

# Analysis and Prevention Strategies of the Causes of College Students' Mental Health Problems

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**Abstract:** With the increasing enhancement of China's comprehensive strength and the rapid development of modern society, contemporary college students have more diversified channels for obtaining information, which affects students' psychology due to the mixed content of information. Mental health education is an important topic which aims to help college students to have healthy and sound mental quality and personality so that they can better adapt to the society and cope with various challenges. Therefore, teachers should analyze the causes of students' mental problems at this stage as a first step, and develop scientific prevention strategies according to the actual situation to lay a solid foundation for students' healthy development in the future.

**Keywords:** Mental Health; Causes Analysis; Prevention Strategies.

## 1. Research Processes for Mental Health Problems in College Students

The research process of college students' mental health problems is relatively mature, and ethical principles need to be observed in the research process to protect the privacy and rights of the respondents. When collecting and analyzing data, attention needs to be paid to the accuracy and reliability of the data to ensure the reliability of the research results. When analyzing the data, various factors that may affect the mental health of college students, such as age, gender, family background, and academic stress, need to be considered. Effective interventions should be provided at the end of the study to help students solve their mental health problems. The specific flow of the study is shown in Figure 1.

1) Determining the purpose and questions of the study: Before starting the study, the purpose and questions of the study need to be clarified to determine the methodology of the study and the type of data collection.

2) Developing a research plan: According to the research purpose and problems, a research plan is developed, including research methods, data collection and analysis methods, and time schedule.

3) Collecting data: According to the research plan, collecting data through questionnaires, interviews, observations and so on. When collecting data, attention needs to be paid to the representativeness and reliability of the data.

4) Analyzing data: The collected data are statistically analyzed in order to understand the distribution and characteristics of college students' mental health problems.

5) Write a research report: Based on the research results, write a research report that includes the purpose of the study, questions, methods, results and conclusions.

6) Publishing the research results: Publishing the research results to the conference for peer review and exchange.



Figure 1. Flow of Research on Mental Health Problems of College Students

## 2. The Importance of Mental Health Education for College Students

### 2.1. Promoting the Healthy Development of College Students

Mental health education in colleges and universities plays a crucial role in promoting the healthy development of students. First, mental health education can help students better understand their inner world, including their emotions, needs and values. Through the enhancement of self-knowledge, students can recognize themselves more clearly and identify their strengths and weaknesses so as to plan their lives better. Secondly, mental health education can help students learn to identify, express and regulate their emotions, so that when facing negative emotions such as frustration and stress, students can better control their emotions and avoid behavioral problems caused by uncontrolled emotions. Third, mental health education focuses on cultivating students' positive mindset, including such qualities as optimism, self-confidence, and resilience. Students with a positive mindset are more able to remain calm and rational in the face of difficulties and find effective ways to solve problems. Fourth, mental health education can help students prevent and solve psychological problems through early intervention and preventive measures. By providing professional psychological counseling and tutoring services, mental health education can reduce the risk of students developing psychological problems. To this end, mental health education can help students better cope with the challenges and pressures of life and achieve healthy and comprehensive physical and mental development.

### 2.2. Reducing the Incidence of Mental Problems

Mental health education in colleges and universities has a positive role in reducing the occurrence of psychological problems and can effectively help students reduce the risk of psychological problems. Through the implementation of mental health education, students' psychological qualities can be improved, which include self-esteem, self-confidence, self-discipline, and adaptability. The enhancement of these

psychological qualities can help students to better cope with the challenges and pressures of life and reduce the occurrence of psychological problems. In addition, mental health education can teach students various methods of psychological adjustment, such as emotional regulation, stress management and self-awareness. These methods can help students better cope with the pressure and challenges in life and avoid the emergence of psychological problems. Secondly, mental health education can help students prevent the occurrence of psychological problems through early intervention and preventive measures. For example, early detection and early intervention measures can be taken to avoid the development and deterioration of psychological problems for students who have a tendency to have psychological problems. Finally, mental health education can promote the construction of campus culture and create a positive campus atmosphere. By organizing various mental health activities and publicizing mental health, it can enhance students' attention to and understanding of mental health and form a good campus psychological atmosphere. Mental health education in colleges and universities plays an important role in reducing the occurrence of psychological problems and can effectively help students reduce the risk of psychological problems, and it is crucial to increase investment in and expand mental health education at colleges and universities, which can improve its quality and effectiveness.

### **3. Analysis the Causes of College Students' Mental Health Problems**

#### **3.1. Lower Self-identification**

Low self-identity is a common problem among college students' mental health issues. Self-identity refers to an individual's perception and identification of his or her own identity, including the perception of his or her status, role, and values in society. Low self-identity means that individuals lack confidence in themselves and a sense of self-worth, feeling inadequate or worthless. Reasons for low self-identity among college students may include the following. Academic stress: the increased difficulty of college courses, increased academic load, and anxiety about future employment may lead to an accumulation of academic stress. This may manifest itself in symptoms such as learning difficulties, anxiety and depression, which in turn affects self-identity. Interpersonal problems: college students face the challenge of establishing good relationships with new classmates, roommates, and faculty. Relationship problems can lead to emotional distress such as feelings of isolation, social anxiety, and low self-esteem, which in turn affects self-identity. Self-evaluation problems: College students may have some problems in self-evaluation, such as being too critical of themselves and comparing their shortcomings with the strengths of others. Such unreasonable self-evaluation may lead to low self-identity. Social pressure: The expectations and requirements of the society may bring pressure on college students, such as requiring them to get excellent grades and find good jobs. This kind of pressure may cause college students to expect too much of themselves, which in turn affects their sense of self-identity.

