

Exploring the Factors Affecting the Mental Health of College Students

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Abstract. In recent years, the topic of mental health has become a very sensitive and heated topic on campus, and a person's psychological changes are subtle, people's mood is easy to receive the influence of various things and personal relationships around. Although there have been many experts and investigations into the causes of negative emotions, the study is not broad and connected, so this study takes into account the impact of employment and family dual ingredients on the psychological condition of university students, as well as explore the lack of tools for students to promote mental health, and in this regard make some suggestions to improve mental health problems. Three of the most widespread elements impacting the mental condition of college students are summarized and analyzed. The study found that while problems relating to employment and the family are more common causes of disturbance and unhappiness for college students, they have received attention from both the state and parents, and the situation is slowly improving. Through the study of the lack of physical exercise, three main factors have been identified: workload, companion and family. Since physical exercise is timely and personal, a revision has been proposed to the present situation.

Keywords: Mental health; employment; family; physical exercise.

1. Introduction

People are living in an age of globalization, a society that is changing rapidly, and to survive in a rapidly evolving society, they must constantly work and learn to keep up with the pace of the times. In recent years, employment issues, the burden of work and learning tasks, and the enormous responsibilities of the family have put varying degrees of pressure on society and families, and people have to bear these pressures to improve their social competitiveness in the face of pressures from all sides. However, the lack of time and means to get rid of negative emotions while suffering a great deal of pressure poses a serious threat to mental health institutions. This phenomenon also exists in college students, and the situation is unoptimistic. Studies have shown that between 20% and 40% of college students suffer from varying degrees of negative emotions such as depression, anxiety, and stress, and the anxiety that college students suffered in the first three years of college has gone beyond normal [1]. However, the closer they get to graduation, the more college students think about their post-graduation, which leads to higher levels of employment anxiety [2]. While the levels of anxiety experienced by college students vary from one stage to another, each stage has an adverse impact on their mental health. University students face multiple stresses in reality that threaten their academic and physiological and psychological functions [3]. The former also had a lot of research on the causes that will have a negative impact on the mental state of college students, but the point of investigation was more specific, lack of broadness and targeting. Therefore, this article will be based on previous people's studies to further explore what reality is attracted to the psychological shift of most college students to unhealthy and makes feasible suggestions for the influences that have been explored. Many studies have previously explored ways to alleviate negative emotions in college students, such as studies showing that short-term AOP (adventure-based outdoor programs) provide students with an opportunity to escape from everyday arduous tasks, at the same time, it can reduce their psychentonia and provide opportunities to temporarily relieve their physical stress levels [4]. However, AOP is not applicable to all college students, so, in combination with the theoretical research of the predecessor, finding a less restrictive way to eliminate negative emotions from college

students is something that needs to be focused on in this paper. By summarizing the literature, it can be found that employment problems, lack of physical exercise and family factors are the huge threat to the mental state of college students [5-8], and this paper is further analyzed and extended on the basis of these three factors.

2. Factors that Threaten the Mental Health of College Students

2.1. Impact

The psychological health of college students is influenced by many factors. This article will look at the three most representative aspects: employment stress, lack of physical exercise and family environment.

2.1.1. Employment stress

Employment is a livelihood issue of widespread public attention. According to the National Bureau of Statistics, a nationwide survey of urban residents found that the unemployment rate stood at 5.3 percent for the six months from January to June, down 0.4 percent from the previous year. While employment is a national priority and a problem that is addressed as best as possible, according to the Ministry of Education's forecast data, the number of college graduates in 2023 is about 11.58 million, an increase of 820,000 compared with last year, once again refreshing the record of the "most difficult employment season in history". The number of university graduates will rise again, which means that there will be a further increase in the number of socially-employed persons, and that the competitive pressure on employment will increase. Facing the current situation of fierce competition for employment, the biggest source of pressure for undergraduates is the employment problem related to their personal future [5]. In particular, college students who are about to graduate have a higher level of employment anxiety [2]. Employment anxiety in pre-graduate college students is mainly affected by the three aspects of employment awareness, employability, and employment preparedness. The higher the levels of the above three, the lower the level of employment anxiety, and the higher the employment stress and depression, the more serious the employment confusion [9]. If they are in this kind of anxiety and irritability for a long time, it will have a bad effect on their psychological status, and even lead to the occurrence of extreme events. At the same time, employment anxiety will aggravate the fear of employment of college students, which is detrimental to their future life development [10].

