

Research on the Causes and Countermeasures of the Current Situation of Chinese University Students' Mental Health

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Abstract: Through an in-depth study of the mental health problems of Chinese college students, its existence, manifestations and effects were analyzed. The study found that academic pressure, employment pressure and family factors are the main causes of mental health problems among Chinese college students. To solve these problems, three countermeasures are proposed: to carry out mental health education and publicity, to establish a mental health support system, and to provide psychological counselling and treatment services. Finally, the outlook of mental health problem solving among Chinese college students is examined, and future trends, challenges and development strategies are discussed. This study will provide useful reference for the solution of college students' mental health problems.

Keywords: Mental Health Education; Academic Pressure; Employment Pressure; Family Factors; Mental Health Support System; Psychological Counselling and Treatment Services; Prospects; Trends; Challenges; Development Strategies.

1. The Current Situation of College Students' Mental Health in China

1.1. The Existence of Mental Health Problems among College Students

The existence of college students' mental health problems is an important issue that deserves attention in the current education of Chinese colleges and universities. With the rapid change of the society and the reform of the education system, the mental health problems of college students gradually show an increasingly complex and diversified trend.

First of all, study pressure is one of the important reasons for the existence of college students' mental health problems. Higher education in China is highly competitive, and students face the pressure of various examinations and assessments while pursuing knowledge and skills. This high-intensity learning pressure has led many college students to develop psychological problems such as anxiety, depression, and low self-esteem.

Secondly, similar to academic pressure, employment pressure is also an important cause of mental health problems among college students. With the increase of social requirements for college students' employability, college students are under tremendous employment pressure when facing the reality of unstable employment and fierce competition. This kind of pressure makes some college students develop self-denial, low self-esteem and other psychological problems.

In addition, family factors also have an impact on the existence of college students' mental health problems. Some college students grow up in the background of strained family relationship and unstable family environment, and are prone to psychological problems. And some college students are overly dependent on their families or influenced by family expectations, which also easily lead to the existence of mental health problems [1].

1.2. Manifestations of Mental Health Problems of College Students

The manifestation of college students' anxiety. College students often experience anxiety when facing academic pressure and uncertainty about future employment. They may exhibit persistent tension, psychological stress and irritability. They may experience frequent sleep problems, such as insomnia or excessive dreams, and have difficulty concentrating. In addition, academic stress among college students may cause them to become overly self-doubting and self-demanding, with excessive expectations of themselves, which further exacerbates their anxiety.

Manifestations of low mood in college students. Another common manifestation of mental health problems in college students is low mood. They may experience prolonged periods of low mood and feelings of depression and find it difficult to get out of it. Some college students may lose interest in life and become indifferent to things that usually interest them. They may experience a decline in self-esteem, a lack of a sense of self-worth, and a pessimistic attitude about their future. Sometimes, they may experience physical fatigue and depression [2].

Manifestations of social disorders in college students. Some college students may experience social barriers and have difficulty establishing stable social relationships with others. They may experience symptoms of social anxiety, such as feeling nervous in social situations, fear of being judged, or worry about their performance. This may lead them to avoid social activities, choosing to be lonely and isolated. They may feel confused and helpless and unable to fully express their thoughts and feelings.

Physical symptoms manifest in college students. The accumulation of stress in college students may also lead to a number of physical complaints. They may experience physical symptoms such as headaches, stomach aches, changes in appetite, digestive problems, and a decreased immune system. Some college students may also experience excessive fatigue and decreased stamina. These physical

symptoms may be the result of long-term psychological stress and anxiety.

1.3. Impact of College Students' Mental Health Problems

The existence of college students' mental health problems has a wide and far-reaching impact on both individuals and society. These problems not only negatively affect the physical and mental health of college students, but also have a non-negligible impact on their academic performance, interpersonal relationships and future development [3].