#### **3.2. Lack of Correct Orientation of College Students towards Themselves**

Mental health issues of college students are complex problems, among which students' lack of proper orientation is

an important aspect. Lack of self-knowledge among college students means that they lack a clear understanding of their strengths, weaknesses, interests, values and so on. This may lead to a lack of self-confidence and sense of self-worth in the face of challenges and difficulties which may affect their mental health. In addition, some university students lack clear goals and directions; that they do not know what they want or how they should plan for their future. This may cause them to feel lost and helpless in their studies and life, which may lead to mental health problems. College students face pressures from academics, employment and family, etc. If they lack the ability to cope with stress, it will lead to mental health problems. In order to enhance their ability to cope with stress, students can gradually learn to cope with stress and challenges effectively by learning relaxation techniques, time management and seeking support.

#### **3.3. Addicted to Online Virtual Environments**

College students' addiction to the online virtual environment may have a series of negative impacts on their mental health. First, overindulgence in the Internet may lead them to feel lonely and socially isolated in real life. Meanwhile, due to the lack of face-to-face communication and interaction, their social skills may deteriorate, further exacerbating feelings of loneliness and social anxiety. Second, excessive use of the Internet may affect college students' academic performance. College students addicted to online games or social media may spend a lot of time in the virtual world, leading to less study time and distraction. This may lead to lower academic performance or even academic failure. In addition, addiction to the online virtual environment may also lead to mental health problems among college students. Prolonged use of the Internet may lead to physical problems such as lack of sleep, loss of appetite and mental fatigue. At the same time, they may feel negative emotions such as anxiety, depression and helplessness due to the lack of opportunities to face real life. This can lead to increased psychological problems such as depression or anxiety.

### **4. Prevention Strategies for Mental Health Problems Among College Students**

#### **4.1. Strengthening of Communication Channels**

Unwillingness to actively communicate with the outside world is one of the main reasons for students' mental health problems, and teachers should take the initiative to interact with students, learn about their studies and life chores, and provide them with more care and love, so as to gradually improve their sense of belonging. To this end, colleges and universities can establish a mental health education system that includes multiple dimensions, such as mental health education courses, psychological counseling centers, psychological counselors, and student associations, in order to provide students with mental health education and support from multiple perspectives and levels. Classroom teaching is the main channel for students to learn knowledge and skills, and it is also an important platform for mental health education. Teachers can infuse mental health education into classroom teaching by combining the characteristics of subjects and teaching contents to improve students' mental quality and self-knowledge. Regular lectures on mental health

are organized so that students understand the basics of mental health and learn skills to cope with stress and challenges, while providing a platform for mutual communication and sharing. By strengthening the communication channels for mental health education, to provide students with all-round support and assistance, and to promote the healthy growth of students.

## 4.2. Helping Students Build Confidence

Most of the contemporary college students are only children, lack the ability to live independently, and are inevitably fearful when encountering difficulties. Teachers should provide students with appropriate assistance according to the actual situation, and help students re-establish their self-confidence. The first step is to help students gain insight into their strengths, abilities and values. Through self-assessment and reflection, students can get to know themselves better and build a positive self-image. The second step is to teach students positive thinking styles and attitudes and help them change negative thinking patterns. By focusing on problem solving, fostering optimism and goal setting, students can gradually develop self-confidence. The third step is to provide students with opportunities to participate in activities and programs that allow them to experience success. Successful experiences can boost students' self-confidence and make them more willing to try new things and face challenges. The fourth step is to educate students on how to face failures and setbacks, and to help them realize that they can learn from their failures and look for new opportunities. By developing the ability to cope with setbacks, students can face future challenges with greater confidence. Over time, by improving their psychological quality and self-awareness, students face challenges more confidently, positively and successfully in their future lives and careers.

## 4.3. Establishment of a Home School Interaction System

It is very important to establish a system of interaction between home and school for the mental health education of students in colleges and universities because students' mental health is influenced by many factors, including family, school and society. By strengthening cooperation between home and school, we can better pay attention to and promote the development of students' mental health. Colleges and universities can set up information-sharing platforms, such as WeChat groups for parents and official school websites, so that parents and schools can share information related to students' mental health at school and at home. Knowledge and methods related to mental health education and family education can also be released through the platform so that parents and schools can better pay attention to and support students' mental health. In addition, colleges and universities can work together with parents to formulate cooperation plans

for mental health education, including joint participation in students' mental health education activities and regular exchanges on students' mental health status. By formulating a cooperation plan, the responsibilities and obligations of both parties can be clarified to better facilitate the development of students' mental health. After completing the preparatory work, universities should evaluate the home-school interaction system regularly and understand its operation and effectiveness. At the same time, feedback should be given to parents on students' progress and problems in mental health, so that parents and schools can adjust their educational strategies together and pay better attention to students' mental health development.

## 5. Conclusion

In conclusion, mental health education for students is an important part of the day-to-day administration and training of colleges and universities, and the learning that takes place will have a direct impact on the future learning and development of the students. Currently, all areas of society attach great importance to the mental health issue of students. The school administration and relevant staff should take the initiative to communicate with students to understand their psychological needs and problems at this stage, and through the adoption of sustainable measures to give positive guidance to students, instruct them how to cope with various events, and improve their psychological adjustment ability gradually. In addition, teachers can also be combined with the actual appropriate intervention to help students maintain a state of mental health that enable students to face all kinds of emergencies and complex environments and cultivate more highly qualified talents for the development of society.

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