2.1.2. Lack of physical exercise

There is no doubt that physical exercise has a lot of benefits for people. For example, physical exercise can build a strong body. At the same time, physical exercise has also improved the bad state of mind. Participating in sports is good for students' mental health and can relieve students' anxiety and depression to let them show fewer emotion disorders [11]. The charm, openness and competition of exercise will bring happiness to college students, because these features can improve students' interpersonal communication skills as well as help them master their emotion and improve their mental frustration, which have positive effect on college students' mental health [12]. According to the research, while high and low-intensity sports can improve physical and mental health to some extent, moderate intensity sports are best suited. Chinese and foreign research has endorsed that moderate intensity physical sports is a value threshold, and moderate intensity physical sports has a good effect on improving sports performance and maintaining mental health [13]. But surveys and studies have found that many students do not strictly adhere to the school's extra-curricular exercise regimes, and they are busy with other things in their out-of-school hours, which leads to not getting effective exercise [6]. In 2016, a survey conducted by the Centre for the Social Survey of the Chinese Journal of Youth through the questionnaire network of 2001 surveyed university students showed that a quarter of the surveyed college students exercise less than once a week, and 60.0% of the college students surveyed say that they do not exercise because of laziness [14]. Thus, while physical

exercise is beneficial to the mental health of college students, a large proportion of university students occupy the time of exercise because of their laziness or other things, which leads to the inability to improve their mental health.

2.1.3. Family environment

The family is a very important environment for children's growth, and the family environment plays a significant role in students' mental health. Studies show that children who experience more emotional warmth and less negative educational patterns during their growth are more likely to form and develop mediocre thoughts to protect themselves from negative emotions [15]. In recent years, children's education has been paid attention to by parents, and more and more people are aware that good education should be given to their children at an early age. However, in order to support the economic burden of the family, many parents still have to leave home to work when their children are young, so that their children lack the companionship of parents. Studies show that the level of mental health of college students is significantly affected by the three experiences of absence, mobility and single-parenthood, the mental health level of students with these experiences is significantly lower than that of non-single parent students. It can be seen that lack of parental companionship in childhood will have a great impact on college students' mental health [7]. In addition to the lack of parental companionship, parents' negative parenting style also poses a threat to college students' mental health, among which parents' overprotection is more significant than parents' rejection [8]. Parents sometimes reject a child's request, although this behavior is sometimes beneficial to children's psychological health. [8]. However, the psychology of college students is also greatly affected by bad parent-child relationships, mainly including interference parent and child relationships, and rejection parent relationships [16]. Interference-type personal relations refers to the excessive involvement of parents in the child's learning and life, resulting in hostility and reversal; rejection-typical parent-child relations reflect the parents' disagreement with the choice of the child, causing the child to be frustrated repeatedly, to lose self-confidence, and to be easily capitalized. It can be seen that the family environment is an important factor that needs to be taken into account when considering the psychological problems of university students, which mainly include: the parents' way of upbringing, accompaniment time and relationships with children.

2.2. Discussion

Employment has always been a national concern, but employment is a long-running campaign that needs continuous adjustment and improvement. For families, the situation is different for each family, this means that the psychological condition of college students is influenced by different family factors. But exercise is different from the previous two factors, the psychological problems of college students can be improved well through short-term physical exercise, and the research of the influence of college student physical exercise is also more, so this discussion is based on the research of the predecessor, to further explore and develop related solutions to the factors affecting college students' physical exercise.

2.2.1. Factors that affect college students' physical exercise

According to the research, physical exercise is good for college students' physical and mental health, but most students do not get effective exercise. According to a survey of the top ten universities in Guangzhou University City, whether or not college students engage in physical exercise is mainly influenced by both academic tasks and training companions [17]. The following is an exploration of the impact of academic, companions and family factors on the exercise of college students.

After entering the university, both the learning mode and the content of learning have changed overwhelmingly, students need to learn a lot of professional knowledge, they have a large number of learning tasks which also bring them a great deal of learning pressure. However, exercise is an important way to get rid of stress. According to this logic, college students should actively take physical exercise to relieve the pressure, but the fact is that the academic task has become a major

obstacle to college students' physical exercise. Chen Xiaoping found that both boys and girls were the most likely to rank "professional learning, self-training" in the arrangement of spare time among the different sexes of university students [18].

