

On the Psychological Crises of the Students in Nationalities University and the Causes

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Abstract: College Students' psychological crises often contribute to campus instability. Campus disorders caused by psychological crises are hot topics in society, and also the key point of campus mental health education. The psychological crises of students in Nationalities Universities are no exception. This paper regards students of grade 2015 to 2018 from secondary colleges of Qinghai Nationalities University as the research object, conducts questionnaires based on the existing research results, and summarize the psychological crises of students from Nationalities Universities and the causes. Based on the results of the investigation, the intervention measures are put forward in order to provide reference for nationalities universities, counselors, academic mentors and school administrators to actively implement policies, reduce the potential risks of psychological crises, and facilitate the sound operation of the campus.

1. Introduction

Many universities attach great importance to the mental health education of college students and put it into practice according to the Opinions on Strengthening the Mental Health Education of College Students issued by the Ministry of Education. In recent years, Qinghai Nationalities University has gradually replaced the class teacher system with the counselor system, and also adopted mentor system, developed systematic guiding systems such as the counselor system and mentor system to prevent college students' psychological crisis with an awareness of crisis, created an atmosphere full of humanistic care, thus ensured the campus stability and improved the quality of teaching and education. Research objects of this paper includes undergraduates students of 12 ethnic groups from class 2015 to class 2018 from secondary colleges, and their ages vary from 18 to 25, mainly between 19 and 20 years old. Questionnaires are designed on the basis of existing research, involving the types of college students' psychological crises and the intervention measures. And 153 effective questionnaires are collected. This paper tries to summarize the types of psychological crises and the causes based on the investigation, and provides intervention measures accordingly, so that counselors and mentors can guide students in an effective manner and timely eliminate potential risks as well as realize the smooth operation of campus.

2. Inspiration from the Study of College Students' Psychological Crises

University strategic designs and management systems are set according to their respective national conditions and vary from countries to countries in theories or practices. Some countries adopt the flat mode of centralized universities management, while others adopt the combination of layers and segmentation pattern, and prevention measures are matched accordingly. There are different measures in preventing the psychological crises on campus and all have different results. According to the relationship between college students' psychological crises and campus stability, the theory and practice of psychological crises prevention and management in nationalities universities bear strong Chinese characteristics and have positive guiding significance for practices[1]. The former researcher deduced the concept of psychological crises (G.Caplan, 1964) and related the difficulty and how hard it can be solved with psychological crisis and its scale, and

thought that hard-solving problems lead to psychological crisis. Different levels of psychological disorder have different aftermaths. Some are temporary psychological crisis, which may fade away gradually; while some are continuous psychological crisis, and they may get worse as similar cases have shown. In 1998, Long Di assumed that if an individual was in a predicament that is beyond his capability to handle, he would suffer psychological distress, and that is the so-called “psychological crisis”[2]. Shao Changyu (2009) pointed out that college students' psychological crisis mainly refers to the phenomenon that students can't give correct response when facing difficulties and strong stimulation, so they have strong feelings of self-doubt. When college students encounter problems or emergencies that are beyond their capacity, they would suffer great pressure and psychological shadow[3]. As the incident deteriorates, psychological pressure and bitterness also grow, thus leading to psychological crisis, which may even cause deaths. That is also the case with students of nationalities universities.

Some articles define college students' psychological crisis as follows: First, college students are the specific subjects suffering psychological crisis. Sometimes the subject is one person, and sometimes, a group of people. Second, the causes of psychological crisis mainly include their losses of anti-pressure ability and the tricking situation that troubling them. Third, college students' psychological crisis is grave, and psychological disorder cannot be ignored. If can't be adjusted and guided in time, it will have a negative impact on social harmony and stability. People with psychological crisis will not only harm themselves and their friends, but also pose negative influence on the whole society. This also greatly inspires the study of psychological crises of nationalities universities students.

