

The Study on Mental Health Based on Survey of 800 College Students

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Abstract. China is the world's most populous country with a population of more than 1.4 billion, and 9.5% of them are college students. Obviously, college students are not only the main group who have mastered knowledge, but also the main force for the future development of the country. The psychological problems of college students not only determine the health of students themselves, but also are closely related to the stability and prosperity of the society. The paper conducts an online survey of 800 college students' mental health problems, and makes attribution analysis on students' perception, feeling, imagination memory, thinking activities activities as well as other psychological problems, and then, puts forward corresponding guidance measures.

Key words: College students; mental health; questionnaire survey; guidance measures.

1. Introduction

At present, health is defined that personal physical, physiological, and psychological are in a relatively good state. As everyone knows, the traditional concept of health in the last century just only referred to "no disease" of body, which focuses on physical and physiological problems, while psychological problems are often ignored [1]. With the development of times, today's society has already risen from "material" requirements of having food and drink to "spiritual" satisfaction of eating well and enjoying life. Since the WenChuan earthquake in 2008, the contribution of psychological rescue brought the importance of mental health into public view for the first time [2].

In 2021, the number of chinese college graduates exceeded the 10 million mark for the first time, reaching a staggering 10.2 million[3]. As contemporary intellectuals, college students not only grasp the lifeblood of national economic, and technological development, but also play an important role in social stability unity and social morality. Nevertheless, in recent years, students are under great pressure in both study and employment, at the same time, the mental health of college students has become an important concern of modern education[4]. In view of the above situation, this paper takes the students of four grades in a college as the research object, carries on the attribution analysis to their psychological problems, and puts forward the corresponding solution measures.

2. The survey subjects

2.1 The object composition

The survey is conducted on the mental health problems of 800 college students from freshman to senior grade. The composition of 800 college students is shown in Table 1.

Tab.1 The composition of 800 college students

Types	Grade				Gender		Family		One-Child Family	
Special types	Fresh man	Sophomore	Junior	Senior	Male	Female	Town	Countryside	Yes	No
Number	197	314	203	86	568	232	523	277	497	303
Proportion/%	24.6	39.3	25.4	10.8	71.0	29.0	65.4	34.6	62.1	37.9

The research object is mainly composed of sophomores and juniors, of which 24.6% are freshmen, 64.7% are sophomores and juniors, and 10.8% are seniors. As the college is mainly majored in engineering science, the research shows that there are more male students, accounting for 71.0%, which is appropriate for the ratio of male to female students in this college. Students from urban areas account for 65.4%, and the one-child family account for 62.1%.

2.2 The survey contents

It is investigated about the student's perception (headache and dizziness, appetite discomfort, muscle soreness, etc.), sensation (agitation, loneliness, fear, despair, etc.), imagination (sexual problems, hurting others, suicide, etc.), memory (forgetfulness, absent-minded, etc.), and thinking (neuroticism, sleeplessness, difficult to decide, distraction). The results of the survey are graphed to analyze the mental health problems of college students and influencing factors. Finally, it is researched on the current situation and influencing factors of college students' mental health problems.

3. The results discussion

3.1 The perceptual problems and analysis

The results of students' perceptual problems such as headache and dizziness, appetite discomfort and muscle soreness are classified and summarized, and the results are shown in Table 2.

Tab.2 The results of perceptual problems

Types	Headache and dizziness			Appetite discomfort			Muscle soreness		
Degree	Never	Moderate	Severe	Never	Moderate	Severe	Never	Moderate	Severe
Number	304	467	19	348	384	68	328	406	66
Proportion/%	38.0	58.4	2.4	43.5	48.0	8.5	41.0	50.8	8.3

It can be seen from Table 2 that the symptoms of perceptual discomfort are more obvious in college students, among which headache and dizziness account for 58.4% and those with severe symptom account for 2.4%; The proportion of moderate appetite discomfort is 48.0%, while severe

appetite discomfort is 8.5%; The proportion of moderate muscle soreness is 50.8%, and the proportion of severe muscle soreness is 8.3%. Apparently, the above data highlights the widespread perceptual problems of college students, which are mostly caused by factors such as insufficient extracurricular activities, poor food and heavy learning tasks [5].

3.2 The sensory problems and analysis

The results of students' sensory problems such as agitation, loneliness, fear and despair are classified and summarized, and the results are shown in Table 3.

Tab.3 The results of sensory problems

Types	Agitation			Loneliness			Fear			Despair		
Degree	Never	Moderate	Severe	Never	Moderate	Severe	Never	Moderate	Severe	Never	Moderate	Severe
Number	304	409	87	335	380	85	384	340	76	352	376	72
Proportion/%	38.0	51.1	10.9	41.9	47.5	10.6	48.0	42.5	9.5	44.0	47.0	9.0

The Table 3 shows that the symptoms of sensation are more obvious than those of perception. The proportion of moderate agitation is 51.1%, and the severity is 10.9%. Loneliness and agitation are similar, and the proportion of severe loneliness is 10.6%. The proportion of fear and despair are 9.5% and 9.0% respectively. The feeling is affected by emotional fluctuations, and most of them have sensation problems of varying degrees in the survey. But presumably, when severe symptoms of this feeling occur, it does not rule out the possibility of impulsive behavior. Generally, sensory problems are mostly caused by factors such as social difficulties, low resistance to setbacks, and lack of confidence [6].

3.3 The imagination problems and analysis

The results of students' imagination problems such as sexual problems, hurting others, suicide are classified and summarized, and the results are shown in Table 4.