Firstly, the impact of college students' mental health problems is manifested in their academic performance. Mental health problems may lead to problems such as reduced learning ability, inattention, memory loss, etc., thus affecting their learning outcomes and grades. Studies have shown that there is a significant association between mental health problems and poor academic performance. College students are often unable to fully engage in their studies when they are faced with psychological stress, emotional problems and psychological distress, thus affecting their academic development.

Second, the impact of mental health problems among college students is also reflected in their interpersonal relationships. Mental health problems make college students prone to nervousness, depression and anxiety in their interactions with others, thus affecting their relationships with classmates, friends and family. The existence of mental health problems may lead to college students' emotional instability, decreased social skills, and even interpersonal communication disorders, making them encounter difficulties in establishing good interpersonal relationships [4].

In addition, the impact of college students' mental health problems extends to the field of their future development. Mental health problems can affect college students' ability to plan and make decisions about their future, causing them to face difficulties in employment, career development, and life goals. The existence of mental health problems among college students may also cause them to face more pressure and challenges in the employment process, which in turn may affect their career development and personal growth.

2. Causes of Mental Health Problems among Chinese College Students

2.1. Academic Pressure

Academic pressure is one of the main causes of mental health problems among Chinese college students. With the popularisation of higher education and the intensification of competition, college students are facing increasing academic pressure. Academic pressure comes from factors such as the heavy burden of coursework, long study hours and high study demands [5].

Firstly, coursework burden is one of the main causes of academic pressure. In China's higher education system, college students usually need to take multiple courses and complete a large number of assignments and exams. Such a large number of study tasks make students face great academic pressure. They need to constantly learn new knowledge, complete assignments, and prepare for exams in order to meet the requirements of schools and parents.

Secondly, the long study hours also lead to increased academic pressure. In order to pursue better grades and opportunities for further studies, college students often need

to put in more time to study. They often need to work extra hours at night or on weekends to complete their study tasks. Such long hours of study leave them without enough rest and recreation time, leading to mental and physical fatigue and increasing their academic pressure.

In addition, high study requirements also cause great psychological pressure on college students. In China's education system, college students usually need to pursue excellent grades and rankings. They face great expectations and pressure from schools, parents and society. Once they fail to meet these requirements, they may feel low self-esteem and anxiety, which in turn affects their psychological health.

To cope with the mental health problems brought about by academic pressure, there are several countermeasures to consider. Firstly, schools can strengthen mental health education and publicity to raise students' awareness and concern about mental health. Second, schools can establish a mental health support system to provide students with psychological counselling and support services. Finally, schools can reasonably allocate learning tasks and establish a positive learning atmosphere to reduce students' academic pressure.

2.2. Employment Pressure

Employment pressure is an important cause of mental health problems among Chinese college students. In today's competitive social environment, college students face the great challenge of employment pressure. With the popularisation of higher education and the increasing number of university graduates, the competition in the job market has become extremely fierce, in which employment pressure has become one of the major causes of mental health problems among Chinese university students.

Firstly, employment pressure has a great impact on college students' mental health. Graduates are usually faced with employment uncertainty and fierce competition for jobs, and they often feel anxious, nervous and helpless. Their future is overshadowed by uncertainty and the fear of not being able to find a suitable job, which can lead to a variety of psychological problems, such as depression, mood swings and a sense of low self-esteem.

Secondly, the social expectations and pressure on college students' employment also put a heavy burden on them. Society's expectations of college students' employment are getting higher and higher, requiring them not only to have professional knowledge and skills, but also to have rich practical experience and good interpersonal relationships. Such increasing social expectations and pressure make college students feel overwhelmed, making their employment choices difficult and stressful [6].

In addition, the current downturn in the job market has intensified the employment pressure on college students. The instability of the world economy and the downward pressure of domestic economic development make the job market more and more difficult, and the employment situation of college students has become severe. This uncertainty and fluctuation in the employment environment makes college students feel overwhelmed and increases their employment anxiety, thus negatively affecting their psychological health.