3. The Psychological Crises of the Students in the Nationalities University and the Causes

Questionnaire survey was conducted from the types of psychological crises. Types include economical pressure, study pressure, employment pressure, interpersonal relationship, adaptation, emotion and living situation, the results show the types and causes of psychological crises of students in QH Nationalities University:

3.1 Psychological Crisis Caused by Economic Pressure

Higher education has become the top expenditure of many families. According to the survey on living expenses, students come from different nationalities and regions, and their economic conditions vary from each other. Among them, 9.8% of the students spend 1500-2000 yuan per month, 3.92% of the students' living expenses exceed 2000 yuan, 55.56% of the students' living expenses are 1000-1500 yuan, and 30.72% of the students spend less than 1000 yuan a month. 47.06% of the students would occasionally use Ant Credit Pay, credit card or online loan, 13.731% of the students often apply deficit spending, and 39.22% of the students never spend money in advance. Impoverished students in QH Nationalities University are not only local students; some of them come from other ethnic areas. Statistics from financing support show that poverty is universal and some family cannot afford the living expenses as others do. So they hardly take part in group activities, or accept deficit spending to meet the consumption needs of that time. Anyway, the economic pressure will make these students feel helpless and inferior, and is also likely to induce psychological crisis.

3.2 Psychological Crisis Caused by Study Pressure

According to the questionnaire, 4.58% of the students suffer high study pressure, 33.99% of them feel a relatively high pressure in study, 57.52% feel that the study pressure was controllable, and 3.92% of the students suffer no study pressure. When facing study pressure, 75.16% of the students take active actions to relieve stress, 22.22% of the students do nothing but maintain the present situation, and 2.61% of the students will surrender in the face of study pressure. Among all kinds of study pressures, pressures caused by future employment and failure of expectations accounted for the highest proportion, 63.4% and 62.09% respectively. And 48.37% of the pressure comes from parents, school tests and other aspects. Students who only feel stressed before the exam

but relaxed at other times accounts for 46.41%. There are 35.29% and 33.33% students study with low efficiency respectively, and 16.34% students don't like their major and don't want to study.

3.3 Psychological Crisis Caused by Employment Pressure

With the popularization of higher education and the intensification of social competition, most students suffer potential employment pressure as soon as they enter university. But they don't know what they want to do or what they can do. The pressure pushes them study hard to get all kinds of certificates during university. This kind of psychological pressure lasts for 4 years, or even longer. According to the survey, 82.35% of the students face employment problems, and 63.4% of the students believe that the pressure come from future employment. 41.18% of the students think that the employment pressure comes from their inadequate capacity, 28.1% of the students think pressure comes from fierce competition, and 11.76% of the students think pressures come from their little known universities. Because of the employment pressure, 46.41% of the students have higher and higher expectations for development and more likely to go to metropolis for higher wages and development space, all these factors contribute to psychological crises of college students.

3.4 Psychological Crisis Caused by Interpersonal Relationship

Educational environments are different between university and middle school, Differences in cultural background, living habits, and financial situations could cause conflicts, and the quality of interpersonal relationship directly affects one's feelings. 22.88% of the students are very satisfied with their interpersonal relationship, and 3.27% of the students feel that they have unfavorable interpersonal relationship. 19.61% of students' friends are only limited to dormitory members, and 3.92% of students say they have no friends. 49.67% of the students have interpersonal conflicts in the dormitory, 40.4% of the students say they live in a harmonious dormitory, and 9.93% of the students don't notice whether there are conflicts in the dormitory. Concerning communication with roommates, 45.7% of the students occasionally feel frustrated because they can't find the proper way of communication, 31.79% of the students seldom feel distressed, and 5.3% of the students often feel distressed. Some students live in relatively closed environment, lack the ability to communicate and are less tolerant and patient. Therefore, they are more likely to be brought into conflicts with others or unwilling to communicate with others. If one cannot make effective communication or emotional interaction, then he may suffer serious psychological crises. Besides, most of the students in ethnic areas have siblings; their expectations of interpersonal relationship are different from that of the only child. And when speaking of friends, 76.16% of the students have many friends, 19.87% of the students only have roommates as friends, while 3.97% of the students have no friends. In terms of dormitory relationship, 49.67% of students have interpersonal conflicts with roommates; 45.7% of students occasionally feel frustrated because they can't find the proper way to communicate with their roommates, and 5.3% of students often feel distressed.

