
Psychological problems of college student and solutions

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Abstract

In recent years, this is a general phenomenon that reports of college students committing suicide. How to strengthen the psychological crisis intervention for college students has become an important task for colleges and universities, and in the first line of student work, colleges and counselors play a very important role. This paper will give some suggestions and methods from the classification of college students' psychological problems and how to solve psychological problems.

Keywords

College students; psychological crisis; classification; solution.

1. Introduction

At the National Education Conference in September 2018, Xi Jinping emphasized that we must train socialist builders and successors to cultivate the development of morality, intelligence, art and work, and help students enjoy fun, improve their physical fitness and their personality, and temper their determination. Among them, a sound personality requires a college student to have a healthy mind. However, while the continuous development of the social economy, they are facing pressures such as academics, life, emotions, employment, etc., and more and more suicide news reports are also telling us that the mental health of college students is already in a hurry and needs Colleges and universities give great attention. Because we need to correctly understand the common problems of college students' psychology and solutions.

2. Environmental issues

After entering college, students mean entering a new environment, not only the changes in the living environment, but also the changes in their status. Specifically, it is far away from home, relatives, different about eating habits and living habits of the same classmates, different work and rest time, changes in new role orientation, and so on. These problems are mainly concentrated in the freshmen, which require them to adapt and take the initiative to change themselves.

As a freshman, they should be correct in their mind, take the initiative to understand the students around you, and don't treat them differently because of the difference in your environment. At the class meeting, the students' self-introduction should be carefully listened to, remembering each classmate's Look and name, this is a kind of courtesy and respect. Secondly, familiar with the university environment, if you have time, you can visit the campus and the surrounding living environment, and you will know what you are doing. Finally, if you encounter problems, take the initiative to ask senior students or teachers to help them grow better and take less detours.

3. Inferiority

Inferiority refers to an emotional experience that I have when I compare myself with others because of underestimating myself. Inferiority is a psychological defect that is influenced to some extent by parent education and the environment around them. People with low self-esteem have psychological

symptoms such as pessimism, depression, loneliness, introversion, and disobedience to people. They always feel that others despise themselves and negatively evaluate themselves. This type of person is mainly caused by the following reasons: excessive self-denial, negative self-suggestion, and the impact of frustration. Some students are short, ugly, low-spirited, less connected with others, and so on. There are many such students in the school, which increases the difficulty of student management and the management of school education.

Therefore, as a teacher, in order to change the inferiority of students, we should communicate more with students. Only by thorough communication can we know the specific reasons for students' inferiority, so that we can find solutions in a targeted manner. In this process, students must also be educated to have a positive attitude and let them improve their self-evaluation. Secondly, guide them to correctly understand themselves and understand the negative effects that inferiority may have on their future life and work. They should guide students to read more books and let them have a comprehensive understanding of inferiority and guide them to analyze themselves. Thirdly, we can overcome self-esteem through psychological decompression, target incentives, etc., telling them that no one is perfect, and that they learn to interact with others. Mental health is just like physical health. It will inevitably appear in people's life. Such problems can only be solved through proper confrontation and treatment.

4. The pressure of learning and life

As a different learning environment and learning state from high school, some students have some incompatibility after entering university. Their pressure comes from the autonomy of learning, the burden is too heavy, the learning methods are problematic, and they come from the relatively relaxed educational environment of the university. Many of them need to rely on their own groping, the lesson to choose their own, the certificate exam must be their own, After graduation, it is the pressure brought by work or postgraduate research. These problems will lead some students to be in a state of high tension for a long time, which may lead to college students suffering from mental illness such as coercion, anxiety and even schizophrenia.

In the face of these problems, we should guide students to adjust the rules of life. Universities are much looser than high schools. They don't need to be in a state of tension. They don't need to get up early or learn for a long time. In many cases, they can make some adjustments to their living habits and develop a healthy habit. This will bring a whole new feeling to the whole spirit. At the same time, we should have a good first university course for freshmen at the beginning of school. In the course, we should give some correct learning guidance to the students in the university, such as learning objectives, learning motivation, and learning attitudes, as well as poor academic performance. There is also a guide to them to have a comprehensive understanding of their majors, so that they can establish a correct learning concept.

5. Interpersonal issues

University, as a new beginning, everything is beauty. In this new place, there are people from all walks of life who have different habits and personalities. We have to deal with these different people. And in the university. Some students lack experience in interpersonal communication, lack the ability and courage to interact with others, and face all kinds of activities, they are both interested and afraid of failure, so always avoid activities as much as possible. Some students come from families with only children, and many of them form self-centered and focus on their rights and interests. There are also some students who have problems with their personality and their own understanding of people. They lack friends and are difficult to interact with others, which leads to many conflicts and contradictions in the process of dealing with people.

In order to solve these problems, we should strengthen their education and guidance in their daily work. First of all, let's talk about the first lesson of the school to help them have a clear overall understanding of the university. The university is a simple society, and people are the sum of all social

relations. We should strengthen communication with others and find our common and respecting the differences between others and us. Secondly, students should be educated; they should be treated sensibly. In the process of communication, sometimes they may not be mutually beneficial, and they may not be able to get good returns. We should also think differently and think about each other from the perspective of the other side. Sometimes it is not necessarily a bad thing to eat a little. Finally, we must be sincere in our dealings and treat each other with sincerity. In this way, only if you are really good to others, others will be good to you.

6. Love and sexual psychology

As an adult, college students have sexually mature. Love and sex are inevitable problems. At the same time, it is also a difficult social obstacle for college students. Schools and families generally lack education in this area. So many students have difficulties in dealing with the opposite sex, so that they are afraid, unwilling, or even unable to interact with the opposite sex. There are also students who have lost love, premarital sex, and can't handle good love and academic relationship in the process of love.

Therefore, we must let students establish a correct idea of love, and not allow some college students to be influenced by traditional concepts, especially the cultural tradition of "feminine and non-proximity" in feudal society. It is believed that there is nothing else between men and women except love. Establish a correct view of the opposite sex in the end. For falling in love, we neither advocate nor suppress. What we should do is to conduct correct guidance, correctly treat heterosexual interactions, and cultivate the ability to interact with the opposite sex. At the same time, we should do a good job of emotional distress caused by students after falling out of love, strengthen communication and attention, so that negative emotions can be properly discharged to ensure normal learning and life, and maintain mental health.

In short, solving the psychological problems of college students plays an important role in the healthy growth of college students. This is not only the work of colleges and teachers, but also the cooperation of society and families, so as to effectively improve the psychological status of college students and help them become talents.

References

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