In order to alleviate and solve the problem of employment pressure on university students, a series of effective countermeasures are needed. Firstly, universities and society should strengthen cooperation and establish a closer mechanism of cooperation between industry, universities and

research institutes to enhance the employment competitiveness of college students. Secondly, schools should strengthen education on employment guidance and career planning, provide students with more comprehensive employment information and guidance, and help them clarify their career development goals. At the same time, the government should increase its support for graduates and provide more jobs and entrepreneurial opportunities.

2.3. Family Factors

Family factors are one of the important factors affecting the mental health of Chinese college students. Family is the most basic social environment in a person's growth process and plays an important role in the psychological development of an individual. In Chinese family culture, family plays an important role in individual's life, so the influence of family is of great significance to the psychological health of college students [7].

First of all, the family's education style and family atmosphere have a direct impact on college students' mental health. With different family education styles, children will be educated differently in the process of growing up. Some families pay attention to children's personal development and interest cultivation, and encourage children to actively participate in various activities, such a family environment can usually cultivate confident and positive college students; while other families overemphasise utilitarian education style, pay too much attention to academic performance, and exert too much pressure on children, and these college students are often prone to anxiety, inferiority complex and other psychological problems.

In addition, the economic situation of the family will also have an impact on the mental health of college students. Some families are in more straitened financial conditions, unable to meet the basic material needs of college students, in which case college students may face financial pressure and distress, affecting their mental health. At the same time, students from families with better financial conditions may feel pressurised by the high expectations of their families and pursue a state of mind of perfection, which negatively affects their mental health.

In addition, the stability and harmony of family relationship is also an important factor affecting the mental health of college students. A harmonious and stable family relationship can provide warmth and support for college students and help them get through difficult times. On the contrary, a student with an inharmonious family relationship may face various stresses and troubles that can negatively affect mental health. For example, parents' marital problems and parent-child relationship problems may cause distress to college students' mental health.

3. Countermeasures to Deal with Mental Health Problems of Chinese College Students

3.1. Mental Health Education and Publicity

Mental health education and publicity is one of the most important means to improve the mental health of college students. Through mental health education and publicity, it can increase college students' awareness of mental health problems, improve their psychological quality, and help them better cope with all kinds of psychological pressure and distress.

Firstly, mental health education should become a compulsory course for college students. In the school's curriculum, relevant content for mental health should be added. Through systematic teaching, it can help college students understand the importance of mental health, learn how to recognise and manage their own emotions, as well as learn some effective psychological regulation and coping methods. At the same time, schools can also invite professional psychological counsellors to give special lectures to guide students to a deeper understanding of mental health issues.

Secondly, mental health publicity activities should also be paid attention to [8]. Schools can organise various forms of publicity activities, such as mental health lectures and mental health knowledge competitions, to increase students' attention to mental health. In addition, schools can also put up publicity posters and pamphlets in public places such as student dormitories and teaching buildings so that students can learn about mental health knowledge at any time. Through these publicity activities, they can raise college students' awareness of mental health problems and guide them to seek help on their own initiative.

In addition, schools can set up mental health education and consultation centres to provide mental health consultation services. Students can seek psychological counselling and treatment here and get guidance and help from professional psychologists. At the same time, schools can also strengthen the training of their psychological counsellor teams to ensure the provision of high-quality psychological counselling services. In this way, students can have a trusted counselling channel when they encounter psychological distress.

3.2. Establishment of Mental Health Support System

Mental health problems are very common among Chinese university students, and there is an urgent need to establish a comprehensive mental health support system to solve this problem. This chapter will focus on the significance, objectives, important components and implementation strategies of establishing a mental health support system.

Firstly, the establishment of a mental health support system is crucial to the promotion of college students' mental health. A mental health support system can provide the necessary resources and services to help college students cope with the stresses of academics, employment, and family, thus preventing and alleviating the occurrence of mental health problems. It can not only provide counselling and treatment services, but also carry out mental health education and publicity activities to enhance college students' mental health awareness and coping ability.

