

Research on the Psychological Diathesis Problems of College Freshmen in the Era of Digital Economy and Countermeasures

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Abstract: The psychological diathesis of college freshmen has become one of the key problems in the work of colleges. Affected by factors such as society, school and family, as well as the rapid development of digital information era, there are problems such as bewilderment, interpersonal communication obstacles, academic or life pressure, Internet or mobile phone addiction among college freshmen. Therefore, in the era of digital economy, it is necessary to utilize the advantages of digital technology to optimize the mental health education for college students, improve the quality of mental health education, and do a good job in preventing and resolving freshmen's psychological diathesis problems.

1. Main Manifestations of Psychological Diathesis Problems of College Freshmen

1.1 Bewilderment

Some freshmen will feel bewildered when they enter the college campus. Although high school life is intense and hard, they have clear learning goals. After entering the college, some of them suddenly lost specific goals for their study and life, besides, they are confronted with unfamiliar environment, so they will seem at a loose end. At the same time, although some students have achieved top grades in high school, they might find a gap between themselves and other classmates after entering colleges, which can also cause their depression and disappointment, resulting in their low-spirits and laziness.

1.2 Interpersonal communication barriers

From kindergarten to high school, lots of students have been over-protected by their parents, lacking social understanding and interpersonal communication skills. And some of the only children in a family have been so spoiled to the extent of being selfish and arrogant in interpersonal communication. In college, interpersonal communication is relatively more complex, so some freshmen may have difficulties in interpersonal communication due to their lack of experience in this aspect, which can be observed as fears of expressing themselves in public, reluctance to participate in social activities, and so on.

1.3 Academic or life stress

After entering the college, some freshmen may experience significant academic stress due to their dislike of the major they have chosen, or their excessively high learning goals, resulting in anxieties and upsets. There are also some students who have significant life stress during college studies due to family financial conditions, which has a negative impact on their own psychology and studies.

1.4 Internet or mobile phone addiction

In the era of digital economy, computers and mobile phones become indispensable. Every college student is basically equipped with a computer and a mobile phone. Getting out of the misery stage of high school, some freshmen felt totally relaxed after entering the college. Besides, without parents' supervision, they are more likely to indulge in the Internet or mobile phones games, even to

the extent of forgetting to eat and sleep, which not only endangers their studies, but also affects their emotions. In the long run, they will have psychological diathesis problems.

2. The Causes of Psychological Diathesis Problems of College Freshmen

2.1 Influence of the social environment

Nowadays, politics, economy, science and technology are developing rapidly, and culture is becoming diversified, which brings great psychological impact to college freshmen. On the one hand, there is fierce competition in society nowadays, and people are facing an increasingly accelerating pace of life and work, as well as increasing tension and pressure in life, work, and study, which are certainly transmitted to schools through various channels, imposing psychological pressure to college students. And some college students will also worry about the future employment and work. On the other hand, in the era of digital economy, Western ideological trend has been spread to college campuses via the Internet, and the impact of multiple values has troubled college students and made them feel at a loss^[1]. Some college students tormented by western liberalism and hedonism will end up in mental emptiness and conflicts.

2.2 Influence of college campus

College campus is the main place for college students to study and live, which plays a great role in causing their psychological diathesis problems. On the one hand, some colleges pay more attention to exam-oriented education, while ignoring quality education. On the other hand, some colleges do not attach importance to mental health education, lack a team of teachers for mental health education, and rarely carry out mental health education activities, resulting in that students' psychological diathesis problems cannot be found in a timely manner, affecting their healthy growth.

2.3 Influence of families

Families are the primary environment for college students' growth, they have a decisive impact on their mental health. Firstly, parents' educational approaches affect freshmen's mental health. If parents are too strict, or they spoil their children too much, or they have domestic violence, it can bring psychological trauma to students, which can lead to psychological diathesis problems. Secondly, the degree of family harmony affects students' mental health. Generally speaking, students from disharmonious families, including single-parent families, will have much higher chances of psychological diathesis problems such as over-sensitivity and inferiority, and they are likely to have interpersonal communication barriers after entering the college campus^[2]. Finally, family financial conditions affect the mental health of college students. Students from poor families tend to have a greater psychological burden, and in the long run they will have mental health problems.

2.4 Influence of the rapidity of digital information

The era of digital economy is mainly characterized by rapidity. The Internet has broken through the traditional boundaries of countries and regions, as well as the constraints of time. Countries and regions are connected by the network, enabling people to conduct information transmission and economic exchanges on a smaller spatial and time span, leading to faster pace of life and work and more intense competition, coupled with the influence of various information, college freshmen are more likely to become anxious and confused.

