

# Practice and Exploration of College Students' Mental Health Education and Crisis Intervention Model Based on Working Mechanism

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**Abstract:** Psychological crisis has the characteristics of suddenness, danger, urgency and universality. It is inevitable for college students to have psychological crisis in different degrees. Psychological crisis is an objective existence in the current society. The abnormal behaviors caused by psychological crisis of college students have attracted more and more attention from colleges and universities. As a group of young people, college students are facing increasing conflicts and pressures in the fields of ethics, values, behavior patterns, interpersonal relationships, employment and job hunting, and the probability of their psychological frustration is also increasing year by year. College Students' mental health education and crisis intervention and protection work is urgent. Effective mental health education and crisis intervention and protection work mechanism is an important guarantee of campus stability. It is of great practical significance to pay attention to the psychological problems of college students, analyze the psychological status of college students and study the psychological crisis intervention in a targeted way for the healthy growth of college students and the construction of a harmonious campus.

## 1. Introduction

With the development of society, the increasing pressure of social competition and the fierce impact of various cultures, the mental health problems of college students are increasingly prominent. The competition in modern society is intensifying day by day, people's psychological pressure is rising sharply, people are getting busier and busier, the pace of life is getting faster and faster, people's tension and anxiety will become more and more serious, and people's loneliness and self-isolation will become more and more serious [1]. Colleges and universities are the positions of educating people. As educators, they have the responsibility and obligation to help students overcome the difficulties and setbacks in their growth and make them safely and smoothly pass through the college life stage. As a group of young people, college students face increasing conflicts and pressures in the fields of ethics, values, behavior patterns, interpersonal relationships, employment and job hunting, and the probability of their psychological frustration is also increasing year by year [2]. At present, mental health education has been widely carried out in colleges and universities, but the research on the construction of psychological crisis intervention mechanism is still lacking. It is imperative to study the theory of crisis intervention and establish the mechanism of crisis intervention [3]. Correctly understanding the psychological crisis of college students, discussing the psychological crisis intervention mechanism, and carrying out targeted psychological crisis intervention in colleges and universities have extremely important theoretical and practical significance for enhancing the physical and mental health of college students and promoting the construction of a harmonious society [4].

Colleges and universities in the new situation to strengthen and innovate the ideological and political education of college students, we must actively explore the relationship between mental health education and ideological and political education, and strengthen the effective combination of ideological and political education and mental health education of college students [5]. The college student community is extremely creative and energetic, but its three perspectives are not yet mature enough to correctly grasp the information in the online community. The psychological needs of college students, the psychological pressure they bear, and the psychological problems they produce have become more and more prominent, and some even induce psychological diseases [6].

The ideological and political education in the new Internet situation has put forward higher requirements for contemporary ideological and political education workers, and it has also brought new ways, new ideas and new methods [7]. The whole society has begun to pay attention to the problem of dealing with the psychological crisis of college students, and the related theories and methods must be popularized as soon as possible. Prevention and control and intervention of its psychological crisis, ranging from small to the progress of individual talents and the maintenance of stability and harmony in colleges and universities, to the development of the future and destiny of the entire nation-state have important significance [8]. Paying attention to the psychological problems of college students, carefully analyzing the psychological status of college students, and researching psychological crisis interventions in a targeted manner have important practical significance for the healthy growth of college students and the construction of a harmonious campus [9]. It is necessary to strengthen the intervention of psychological crisis among college students, and explore a set of effective working mechanisms and methods to avoid the occurrence or deterioration of psychological crisis events of college students.

## 2. The Causes and Characteristics of College Students' Psychological Crisis

Psychological crisis is a state of psychological imbalance when individuals encounter major stress events that they cannot cope with. Crisis response is mainly manifested in physiology, emotion, cognition and behavior. Evolving to adaptive behavior means opening the chain of functional maladjustment, promoting the emergence of upward emotions and forming a defense framework are very important for individuals to solve the problem of capacity defects caused by assisting them. All college students are likely to encounter their own unique developmental crisis and must deal with it in relatively different ways, which cannot be generalized. Eriksson's theory holds that the growth crisis is foreseeable and therefore the development crisis is considered normal. The psychological crisis of college students comes from many sources. First of all, students come from various sources, and there must be the coexistence of poor students, only children and students with academic difficulties, showing the characteristics of large individual differences [10]. Secondly, in order to improve personal competitiveness, the acquisition of various grade examinations and various qualification certificates has become the goal of everyone's after-school efforts, which will definitely increase the learning burden of college students. Every individual will try every means to maintain the psychological balance. The first condition to achieve this balance is to complement and cooperate with the internal and external environment of the individual. There are many problems in the process of one's life growth, and the type of crisis is the most important one compared with other problems. For example, anxiety and annoyance caused by the growth of individual responsibilities and rights.

Mental health education should not only realize the perfection of personal morality, but also further embody the spirit of the times, the national spirit and the national spirit to lay the foundation for the construction of a harmonious society. In teaching, students' social development is mainly realized through communication and cooperation. Communication and cooperation between students and students and between students and teachers are beneficial to students' social development. The interactive relationship between students' social development is shown in Figure 1.

