epidemic situation is still severe, and the impact of the epidemic situation on the psychological health of teachers and students in colleges and universities in China also presented the characteristics of

sustainability and university. What are new challenges that psychological health education will face, how are the psychological level of college students, how to effectively carry out risk early warning, how to improve the psychological health education mechanism and so on are still the problems that university education management layers need urgent attention and urgent solutions. This need us to study and interpret.

1 The new challenge of psychological health education of college students

In order to analyze the current psychological health level of college students, the author took Wuhan Institute of Technology as sample, and carried out a questionnaire survey relying on the school psychological health education center. The questionnaire survey was carried out during the epidemic period and 6491 questionnaires were collected. The subject of this survey includes undergraduates, masters and doctoral students from 2015 to 2019, and the sample has strong reference significance^[3].

The questionnaire was compiled by the school itself. Before compiling the scale, the psychological center conducted a small-scale individual online interview on the students' life and learning status during the epidemic prevention and control period of each college and grade through counselors and designed the psychological status survey of Wuhan Institute of Technology students based. on the survey data of other colleges and universities The comprehensive analysis shows that:

1.1 The anxiety emotion of students is obvious

The data shows that most of the students are in good psychological and mental state, but a few of them felt nervous and anxious, easily fidgety and uneasy (about 10%). During the anti epidemic period, depression and anxiety were prevalent in the public. Because of the unknown route of virus infection, there was a certain degree of panic in the society, and strong resistance to Hubei people was generated everywhere, for example: personal information is exposed, sealed on the isolation door at home, and some extreme villages (communities) even nail the door with wooden bars, which makes the returned colleges students felt great psychological pressure.

1.2 Academic problems are more prominent

76.6% of the students have different degrees of trouble in learning and study. First of all, it performed as "it

is inconvenient and unadaptable to online learning" (42.1%). 18.5% of the students think that "online learning and course assignments are too heavy to complete normally", and 34.0% of the students are "not active in learning, learning efficiency is low, and they are worried about failing the exam." Secondly, the anxiety of graduation on schedule is manifested. 67.2% of the graduates think that "it is inconvenient to complete the graduation project (thesis) and they are worried whether it can be completed on schedule", and it mainly because it is inconvenient to find the thesis data and cannot query the relevant literature. Thirdly, it performs as anxiety about preparing for the postgraduate entrance examination. 20.7% of the graduates think that "incomplete learning materials affect the review progress of postgraduate entrance".

1.3 The trouble of interpersonal communication is obvious

Only 52.80% of the students thought that "they are in a good state of life and have a harmonious interpersonal relationship in the near future", and the rest of the students all have different degrees of trouble with life and interpersonal relationship, 22.5% of students said that "life is irregular and there is nothing they can do to change it", 22.6% of students thought that they were lonely and bored because of the closed management in the community (village), and 2.8% of students thought that "they were lovelorn or had emotional crisis with their lovers".

1.4 The pressure of job-hunting and retest is high

24.7% of graduates are "anxious about whether they can find a suitable job in the near future", and 20.4% of graduates are "anxious about the whether some examination (postgraduate retest) will be postponed or canceled".

Before being effected by the epidemic, the psychological health level of students also needs to be improved. Only taking the general survey of psychological health of 2019 students of Wuhan Institute of Technology as an example, more than 60 students with depression or anxiety disorder or with a history of suicide or self-harm in high school were screened out from 5000 2019 students, all of them are high-risk students. During the epidemic period, the treatment of sick students is affected, which undoubtedly aggravates the psychological burden of these cases. Therefore, psychological health education

in colleges and universities is facing greater pressure, which push forward new challenges to psychological health.

2 An analysis of causes of college students' psychological health

2.1 Social level

On the one hand, the unexpected epidemic situation belongs to force majeure, which is sudden, infectious and highly pathogenic, causing group panic and anxiety in the society. College students lack the cognition of public health emergencies, resulting in excessive tension and psychological stress response, thus causing anxiety or panic. On the other hand, in the information age, the network is full of positive and negative information. The judgment deviation of college students' information will also aggravate their anxiety emotion. In addition, during the epidemic period, students return to their home town to live. County relatively lack of psychological specialist outpatient service and the closing of express delivery channels also cause greater trouble for students suffering from psychological illness to seek medical treatment and medication, thus affecting the treatment of the disease.

2.2 School level

First of all, during the epidemic, according to the requirements of the party and the state, the school made all efforts to fight against the epidemic, resolutely implemented the decision of students' suspension of classes, and all students were at home to carry out learning and accept school education. The education management mode changed from the original face to face mode as the primary while key to key mode assisted to the key to key mode as primary. The school management departments, teachers and students have different degrees of maladjustment. Secondly, in terms of the professionalism of psychological health education, face-to-face communication is far more effective than online communication in relieving students' psychological pressure. Affected by the epidemic situation, the channels and effects of students' help are limited. Thirdly, the "online teaching" organized and carried out by the school solves the requirement of non-stop classes, but "teaching" and "learning" are limited by the objective environment, which aggravates the anxiety of teachers and students.

2.3 Family level

On the one hand, during the epidemic period, "closing the city" increased the psychological burden of the people by living in a relatively closes environment for a long time. On the other hand, according to the number issued by the National Health Commission, as of March 28, 2020, China has reported a total of 81,439 confirmed cases, 3,300 deaths and 701,884 close contacts. Each COVID-19 diagnosis or death case family, many members will be classified as close contacts, they have been subjected to panic, suspicion, diagnosis or isolation, and at the same time, because of the traditional Chinese holiday season of the Spring Festival, nearly 5 million of Wuhan residents will be on the move, they have encountered many inconveniences or discriminations in their new residence, and the families involved have suffered from greater psychological problems. Pressure, if not dredged in time, will cause psychological trauma.