3.5 Psychological Crisis Caused by Adaptation Problems

The questionnaire shows that 58.17% of the students are full of curiosity and expectation when they are in a new environment, 32.68% of the students will hesitate, while 9.15% of the students will feel lonely and helpless and eager to escape; when they first enter the University, 51.63% of the students will feel helpless, scared, lonely and confused; And 91.5% of the students can adapt to the new learning style of University, while 8.5% of the student can't fit in. When entering a new environment, more than half of the students have problems in fitting in; however, few students will suffer psychological crisis in adapting new learning style.

3.6 Psychological Crisis Caused by Relationship

21.57% of the students find dating repulsive. 7.19% of the students feel bad because they were rejected by the admired person, and even lose hope for life. In the face of love failure, 84.97% of students choose to face it calmly, 13.73% of students are particularly sad, but accept it. 1.31% of students feel that they can't accept it and can't go back to normal life. When fall in love, if students'

emotional state can be handled properly, their study and life will both be improved. A very small number of people find it difficult to live through loss of love that need a long time to recover, eventually that may develop into the risk of psychological crisis caused by love relationship.

3.7 Psychological Crisis Caused by Unfavorable Situation

About 24.84% of the students find it hard to overcome the sorrow and pain brought by natural and man-made disasters even after a long time. 24.18% of the students have experienced family accidents, and 58.17% of the students admit that relationship between their parents and education style have a great impact on their growth, while 36.6% of the students think the impact is not that significant. Actually, family has a great influence on students, especially in early childhood. Some children even hate marriage and family and lack sense of security due to miserable childhood; Wrong education methods will cause many problems when children grow up.

4. Intervention Measures of College Students' Psychological Crises

4.1 Weakening the Risk of Psychological Crises by Introducing Talent Policies Suitable for Ethnic Areas

QH Nationalities University aims to serve the social and economic development of the community. To better serve local politics, economy and culture, more support should be given to the employment of college students from ethnic minority areas to weaken the psychological crisis brought by the pressure of family poverty, study and employment.

4.1.1 Decoupling Grants and Scholarships from Poverty and Academic Achievement, and Strengthening Poverty Support for Students from Ethnic Areas

In view of the imbalance of educational resources, the poverty support policy is to maximize the support for poor students to finish school; while the scholarship is to award the academic achievements. Grants for impoverished students should be decoupled from academic achievements, and at the same time, scholarship should be decoupled from personal economic situation. Awarding grants according to academic achievements means that most of the local poor students are less likely to get financial aid; and awarding scholarship based on economic situation means that the diligent students are less likely to get scholarship. This is not in line with the original intention and effect of the policy. Moreover, it adds more psychological pressure to both kind of students, and it is easy to cause conflicts and affect the stability of the campus;

4.1.2. Strengthening the Support for the Students in Ethnic Areas to Study for Master's and Doctor's Degree, Reducing the Risk of Psychological Crises Caused by Study and Employment Pressure