3. Interventional Countermeasures for Psychological Diathesis Problems of College Freshmen in the Era of Digital Economy

3.1 Innovate working ideas and implement the concept of "all-personnel education, whole-course education and all-round education"

The psychological diathesis problems of freshmen are possible during the whole process of their college study and life, which has a significant impact on their growth. Therefore, colleges should innovate their working ideas and adopt the three-in-one education mode integrating all personnel, the whole course and all aspects to prevent and solve the psychological diathesis problems of freshmen [3]. First of all, it is necessary to focus on collaborative management among multiple parties to achieve all-personnel education. After freshman enrollment, professional tutorial system activities should be carried out. The teaching staff should conduct one-to-one interview and guidance for freshmen, learn about their basic situation, help with their psychological bewilderment, and guide their study and life, so as to form a regular and effective tutoring mechanism. Student counselors and faculty work together to help students quickly adapt to college campus, keeping them from any mental illness. Secondly, it is necessary to take a humanistic approach and realize the whole-course education. Colleges should maintain a monitor on students' psychological changes, focusing on their basic situation at the early stage of enrollment, help them adapt to the new environment as soon as possible, and guide them to establish correct values. During the first semester, it is necessary to focus on students with psychological diathesis problems, and solve their obstacles in life and thought in a timely manner. At the end of the first semester, it is necessary to communicate with students' parents about their situation at all aspects, and work together with parents to help them grow psychological maturity. Finally, it is necessary to pay attention to students' personality development and realize all-round education. Colleges should pay attention to the personality characteristics of each student, establish goals to cultivate their personality, put an end to unrealistic competition, so that each student can understand and evaluate themselves correctly, and build up their confidence while growing their personalities.

3.2 Consolidate the routine work of educational psychology support for freshmen

Routine educational psychology support is a necessary condition to prevent freshmen from having psychological diathesis problems. Colleges should pay attention to psychological support of freshmen and strictly implement the routine work of educational psychology support. Firstly, it is necessary to carry out diversified activities to spread mental health knowledge. Colleges can carry out activities such as mental health knowledge lectures, mental health knowledge competitions, mental health publicity month and so on, so that students can have a good master of mental health knowledge, and apply relevant knowledge to learning about themselves and solving their own bewilderment and other problems. In the era of digital economy, colleges can make full use of digital technology that break through the limitations of traditional education in time and space to help students learn mental health knowledge anytime and anywhere on digital platforms [4]. Secondly, it is necessary to carry out diversified psychological counseling and guidance. Besides improving offline psychological counseling rooms, colleges should make every effort to develop online psychological counseling activities and make full use of digital technology, which can not only improve the counseling efficiency, but also better protect students' privacy and enhance their initiative in psychological counseling. Thirdly, it is necessary to track and document freshmen's psychological states. In the traditional management of students' educational psychology support, due to the large scale of student population, the rapidly changing student psychology, and the complexity in psychological conditions, it is difficult to track their psychological states in a targeted manner. In the context of the digital economy, colleges can conduct big data analysis and prediction of students' psychological change and establish archives of their mental conditions via digital technologies and digital platforms, so as to form normalized and sustained mental health management.

3.3 Guide freshmen to conduct self-psychological adjustments and take the initiative in seeking psychological assistance

Students are the central part of educational activities, and the same in the mental health education. Therefore, in the education of students' mental health, teachers should make students the priority, and guide them to conduct self-psychological adjustments and take the initiative in seeking psychological assistance. On the one hand, it is necessary to cultivate students' ability to conduct self-psychological adjustments. In their study and life on campus, students will inevitably encounter difficulties and setbacks, especially for freshmen, who are more prone to psychological diathesis problems. Therefore, colleges can use various forms such as mental health lectures, mental health education courses, and mental health themed activities to cultivate their ability to conduct self-psychological adjustments, helping students understand the standards of mental health, and use such psychological adjusting methods as relaxation, venting, and transfer to achieve self-psychological balance [5]. On the other hand, it is necessary to enhance the awareness of freshmen to take the initiative in seeking psychological assistance. During their college study, some students take psychological problems as privacy, not willing to actively seek psychological assistance. Therefore, colleges should update students' concepts, guide them to seek psychological assistance initiatively through the introduction of mental health knowledge, and guarantee the convenience for students seeking psychological assistance by offering multiple channels of online and offline psychological assistance.

3.4 Strengthening the connection with family and society, to form the education joint effort

The cultivation of college students requires the joint participation of schools, families, and society. For psychological diathesis problems, colleges should give full play to the role of family and society, keep a smooth communication with family and society, and form the education synergy [6]. On the one hand, colleges should strengthen their connection with freshmen's families. The teachers should have an in-depth knowledge of their family background and keep close contact with their parents to detect students' psychological diathesis problems their first signs and achieve prospective mental health management. As students come from different places, all regular face-to-face communication is unrealistic. Colleges can communicate with them through digital technologies, such as Wechat, QQ and other tools, and communicate common problems in a group way, so as to promote the cooperation between schools and families and form a good situation of joint care. On the other hand, it is necessary for colleges to strengthen their connection with society. Colleges can strengthen their connection with surrounding communities and health service institutions to leverage the power of professional institutions to enhance students' understanding of mental health. At the same time, it is necessary to guide students to go out of campus and actively participate in various social practice activities, so as to form a good psychological diathesis in this process.

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