

# Research and Countermeasure of Typical Psychological Problems of Contemporary College Students

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**Abstract**—College students are the future and hope of social development. Whether their psychology is healthy or not determines the development of the country and the rejuvenation of the nation. A large number of studies and surveys show that the mental health situation of college students in China is quite severe. A considerable number of students have various psychological reactions and adaptation obstacles, and some even have a serious degree. Mental health problems have affected the healthy growth and development of college students. Therefore, it is an important task for the whole society to actively use all means to prevent the psychological problems of college students. From the current situation, this paper analyzes the typical psychological problems of college students, finds out the causes of psychological problems of college students, and explores rational strategies to solve the mental health problems of college students. It has profound theoretical significance and Realistic meaning.

**Keywords**—College student, typical psychological problem, strategy

## I. INTRODUCTION

At present, we are in the era of knowledge economy, and people's ideas have undergone profound changes. As the leader of society and the mainstay of the great cause of socialism construction, the ideological concepts and mental health development of college students have attracted the attention of the whole society. However, college students at this time are special groups between mature and semi-mature. Although their ideas are more active, they are also relatively sensitive. They are easily plagued by various mental illnesses and psychological problems. This paper analyzes the typical psychological problems of college students, finds out the causes of psychological problems of college students, and explores rational strategies to solve the mental health problems of college students. It has profound theoretical and practical significance.

## II. CONCEPTS AND STANDARDS OF PSYCHOLOGICAL PROBLEMS

So far, scholars have not made a clear definition of the concept of psychological problems. Only some scholars have tried to explain the connotation of psychological problems from the perspective of the concept and standard of mental health. The concept of mental health has always had different views: from an international perspective, the International Health Organization defines mental health as "personal integrity, self-perception, emotional stability, positive enthusiasm rather than negative emotions, and better self-control. Ability, able to maintain a psychological balance, self-respect, self-love, self-confidence, self-knowledge, a sense of security in the environment in which they live, maintain normal interpersonal relationships, be realistic, keep making progress, have ideals and careers The pursuit of the above." Domestic scholars believe that the so-called mental health, the most general and most general, refers to the human psychology, that is, the internal relationship of knowledge, emotion, and intentional activities, the psychological content and the objective world remain unified, and According to this, it can promote the balance of the human body and the external environment and promote the individual's adaptability to the social environment, and thus continuously develop a sound personality, improve the quality of life, and maintain strong energy and pleasant mood. Psychology believes that human psychological development is a continuous process. Health and unhealthy are also a process of change. Due to the influence of life events and external environment, psychological imbalance may be caused, including psychological imbalance, emotional disorder and abnormal personality. These all interfere with people's normal life and emotional state to varying degrees, which is mental illness or psychological problems.

## III. TYPICAL OF CONTEMPORARY CHINESE COLLEGE STUDENTS PSYCHOLOGICAL PROBLEMS

T College students and contemporary college students are two concepts. College students describe the individuals from the oldest to the oldest in terms of the general meaning of development. Contemporary college students are considering college students into the specific historical era of "contemporary". Contemporary college students are in an era of integrated, integrated and systematic scientific development. High-tech has developed rapidly. Human beings face a series of global problems such as population, environment, resources and crimes. The international competition is fierce. Under the background of this era, college students have formed their own unique advantages, such as increasing awareness of innovation, high self-confidence, paying attention to the cultivation of their own abilities, and suffering from "regrets" of various eras. This inevitably puts their psychology into the influence of two factors. On the one hand, it actively influences, promotes the courage of college students in the tide of the times, and on the other hand, it is a negative influence. It hurts the emotions of the university cows in a quietly

sentinel. Inducing psychological problems of college students. There are three types of typical psychological problems through investigation. The ratio is shown in Figure 1:

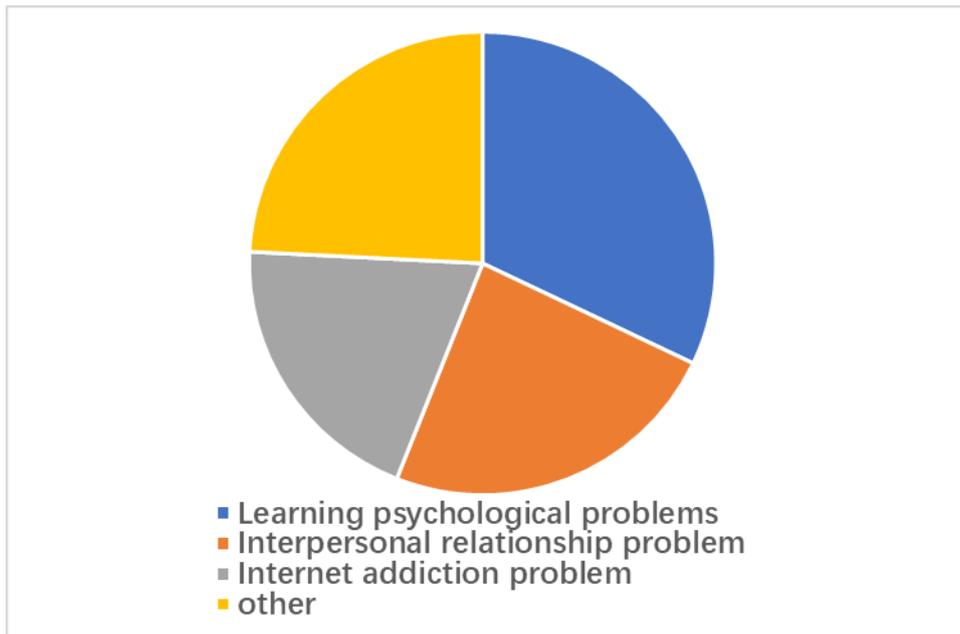


Figure 1 Psychological problem

#### A. Learning Psychological Problems

Learning is the vocation of college students. Learning activities require the active participation of students' intellectual factors and non-intellectual factors. The learning results are closely related to the development of college students. Contemporary college students have different levels of psychological problems in their studies, and these problems seriously affect their learning and health. The psychological problems of college students' learning are mainly manifested in lack of learning motivation, learning fatigue, excessive learning anxiety and so on. The lack of so-called learning motivation means that college students lack internal driving force and no interest in learning. Learning motivation reflects the needs of college students and promotes them to carry out certain learning activities. If college students lack learning motivation, learning and giving results will inevitably be affected. Unclear learning objectives, lack of learning plans, weak motivation for learning, and lack of interest in learning are all manifestations of lack of motivation for learning.

#### B. Interpersonal Relationship Issues

The interpersonal relationship of college students, in a broad sense, refers to the psychological relationship formed between college students and all the people involved. In a narrow sense, it refers to the psychological relationship formed by college students during their interaction with the people around them. The interpersonal relationship of college students mainly includes teacher-student relationship, classmate relationship and parent-child relationship. Interpersonal relationship is closely related to the mental health of college students. It is manifested that the harmony of interpersonal relationship is not only an important indicator of college students' mental health, but also plays an important role in the mental health of college students. The interpersonal relationship problems of college students are expressed as embarrassment, inferiority, and conceit. The trick is because of the negative emotions that your society needs to be unsatisfied. Including anxiety, fear, sorrow, disappointment, anger, hostility and other unpleasant emotions. Ordinary people are somewhat worried under certain circumstances, but those who are too self-respecting in vanity have a stronger heart.

#### C. Internet Addiction Problem

"Addiction" is the habit formed by the nerve center often receiving some kind of external stimulus. Internet addiction is also an addiction phenomenon. At present, college students are mainly addicted to Internet addiction. Internet-dependent addiction refers to the psychological dependence of college students on the pleasure of network behavior or network behavior due to repeated use of the network. Contemporary college students' network dependence addiction is mainly manifested in online porn addiction, online game addiction, online chat addiction, etc., which makes college students fall into a state of being unable to extricate themselves. Network anxiety refers to emotional experiences such as tension, depression, and fear caused by excessive online behavior. The online anxiety of contemporary college students is mainly reflected in learning anxiety, interpersonal anxiety, information anxiety and safety anxiety.

#### IV. THE TYPICAL PSYCHOLOGICAL CHARACTERISTICS OF CONTEMPORARY COLLEGE STUDENTS

##### *A. Highlight The More Mature Self-Awareness and Gradually Improve*

With the increase of age and the improvement of knowledge reserve, college students have initially formed an independent personality. Self-consciousness also changes from the middle-level social self to the high-level psychological self, which makes them pay more attention to the perception, experience and regulation of self-consciousness. And change. Strong self-awareness encourages college students to pay too much attention to their own feelings, regardless of the feelings of others; self-evaluation often has deviations, excessive self-esteem or conceited psychology; at the same time, their understanding of learning, life and society is still idealized. Thus there is a bias in the perception of the real nature of things. However, with the independent and conscious exploration of the psychological self, the idealized self and the real self are transformed, and the self-consciousness can gradually mature in the constant transformation of contradictions.

