

Meta Analysis of Scl-90 Survey Results of Mental Health of Chinese College Students in Recent Years

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Abstract: with the Continuous Development of Social Economy, Chinese College Students' Mental Health Education Faces Many Problems, and Relevant Teaching Fields Need to Be Adjusted to Meet the Requirements of Social Development. At Present, Colleges and Universities Are Paying More and More Attention to the Mental Health Education of College Students, and They Also Put Forward New Requirements for student's Mental Health Development. by Analyzing the Mental Health Data of College Students from 2013 to 2015 and the Meta-Analysis of Scl-90 Survey Results, This Paper Finds That There Are Still a Series of Problems in the Mental Health of College Students. in View of This Problem, the Author Analyzes the Mental Health Problems of College Students in the Past Three Years and Puts Forward Constructive Opinions on the Various Mental Illnesses of Contemporary College Students Based on the Results of the Scl-90 Survey. the Research Pointed out That the Mental Health Education Mode of College Students Needs to Be Further Optimized to Reduce Vicious Events and Create a Better Environment for Maintaining Stable Development of Society.

1. Introduction

1.1 Literature Review

At present, there are many kinds of psychological problems and problems among college students. Relevant departments investigate and understand the forms of psychological disorders of college students, analyze various factors that cause psychological disorders, and provide various debugging methods to guide college students, so as to promote their physical and mental health (Zhou, 2005). At the same time, due to the problems of job selection and social fear, the psychological endurance of contemporary college students is declining, and more and more people begin to suffer from various psychological diseases, which seriously affect college students' learning and daily life (Ren, 2009). Some experts pointed out that from the development of mental health education of college students in recent years, some colleges and universities pay relatively little attention to mental health education of college students, and fail to formulate appropriate courses and carry out corresponding activities for the mental health of students, resulting in frequent accidents due to mental problems (Li, 2009). Other experts pointed out that because the family, school and society pay less attention to mental health education, college students do not know much about this concept. Therefore, colleges and universities should actively carry out health education activities, popularize knowledge about mental health, and let students have a preliminary understanding of this concept. Only in this way can we effectively avoid all kinds of psychological problems and curb the malignant events caused by psychological diseases (Fan, 2007). Based on this, experts put forward several ways to deal with mental illness, namely, to maintain an optimistic and upward attitude, moderate exercise, comprehensive and balanced nutrition, regular psychological consultation, etc., to ensure physical and mental health (Yang, 2010). As college students shoulder the future of our country, it is the responsibility of our country and society to provide help for college students' mental health.

1.2 Purpose of Research

The purpose of this study is to understand the mental health status of college students, through

the analysis of the results of SCL-90 survey of mental health of college students in 2013-2015. The results show that the SCL-90 scores of college students are higher than that of normal adults. It can be seen that the special group of college students has the same psychological barrier performance. At present, China is in a period of rapid socio-economic development. In addition to coping with busy academic life, college students have to adapt to the changes of social development, and psychological pressure increases significantly. At this time, it needs the cooperation of family, school and society to better solve the problems faced by college students and carry out appropriate educational activities.

2. Problems in Mental Health Education of College Students

2.1 Lack of Professional Quality of Mental Health Educators for College Students

To a certain extent, the construction of mental health education model for college students needs to rely on the professionals of mental health educators. Therefore, to a great extent, the professional quality of College Students' mental health educators will affect the overall level of mental health education model construction. According to the practice in recent years, a large part of colleges and universities still have problems in the construction of mental health education mode, such as the lack of professional quality of workers. Some colleges and universities are still in the initial stage of improving the mechanism of mental health education. Neither the content nor the core idea is in balance with the actual requirements. The education mechanism still refers to the original traditional model, which can not meet the current diversified mental health needs. At the same time, due to the lack of professional quality of mental health educators, the level of ideological education is still limited to the surface of psychological education. In view of this, it is one of the main problems to improve the professional quality of workers in this field.

2.2 The Professional Level of College Students' Mental Health Education is Not High

Some of the workers who construct the mental health education mode of college students are not professionals in this field. In some schools in China, some teachers are not specialized in mental health education, but in the process of work distribution. Therefore, the professional level of some teachers is not very high, which will lead to the failure to analyze the mental health problems from the professional point of view in the work, resulting in the failure to solve the mental health problems of college students in a timely manner. In this context, each school should establish a higher professional level of mental health education team, pay attention to the integration of resources, a large number of psychological professional teachers, but also to encourage students, counselors, etc. to go out to study, through the form of experience exchange to improve professional quality. In the specific work to make mental health education meet the actual needs of students, can be integrated into learning and life. To sum up, mental health education must be promoted and improved on the basis of popularization.

2.3 Lack of Initiative in Mental Health Education of College Students

For mental health education, most people will have a large degree of prejudice, the wrong idea that only people with mental illness can enter the learning process of mental health education, and this wrong understanding, let them give up psychological education. Secondly, the propaganda of College Students' psychological education is not good, which is one of the reasons why college students pay less attention to mental health education. Under the influence of these factors, college students can not realize the importance of mental health education in time and effectively, and will not make appropriate treatment and in-depth learning.