The partner is very important in the exercise process. Firstly, the partner can supervise and accompany each other to stick to exercise. Secondly, there are a lot of sports that require a lot of people to work together, for example, ball games. Finally, if someone is accompanied during the exercise, it will add a lot of fun to exercise, such as climbing mountains. The climbers can share their pleasures together and enhance the momentum of exercise. College students spend most of their time at school, and the people they have the most contact with are their classmates. Studies have shown that the influence of classmates is a key factor that directly affects the ability of our students to develop good exercise habits [19]. In a survey of college students who take part in the main form of physical exercise, Zhang Vintao found that 60.6% of college college students with a physical habit were with their peers [20]. Therefore, the lack of sports partners for college students is an important factor hindering their physical exercise.

Apart from the school, the family is the longest place for college students to live, and the sporting atmosphere of a family has a great influence on college students' sport concepts. According to Zhang Wentao's research, although parents' support has no significant impact on college students' exercise habits, college students' physical habits are influenced by the frequency of their parents' exercises. The parents of college students who would have exercising habits had more regular exercise than the parents of university students who did not exercise habits [20]. It can be seen that college students' physical habits are affected by their parents' physical behavior, but after the survey, today's family movements are not optimistic, family members use holidays and other leisure time to exercise for less than 19% of the surveyed population, and parents regularly exercise with their children, accounted for a proportion of less than 15% of the population surveyed [21]. Therefore, the lack of family sports atmosphere is an important factor in the lack of physical exercise of college students.

2.2.2. Strategies to promote exercise

In order to address academic workload, universities change college students' thinking concepts through propaganda and education. In the traditional cognition of students, it is believed that taking up the time of physical exercise can have more sufficient time to complete their studies. However, studies have shown that sports can improve students' cognitive ability and academic performance by positively affecting brain structure function, epigenetic regulation of brain tissue, cerebral cortex activity pattern and learning-related psychological factors [11]. Therefore, it is necessary to convey this rational concept to college students, so that they can realize the relationship between physical exercise and study, and they can reasonably plan the time of exercise and study.

To solve the problem of the lack of exercise partners, universities can actively organize sports exercises, create associations, divide sports groups with free groups as a prerequisite, and take card games to encourage college students to join the movement, in order to ensure that college students develop the habit of good sports exercise.

The attitude and behavior of parents to participate in sports exercises is significantly correlated with that of college students. The clearer the attitude of parents, the clearer will be their children's attitude to sports exercise, and the more times parents participate, the higher will be the stage of their child's exercise behaviour [21]. Therefore, universities and communities should convey this concept of parental influence on children to parents and call on parents to actively participate in sports themselves and participate in physical exercise with their children.

The purpose of physical exercise is the drive for students to participate in exercise. The stronger the purpose of participating in exercise, the more spontaneous physical exercise students can do [22]. Therefore, it is possible to develop a variety of sports projects that are suitable for students' sporting purposes, taking advantage of the needs of university students, so that they automatically participate in physical exercise.

3. Conclusion

This article mainly explores the impact of the three factors on the mental health of college students: employment stress, lack of exercise, and family environment. At present, although the employment environment is improving, employment competition is still very intense, and the intense competition undoubtedly puts great pressure on college students. This unfavorable factor has a very negative impact on the mental health of college students. It is well known that physical exercise is good for people's physical and mental development, but statistics show that a large proportion of college students lack physical exercise, which does not improve their mental health. In the face of this situation, exploring the factors that influenced the exercise of college students is important, through the search of studies, influence factors mainly include three reasons: academic overload, no companions and insufficient family sporting atmosphere. Family environment also has a great impact on college students' mental health, which is mainly reflected between parents and children. Childhood lack of parental accompaniment, negative parental patterns and poor parent-child relationships are not conducive to the development of the mental health of college students. Those three factors are the three most prominent influence factors in the previous study, but there are many other factors that may have an impact on the mental health of college students, and solutions to the adverse impact of employment stress and family environment on college students' psychology are still worth exploring.

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