##### *B. Initially Have the Ability to Think About Things And A Strong Critical Thinking*

After a few years of systematic study, college students become more meticulous and agile. Under the rich practice of extracurricular practice, it has a certain analytical ability, can clearly dialectical reasoning; has a unique insight into the cognition of things, and can independently examine and think about problems from a relatively high angle. Thought becomes more mature, and the cognition of things is more scientific and practical. It has a strong critical spirit, can critically look at things, dare to question and discern, but lacks understanding of society and emotions. The poor control, some college students have a radical view of things, leading to the final move, thus deviating from the essence of critical thinking.

##### *C. Has More Sensible Emotions But Lacks Stability*

College students gradually reach a higher level in terms of intelligence level and knowledge literacy. Emotions become more profound, rich and delicate, and gradually change from low-level emotions to high-level emotions, and high-level emotions such as morality and beauty rise to a dominant position. At the same time, its own understanding of advanced emotions is more specific, and forms a unique self-evaluation standard. The ability to self-control emotions is greatly enhanced, and it is possible to reasonably constrain its own impulses and effectively adjust its own negative emotions. Under the joint effect of conscious control and unconscious defense, the explicit and implicit coexistence of emotions coexist. "Emotions are rich and sensible, but they still have obvious bipolarity." The specific performance is: sometimes cheering, sometimes depressed, sometimes melancholy and sometimes mad.

#### V. TYPICAL OF CONTEMPORARY CHINESE COLLEGE STUDENTS PSYCHOLOGICAL PROBLEM PREVENTION STRATEGIES

##### *A. The Combination Of Education and Self-Education*

The development of any thing is the result of the internal and external factors, the external cause is the condition of change, the internal cause is the basis of change, and the external cause acts through internal factors. In the process of psychological development of college students, the system of their own psychological quality is the basis for change, the internal cause, the external environment is the condition of change, and the external cause. Therefore, self-prevention is a decisive factor in the prevention of college students' psychological problems. The self-prevention of contemporary college students' psychological problems is realized through mental health self-education. Because self-education is a high-level integration mechanism of human psychology, it is the core of psychological quality. The prevention of college students' psychological problems is ultimately to solve their development problems by improving the actual psychological quality of college students, and these can only be achieved through their own efforts, that is, through their self-education.

##### *B. Create a High-Quality Mental Health Teacher Team*

From the perspective of education, colleges and universities mainly prevent psychological problems of college students by carrying out mental health education. Mental health education is a highly professional work, which requires building a team of high-quality mental health teachers. The key to mental health education work. From the teacher's point of view, most teachers who implement mental health education have not received formal and systematic psychological science knowledge and skills training. They have little knowledge of modern psychological counseling techniques. It is difficult to prevent psychological problems in college students. Guaranteed good results. Based on the above two points, it is necessary to build a high-quality mental health teacher team. First, strengthen the construction of a team of full-time and part-time teachers. At present, colleges and universities are mainly engaged in pedagogy, psychology and ideological and political education as the main body, with the part-time psychological counseling teachers as the backbone, which constitutes the main body of the implementation of mental health education activities. The quality of this team directly restricts mental health education. Effect.

##### *C. Parents Should Always Communicate With Their Children*

It is a set goal that conveys information, thoughts, and emotions between individuals or groups and a process of mutual agreement. Parents often communicate with their children, can grasp the child's thoughts and trends in time, help children learn to correctly deal with problems encountered in life, and effectively prevent the occurrence of psychological problems. The communication between parents and children should pay attention to the relationship and create an atmosphere of communication. Some parents usually have little thoughts and exchanges with their children. After a problem occurs, they

severely reprimand their children. Over time, the emotional distance with their children is gradually widening. Therefore, when parents talk with their children, they must first create a harmonious atmosphere, such as a joke, a happy thing, etc., so that the distance between the child and the child is narrowed unconsciously, and the communication effect will be good. many.

## VI. CONCLUSION

At present, the mental health problems of college students in China exist, and college students are no exception. Through research, the typical psychological problems are mainly college students there are three big psychological problems, including learning psychological problems, relationship problems, Internet addiction, these psychological problems are caused by social, school, family irrational factors and the existence of individual psychology students Caused by differences in quality. To this end, college students should be actively coordinated and cooperated to help college students develop healthy psychology; parents of college students should pay more attention to the psychological state of students, communicate more and enlighten more, and create warm and harmonious for them. The family atmosphere should improve the mental health of college students as much as possible. Finally, the students themselves should actively work hard to cultivate healthy living habits and good mentality. Through the coordination and cooperation of these four aspects, we can ensure the mental health of college students and meet the needs of qualified personnel for economic and social development.

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