The goal of establishing a mental health support system is to provide a full range of mental health services for college students. This includes: providing psychological counselling and treatment services to provide professional help and support for psychologically disturbed college students; carrying out mental health education and publicity activities to enhance college students' awareness and understanding of mental health issues; and establishing a mental health file and assessment system to help college students carry out self-management and assessment of their mental health [9]. Important components for establishing a mental health support system include: mental health consultation centres, mental health education and publicity agencies, and mental health files and assessment systems. The mental health

consultation centre is the core of the university students' mental health support system, which provides professional psychological counselling and treatment services. The Mental Health Education and Publicity Organisation is responsible for carrying out mental health education and publicity activities to improve the mental health awareness and mental health level of university students. The Mental Health Record and Evaluation System is used to collect and manage the mental health information of university students and help them carry out self-assessment and management. In terms of implementing strategies to establish a mental health support system, the following aspects can be considered: strengthening the specialisation and standardisation of mental health services for college students, and training more psychological counsellors and mental health educators; increasing the strength of mental health education and publicity, and popularising knowledge of mental health through holding lectures and publicity activities; establishing a sound mental health file and assessment system, and providing college students with personalised mental health services; strengthen cooperation and docking with family, school and social resources to achieve integration and sharing of mental health support systems.

3.3. Provide Psychological Counselling and Treatment Services

Psychological counselling and treatment services are an important countermeasure for solving the mental health problems of Chinese college students. With the rapid development of society and the intensification of competition, more college students are facing various pressures from academics, employment and family, resulting in the increasing prominence of their mental health problems. Therefore, the provision of psychological counselling and treatment services has become an urgent task. The provision of psychological counselling and treatment services can help college students better face and deal with various psychological problems. Firstly, psychological counsellors can understand the inner troubles and problems of college students through communication and listening to them, so as to give them spiritual support and encouragement. Secondly, psychotherapy is a more in-depth and systematic way of intervention, which can help university students to solve their psychological barriers, adjust their emotions, and improve their self-confidence and coping ability. Psychological counselling and therapy services can be provided in various forms. First of all, universities can set up psychological counselling centres with professional counsellors and psychotherapists to provide individual counselling and treatment services for university students. These professionals not only have theoretical knowledge of psychology and rich clinical experience, but can also formulate individual counselling programmes according to the specific situation, helping students to overcome their psychological problems. In addition, 24-hour psychological counselling services can also be provided through the establishment of psychological hotlines. This approach can better accommodate the time and space needs of university students, making it convenient for them to seek help anytime and anywhere.

Meanwhile, the provision of psychological counselling and treatment services needs to focus on professionalism and privacy protection. Universities should strengthen the training and management of psychological counsellors and therapists

to ensure that they have professional knowledge and skills and comply with relevant ethical guidelines. In addition, universities should establish a comprehensive information protection system to protect the privacy of university students and ensure that they can seek psychological counselling and therapy services with confidence.

4. Prospects of Solving Mental Health Problems of College Students in China

4.1. Future Trends of College Students' Mental Health Problems

In recent years, with the rapid development of Chinese society and the increasing challenges faced by college students, college students' mental health problems have become increasingly prominent. In the future, these problems are expected to continue to proliferate, while some new trends will emerge. First, the popularity of social media will have a more profound impact on college students' mental health. With the popularity of mobile internet, college students are increasingly inclined to interact with others and exchange information through social media platforms. However, the use of social media also brings many negative effects, such as stress and anxiety on social media and loneliness in virtual social relationships. Therefore, in the future, college students' coping with the negative effects of social media will become an important aspect of mental health work.

Second, the intensification of employment competition will bring more pressure on college students' mental health. With the rapid development of China's economy, the job market is becoming increasingly competitive. College students face difficulties in employment and career uncertainty, which has a huge impact on their mental health. In the future, with the further development of the economy, employment pressure will continue to increase, posing even greater challenges to the mental health of college students [10].