2.4 Individual level

Students' personal pressure mainly focuses on their studies, employment, life and interpersonal communication. In terms of study, they do not adapt to online learning in their studies, encounter difficulties in writing graduation thesis, science, engineering students are unable to obtain data through experiments, and do not have smooth communication with tutors, etc. In terms of employment, they face the pressure and challenges of online employment, and the economic downturn caused by the epidemic reducing demand for jobs, etc. In terms of life, it is not convenient to go out, physical exercise is relatively reduced, addiction to online games, and the difference of emotional communication in the virtual space in interpersonal communication, etc. Those all will cause different degrees of psychological impact on students.

3 The strategy of early warning and intervention mechanism of college students' psychological health

3.1 Integrate social resources and give full play to the joint efforts of the whole staff to educate people

First of all, we should play the role of the social psychological service network. The Party and the

state attach great importance to the work of social psychological service. In November 2018, the National Health Commission and other 10 departments jointly issued <the national pilot work plan for the construction of social psychological service system>. All regions have carried out the pilot construction of social psychological service system, with specific indicators including: Relying on the village (community) comprehensive management center and other places, set up psychological consulting room or social studio, with the completion rate of over 80%; Primary and secondary school set up psychological counseling rooms, and equipped with full-time or part-time teachers; Party and government offices, enterprises and institutions provided psychological health services for employees; 40% of the general hospital above the second level set up mental (psychological) outpatients. Colleges and universities should introduce the advantages of social services to form a joint force of society, family and colleges.

3.2 Deepen the reform of colleges and universities, and implement the idea of "great health" education

3.2.1 Fully play to the effectiveness of the system and constantly improve the working mechanism of psychological health

Taking Wuhan Institute of Technology as an example, since 2015, the school has set up psychological health institutions and gradually explored the "454" type of work mode. In 2019, the school's psychological health education center improved it and formed a new mode of "4554" type psychological health education, namely, four level tower organization system, five level circle target system, five grid work system and four level crisis intervention system. The four-level tower organization system includes school ideological and political work leading group, psychological health education steering committee, college student work leading group, class psychological committee members; The five layer circle target system is as follow: Psychological quality training, psychological health education, psychological distress counseling, psychological barrier counseling and psychological crisis intervention; The five grid work systems correspond to the specific work of the implementation of the five level target system, including classroom teaching, publicity and advocacy, activity cultivation, consulting services, crisis intervention; Four level early warning mechanism is

dormitory-class-college-school four level. The whole work mode complements each other and combines organically, which can guide the development of school psychological health.

3.2.2 Popularize the knowledge of psychological health in an all-around way and improve the psychological health literacy of college students

First, deepen the curriculum reform of <college student's psychological health education>, and realize the full coverage of classroom teaching of psychological health education. At present, many colleges and universities have set compulsory courses and elective courses, but due to the relative lack of teachers, class hours, etc., the implementation effect is not ideal. Colleges and universities should digitize the courses, integrate the strongest teachers inside and outside the school, create online digital courses, and carry out teaching in the way of flipped classroom. The classroom is dominated by group activities and interaction, and improve the classroom teaching effect through case teaching, small class teaching, interactive flipping, experience activities, behavior training, quality development and so on. Second, we should establish the awareness of "great health", combine psychological health with physical health, integrate curriculum, activities and teachers, and cultivate good adaptability and positive psychological health with healthy and rich literature and sports. Third, regular psychological lectures. According to the needs of students, the school invites experts inside and outside the school to give lectures and counseling reports, so as to popularize psychological health. Through a variety of ways to popularize psychological health knowledge, so that students have the basic ability to identify psychological problems, self-regulation and self-growth.

3.2.3 Create an atmosphere of full participation, select and strengthen the working team

Firstly, all the staff participate in the work. The psychological health education of students is an important part of the moral education of the school. All the staff should participate in this work. Teachers should transfer positive energy and set an example in class. The administration should serve the students well, solve the student's life and learning difficulties, and relieve the student's pressure. The second is to build a professional team. According to the teacher-student ratio no less than 1: 3000, full-time teachers of psychological health

education should be provided. At the same time, we should strengthen professional qualification training of professional team, strengthen the construction of psychological mental venue, and provide platform, funds and institutional guarantee for full-time teachers carry out their work. Thirdly, we should do a good job in the construction of part-time teams, strengthen the training of counselors, and carry out special mental health training every year to improve professional ability; Guide psychological committee members and dormitory administration to carry out their work and play their irreplaceable role in the front line.

3.2.4 Carry out precise assistance and give full play to the positive role of peers in psychological health education

The school implements precise assistance, adopted "1+1+1" mode which equip peer helpers for students with psychological difficulties. The professional trained peers can play an important role in the psychological health work of classes and dormitories. They integrate the popularization of psychological health knowledge into the theme class meeting, student activities, special festivals and daily communication.

3.2.5 We should carry out psychological health education through the "internet plus" model

Firstly, build a two-level activity system. Every spring and summer semester, a series of activities of school level psychological health education month are intensively carried out, including psychological drama competition, knowledge competition, quality competition, open day, spiritual lecture, etc. In autumn and winter semester, a series of

psychological health education activities at college level will be carried out. Each college will form a brand relying on the secondary psychological health education work station. Secondly, carry out rich online activities. During the epidemic, colleges and universities should "move" activities to the Internet and do a good job design to attract these "network indigenous peoples". Thirdly, integrate life education into psychological health education, carry out practical activities with the theme of "reverence life", guide students to correctly deal with setback and difficulties in life, establish right attitude towards life, create significance and value of life, cultivate young students' correct outlook on life, and make them transform smoothly from natural people to social people^[4].

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