3. Meta Analysis of Scl-90 Survey Results of College STUDENTS' Mental Health

3.1 Analysis of the Overall Level of College Students' Mental Health

A survey of 75 college students shows that society, schools and families should not only pay

attention to their scientific and technological knowledge education, but also pay attention to mental health education. College students are a special group, gradually transition from teenagers to adulthood. When completing this change in personality, such groups will inevitably have psychological problems such as temper tantrums for no reason, being easily irritated and excited, and feeling that they have physical problems (Yan, 2010). In recent years, with the improvement of social attention to college students' mental health, college students' mental problems have been significantly reduced, but there are still some problems to be solved. It can be seen from table 1 that with the constant acceleration of the pace of life of contemporary college students, the social competition is increasingly fierce, and the pressure of College Students' study, life, emotion and employment is significantly increased. Because the mental health is in the immature stage and lack of social experience, College Students are relatively vulnerable, have poor adaptability, emotional instability and psychological imbalance. In order to solve this problem, families should pay attention to their children's emotions and communicate with them properly. Schools should also set up psychological consultation rooms to carry out mental health activities and try to avoid the above mental problems of students.

Table 1 Analysis of the Overall Level of Mental Health of College Students

Serial number	Problem	The number of college students who show this phenomenon
1	Blame others for making trouble	10
2	Easily upset and excited	15
3	It feels like most people can't be trusted	20
4	Bad appetite	5
5	Lose your temper for no reason	12
6	Feel lonely	3
7	Feel that others are taking advantage of you	2
8	Feel serious about your health	8

3.2 Meta Analysis of Scl-90 Survey Results of College Students' Mental Health

SCL-90 will comprehensively evaluate a person's mental health from the aspects of feeling, thinking, emotion, behavior consciousness, etc., and use factor scores to reflect psychological symptoms. Each factor reflects an individual's situation in a certain aspect. When an individual scores higher in a certain factor, the individual may have mental health problems in this aspect. Therefore, the scale can be used for the diagnosis of mental health. Individuals can adjust their emotions according to the evaluation results to avoid serious mental illness.

Table 2 Comparison of the Scores and Total Scores of College Students' Mental Health Factors from 2013 to 2015

Factor	2013(n=567)			2014(n=698)			2015(n=945)		
Paranoia	0.25±0.60	-1.45		0.16±0.25	0.77	**	0.13±0.20	3.29	**
Interpersonal fear	0.71±0.70	6.36	**	0.45±0.36	5.28	**	0.30±0.28	4.33	**
Depressed	0.39±0.48	3.52		0.32±0.23	5.56	**	0.26±0.21	5.63	**
Anxious	0.42±0.34	0.53		0.31±0.33	4.69	**	0.23±0.30	5.11	**
Obsessive compulsive symptoms	0.78±0.36	4.28	**	0.65±0.42	3.81	**	0.37±0.40	3.70	**
Fear	0.33±0.48	0.87		0.30±0.39	6.21	**	0.22±0.34	6.62	**
Hostile	0.29±0.59	-0.28		0.29±0.41	2.89	**	0.18±0.25	3.64	*
Psychosis	0.30±0.45	1.67	*	0.28±0.35	3.20	**	0.20±0.39	3.1	**
Total symptom index	0.35±0.34	2.52	**	0.34±0.32	4.50	**	0.25±0.29	7.28	**

It can be seen from the above table that the overall level of College Students' mental health has improved significantly. In 2015, the level of College Students' mental health was significantly better than that in 2014 and 2013. This is because of the continuous development of College Students' mental health education, and mental health problems began to get attention from families, schools, society and other aspects. Some colleges and universities specially offer mental health courses,

carry out extracurricular quality-oriented education activities, and set up psychological consultation rooms to actively deal with various psychological problems of students (Xu, 2011). Generally speaking, the main factors that cause college students' interpersonal fear, obsessive-compulsive symptoms and even depression are high factor scores, and the main reasons for high factor scores are anxiety, inferiority and delusional suspicion. 90 symptom self-assessment scale has been widely used in group mental health test, using "factor score standard" to evaluate the mental health of the group, because if there is a higher factor score, indicating that the mental health of individuals is not good, then preventive measures should be taken to avoid the occurrence of malignant events.

4. Conclusion

Through research and investigation, it is found that although the psychological health education of college students has been widely concerned by the society, the psychological problems of college students still exist. All colleges and universities and college students should take active actions to pay attention to and strengthen the psychological health education of contemporary college students, and jointly improve their social adaptability, psychological endurance and other psychological quality, so as to effectively reduce the malignant events caused by psychological problems. Therefore, the mental health education of college students is still a long way to go. It is urgent to solve the mental health problems of contemporary college students.

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