From the perspective of the gap between supply and demand of talents, distribution of educational resources, and social and economic development in ethnic areas, this is the most practical implement of the national educational policies, as well as an effective measure to resolve the psychological crises caused by the pressure of study and employment, and it's also a sound policy for the sustainable poverty alleviation of education. Ethnic minority areas are in urgent need of professional talents who can really be settled to serve the development of ethnic minority areas, while very few students from other places can really settle in ethnic minority areas except local students. Researchers once conducted a random interview on whether students would like to stay in ethnic minority areas after graduation. The interviewees included postgraduates and undergraduates from both ethnic and non-ethnic areas, and almost all gave negative answers. The difference between supply and demand of talents really exists. Therefore, the high-level training policy of QH Nationalities University should be designed in a special and scientific way in order to cultivate a large number of professional local talents and bridge the gap between supply and demand. Otherwise, QH Nationalities University will face the following difficulties: first, it will try its best to recruit senior talents, but talents will leave after enjoying preferential policies; second, no matter how hard it strives for preferential policies to cultivate talents, the recommendation and preferential

policies for high-end talent cultivation will only benefit non-local students that are hard to settle. Although there is spillover effect, it is difficult to meet the demand for talents. For example, if a student of QH Nationalities University wants to be recommended as candidate for Master's degree, he needs to pass all the exams in 4 years. But owing to lack of educational resources, students from ethnic minority areas often fail exams on math and English. Most students have little chance of being recommended no matter how hard they study. As a result, local students are immune from high-level personnel training policies. And it is exactly the local students that need to benefit from preferential policies to better serve the local development. This piece of advice not only supports the development of ethnic areas, but also cultivates talents, and constantly improves the quality of ethnic areas. Therefore, it is necessary for QH Nationalities University to develop special policies to train local students.

4.2 Building Intervention Network of Psychological Crises

The basis and guarantee of carrying out psychological crisis intervention measures is to build a psychological crisis intervention network. Make sure measures can be taken timely when students face psychological crises. Besides, special attention should be paid to students who are at high risk of psychological crises, and psychological consulting room also need to be put into effect to make sure timely and effective communication between students and professional psychological counselors to alleviate students' psychological problems and pressure.

In order to get a comprehensive and responsive understanding of the students' psychological situation, universities need to select students with good interpersonal relationship and communication ability and positive psychological state as the mental informants in each class, and carry out professional training on mental health for them. In this way, they can find the students with psychological crisis as soon as possible, and report to the mental health center of the college, so that the mental health teacher of the college can take measures in time.

4.3 Improving Mental Health Education Mechanism for College Students

Nationalities universities should open mental health courses that conform to the cultural background of ethnic students, teach students in scientific methods, and introduce new research results of mental health education into class; Enhance mutual trust by strengthening the interaction between teachers and students. In addition to class learning, universities also need to apply psychological consultation, psychological interview, psychological test, and case analysis, so that knowledge and practice can be better combined to reduce the risk of psychological crises of students.

4.4 Organizing Group Activities

In the survey, when asked about "what would you do when encountering psychological problems?", 67.97% of the college students will analyze the situation and take countermeasures after self-reflection, 61.44% of the college students will distract their attention by music and running, 55.56% of the students tend to confide, and 1.31% of the college students will become desperate and even commit suicide. There are few students with serious psychological problems, and they cannot find a solution. When asked about "the way to acquire mental health knowledge and information", 62.09% of the college students obtain relative information from the Internet, 56.86% from psychological newspapers and books; 37.25%, from lectures, and 25.49% of the college students obtained relative knowledge from psychological education courses. When asked about "which aspect of school mental health education should be strengthened most", 72.55% of the students choose the psychological consultation room, they hope the consultation room play a more active role; 49.02% of the students suggest there should be more group activities, 40.52% of the students suggest conducting mental health surveys, and 35.95% of the students suggest holding mental health lectures.

Organize group activities with national cultural background to tackle with psychological crisis caused by interpersonal relationship. And enhance relationship through activities, in this way, students with social phobia can learn mental health knowledge while practice to improve mental

health.

5. Conclusion

All in all, social problems caused by the psychological crises of college students have always been the priority of research and mental health education in universities, and they also concern the stability of universities. This paper summarizes the types and causes of students' psychological crises of QH Nationalities University, and provides reference for school counselors and mentors and teaching management. Counselors, academic mentors and teaching managers should treat students with different psychological crises in different ways, to resolve psychological crises and to realize the smooth operation of campus.

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