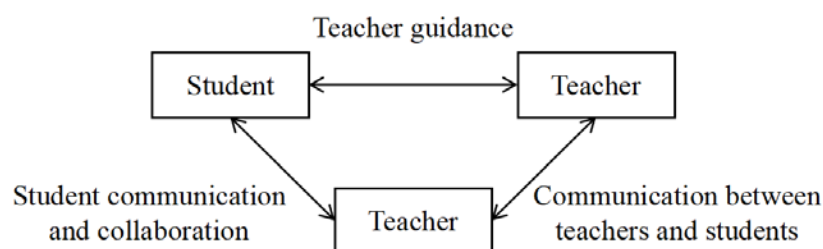


Fig.1 Interactive Relationship of Students' Social Development

For students at high risk of psychological crisis, they need to make an appointment to the psychological counseling room in time, and professional psychological counseling teachers will conduct face-to-face psychological counseling to ease the psychological crisis and promote their self-growth. Interpersonal communication obstacles, physical diseases, employment pressure, environmental changes, emotional twists and turns, etc. in collective life have virtually intensified the psychological and mental pressure of college students. In the period of social transformation, people's ideas, values and behavior are undergoing unprecedented changes, especially with the development of society and the deepening of educational reform, college students are facing and bearing more pressure and risks. For a single individual in crisis, the time, region, cause and result of the crisis are different. Even for the same person, the performance of the crisis is different under different circumstances. From this, we can see that psychological crisis is essentially a state of psychological imbalance accompanying the occurrence of crisis events. In the process of individual growth, the inevitability of crisis events determines the inevitability of psychological crisis. The successful response and resolution of the existential psychological crisis plays a fundamental role in the psychological health care of college students, and of course is also a condition for setting up correct personal values. This is very important for individuals who have just entered adulthood and should be paid attention to by all sides.

### **3. The Construction Method of Psychological Crisis Intervention Mechanism for College Students**

#### **3.1 Combination of Ideological and Political Education and Mental Health Education**

Ideological and political education and mental health education belong to the work in the spiritual field, but their theoretical basis, purpose, content and methods are also different. Theoretically speaking, psychological crisis is different from mental disease, because many crisis theories believe that crisis is a phenomenon that occurs in most people's lives, rather than a pathological or mental disease response, while mental disease is a pathological response that only a few people will have. The complete ideological and political education should not only take the interaction between the shaping of complete personality and social ethics as the main direction, but also have the educational connotation that embodies the national characteristics and the spirit of the times. For college students, not everyone has the ability to deal with complex information environment and the ability to think and judge independently. They are often easily controlled by various kinds of information in the community, thus leading them to participate in actions in the real world. For a long time, the focus of ideological and political education has been to guide students to establish correct world outlook, outlook on life and values, and to teach students to analyze and solve problems with Marxist-Leninist standpoints, viewpoints and methods. Virtual space constructed by new media has become an important living space for college students except physical space, which has caused great changes in college students' lifestyle and has had a great impact on their lifestyle, ideology and moral standards [11]. Facing the pressure, college students pay more attention to self-development and self-value enhancement, ignoring other self-needs and pursuing one-sided development. Not enough attention has been paid to the cultivation of college students' psychological quality and the improvement of their ability to cope with social changes, resulting in college students being at a loss when facing difficulties and pressures. In the process of growing up, college students will encounter many difficulties and contradictions, resulting in troubles and conflicts, which will lead to such and such ideological and psychological problems. The psychological crisis of college students is not only affected by unexpected events and individual physical diseases, but also affected by individual perception of events, social psychological support, coping mechanism and personality characteristics.

#### **3.2 Relying on Social Support System to Carry out Psychological Crisis Intervention**

College students are at puberty and their psychological status and personality are changeable and complicated. These psychological contradictions often lead college students who are still immature

in body and mind to fall into emotional strays. University is an open system that interacts with its external environment all the time. The establishment of mental health courses for college students can not only prevent the occurrence of psychological crisis in the future, but also teach students how to help themselves. Setting up mental health courses for college students is helpful for students to get positive psychological guidance, enhance self-cognition, cultivate good psychological quality, and set up correct outlook on life and values. Due to the unstable and idealistic mood of college students, it is especially easy to produce various psychological crises. Therefore, the necessary psychological crisis assessment of college students is an indispensable link in the daily management and health construction of colleges and universities. Schools should give full play to the educational functions of family and social support systems as much as possible, build a three-dimensional educational network among schools, families and society, and form a multi-channel, multi-channel and multi-level psychological crisis intervention support system for college students with schools as the main body.

#### **4. Conclusion**

Psychological crisis of college students occurs from time to time. Although it is not widespread, its negative impact on individuals, families, schools and society cannot be ignored. Starting from the definition mechanism, assessment methods and intervention steps of psychological crisis, exploration and in-depth analysis are carried out to facilitate the fundamental search for intervention methods of psychological crisis. Colleges and universities should improve the psychological crisis intervention mechanism for college students, equip a full-time and part-time psychological crisis intervention teaching staff, and work more carefully, comprehensively and efficiently under the close cooperation of various departments to promote the healthy and harmonious development of students' body and mind. The importance of psychological crisis intervention for college students cannot be ignored. Leaders at all levels in colleges and universities should attach great importance to the development of this work, and do not start to grasp this work after the crisis. The psychological crisis of college students is not only related to their personal psychological health, but also to the stability of colleges and universities. Mental health education and crisis intervention is an important guarantee for campus harmony and stability and an important part of campus stability maintenance. It should be vigorously developed and constantly stressed. In order to intervene in the psychological crisis of college students, colleges and universities should set up the concept of crisis prevention, put education first, and strengthen the early warning of psychological crisis of college students.

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