Tab.4 The results of imagination problems

Types	Sexual problems			Hurting others			Suicide		
Degree	Never	Moderate	Severe	Never	Moderate	Severe	Never	Moderate	Severe
Number	350	369	81	373	346	81	395	319	86
Proportion/%	43.8	46.1	10.1	46.6	43.3	10.1	49.4	39.9	10.8

As can be seen from Table 4, college students have serious imagination problems, and the proportion of serious problems associated with sexual problems and hurting others is the same, both 10.1%, more severe cases (10.8%) often want to end their lives, which is more than the other two severe types. This phenomenon is extremely unusual for college students who should be full of youthful vitality. Therefore, it is desperately need to provide psychological counseling for those students who want to commit suicide. It should be noted that the above problems are not sudden, but slowly caused by incorrect guidance on sexual problems, growth environment, lack of love in life and other reasons.

3.4 The memory problems and analysis

The results of students' memory problems such as forgetfulness, absent-mind are classified and summarized, and the results are shown in Table 5.

Tab.5 The results of memory problems

Types	Forgetfulness			Absent-mind		
Degree	Never	Moderate	Severe	Never	Moderate	Severe
Number	240	470	90	382	350	68
Proportion/%	30.0	58.8	11.3	47.8	43.8	8.5

The Table 5 shows that memory problems, especially forgetfulness, are most obvious among college students, with moderate symptoms accounting for 58.8% and severe symptoms are as high as 11.3%. In a high-intensity learning environment, students' memory is often attenuated. Some students think that college students have a lot of disposable time and are easy to form the habit of laziness. Both high-intensity learning and excessive laziness are not conducive to the enhancement of memory.

3.5 The thinking problems and analysis

The results of students' thinking problems such as neuroticism, sleeplessness, difficult to decide, distraction are classified and summarized, and the results are shown in Table 6.

Tab.6 The results of thinking problems

Types	Neuroticism			Sleeplessness			Difficult to decide			Distraction		
Degree	Never	Moderate	Severe	Never	Moderate	Severe	Never	Moderate	Severe	Never	Moderate	Severe
Number	322	427	51	349	376	75	290	425	85	303	425	72
Proportion/%	40.3	53.4	6.4	43.6	47.0	9.4	36.3	53.1	10.6	37.9	53.1	9.0

It can be seen from Table 6 that most of the students are troubled by thinking problems. Moderate neurosis reaches 53.4%; severe difficulty in falling asleep accounts for 9.4%; difficulty in making a decision accounts for 10.6% in severe cases; moreover, 62.1% of the students have the problem of inattention. It is worth noting that the confusion of thinking is usually caused by physical fatigue, nervous tension, staying up late and thinking about trivial things frequently. Besides, in this state for a long time, it will not only seriously damage the health of the body, but also make body become neurotic and haggard.

4. Conclusions and measures

4.1 Conclusions

In terms of perceptual problems, college students generally have headaches, dizziness, poor appetite, muscle pain and other symptoms, which is mainly due to the serious lack of physical exercise and the decline of physical quality after entering college, except for normal physical education courses. Besides, college life is not as regular as middle school and high school. It is often half a day or even a whole day without having classes, which makes some students with weak self-control stay up all night. Then, breakfast is naturally avoided because they sleep until noon or afternoon. For a long time, the body is prone to gastrointestinal problems. In addition, sitting for a

long time in class can lead to varying degrees of lumbar muscle pain and other discomfort symptoms, this is also one of the reasons.

In terms of sensory problems, it seems common for college students to have agitation, loneliness, fear, despair and other problems, while the underlying reasons are mostly caused by social interaction. The vast majority of students are the first time to study away from home, when facing a strange environment, do not adapt to life performance, there are difficulties in making new friends and other problems, part of the students also have social barriers, for a long time will produce psychological disorders such as autism, self-closure.

In terms of imagination problems, college students suicide, homicide and other events occasionally occur, these are likely to be the imagination of the deviation of the problem, hurt others or suicide is often entrenched in the mind, when certain stimuli, easy to produce uncontrollable consequences. The root of imagination problem is feeling. When negative feeling takes root and sprouts in the heart, the correct cognition of the mind will also be deviated, which will easily lead to the occurrence of wrong behavior.

In terms of memory problems, memory is an iterative process of identifying, maintaining, reproducing and recognizing things that have been experienced. Forgetting is a problem everyone has. The best way to solve it is to improve immune system by exercising, reading more books and keeping a good mood.

In terms of thinking problems, State of thinking and state of mind can not be separated from the relationship, maintaining a good state of thinking must strictly ensure that the brain has sufficient rest time, staying up all night, frequently thinking trivia and so on maybe cause the consequences of neurasthenia and poor concentration.

4.2 Measures

In order to make students have a healthy psychological state, measures will be given from three aspects, including student, family and college.

Firstly, Students themselves should strengthen the cultivation of self-confidence, mental health problems are mostly caused by lack of self-confidence, self-closure, self-abasement and other psychological disorders. And students learn to know how to vent in time when facing lost, dissatisfaction, despair and other emotions, can divert attention through exercising, studying and other measures. Overcoming social barriers requires openness and understanding. Strengthen their ability to resist setbacks, training strong will.

Then, parents should make reasonable career planning for students, and give correct guidance and encouragement when children bear too much learning pressure or encounter adversity. Parents' words and deeds can affect children's behavior and personality to the greatest extent. In life, more care, less blame, in the long "track" of life, the family should play the role of "service area".

In the end, college should arrange teaching courses reasonably, arrange regular psychological counseling, pay attention to students' mental health education and counseling, timely take psychological intervention and treatment for students with serious psychological problems, strengthen the construction of interest groups, organize and carry out various kinds of interest activities, and create a good style of learning and teaching.

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