In addition, the fast-paced lifestyle and study pressure will also be the trend of mental health problems of college students in the future. As society continues to progress, college students face a busier and more stressful lifestyle. Academic pressure, social pressure, time pressure and other factors make college students often in a highly stressful state. These pressures not only affect the physical health of college students, but also have a negative impact on their mental health.

In addition to the above trends, the diversification of mental health problems among college students in the future also deserves attention. College students from different backgrounds, genders and geographical areas may face different mental health problems. Therefore, when formulating strategies to address the mental health problems of university students, the characteristics and needs of different groups need to be taken into account in a targeted manner.

4.2. Challenges in Solving College Students' Mental Health Problems

Solving mental health problems among Chinese university students is a long-term and complex process that faces many challenges. Several important challenges are discussed below.

First, the diversity and complexity of mental health problems make it more difficult to address the challenges. The

mental health problems of Chinese college students involve a variety of factors, such as academic pressure, employment pressure, and family factors, which are interrelated and interact with each other, leading to the diversity and complexity of mental health problems. Therefore, comprehensive strategies and methods are needed to solve these problems.

Secondly, the prevention and intervention of mental health problems require the cooperation and joint efforts of the whole society. Chinese college students' mental health problems are not only individual problems, but also social problems. It needs the joint attention and support of governments at all levels, schools, families and social organizations. It also requires the establishment of sound policies and systems and the provision of necessary resources and support to facilitate the solution of college students' mental health problems. In addition, the lack of professionals and professional facilities is also one of the challenges in solving college students' mental health problems. At present, there are still insufficient professionals and facilities for mental health education and counselling services for college students in China. The handling of college students' mental health problems requires professional psychological knowledge and skills, and the training of professionals in this area needs to be further strengthened. At the same time, more resources need to be invested in establishing more mental health consultation and treatment centres to provide more convenient and timely services.

In addition, the lack of effective assessment and monitoring mechanisms is also a challenge. Understanding the status and trends of university students' mental health problems is crucial to the formulation of relevant policies and measures. Currently, the assessment and monitoring mechanism in the field of college student mental health in China is not sound enough, and an efficient and accurate data collection and analysis mechanism needs to be established to better understand the nature of the problems and the direction of solutions.

4.3. Development Strategies for Promoting College Students' Mental Health

To address the existence and impact of mental health problems among Chinese college students, it is crucial to formulate effective development strategies.

Firstly, mental health education and publicity should be strengthened. Schools should incorporate mental health education into the education system and provide students with relevant courses and training. Through publicity activities, the importance of mental health and corresponding coping methods should be conveyed to students, guiding them to establish correct psychological concepts and improve their psychological adaptability.

Secondly, establish a perfect mental health support system. Schools should establish special mental health service agencies to provide psychological counselling, psychological counselling and other services to provide students with a full range of psychological support. At the same time, mutual help and support networks among students should be strengthened to provide them with emotional support and a sense of security. In addition, psychological counselling and treatment services are provided. Schools and relevant departments should be equipped with professional counsellors and psychologists to provide services such as psychotherapy and drug intervention to students in need. These professionals can

carry out psychological counselling through individual or group sessions to help college students solve their psychological problems and give them the necessary therapeutic support.

Finally, mental health research is vigorously promoted. By conducting research in the field of mental health, we can understand the trends and characteristics of mental health problems among college students and find ways and strategies to solve them. At the same time, it strengthens the cooperation and exchange with other schools, institutions, etc., and jointly promotes the development of research on college students' mental health, to provide a basis for the development of more scientific and effective strategies.

5. Conclusion

College students' mental health is a common and urgent problem in China's colleges and universities. Learning pressure, employment pressure and family factors are all important reasons for the existence of this problem. In order to effectively solve the problem of college students' mental health, it is necessary to formulate corresponding countermeasures and measures, establish a perfect mental health education system, provide psychological counselling and treatment services, and actively explore the development of strategies to promote the development of college students' mental health. Only by paying comprehensive attention to the mental health problems of college students can we create a healthier and more positive learning and living environment for them.

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