

Research on the Psychological Status and Countermeasures of Chinese College Students

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Abstract: With the development of society and the popularisation of education, the psychological health problems of Chinese college students are getting more and more attention. This thesis aims to study the psychological status quo and countermeasures of Chinese college students, and to provide reference for solving college students' psychological problems. Firstly, by analysing the psychological status quo of college students, it is found that the mental health problems of college students are widespread, which are mainly manifested as anxiety, depression, low self-esteem and so on. Secondly, by analysing the factors affecting the psychological problems of college students, it is found that academic pressure, employment pressure, family factors and social environment all have an impact on college students' psychology. Next, strategies for coping with college students' psychological problems are proposed, including school psychological counselling services, mental health education and publicity, academic stress management, employment stress management, family support and care, and social support and advocacy. Finally, the importance and methods of preventing and intervening in college students' psychological problems are discussed. Through the study of college students' psychological problems and the proposed countermeasures, it can help college students improve their mental health and promote their overall development.

Keywords: Psychological Status of College Students; Mental Health; Influencing Factors; Coping Strategies; Prevention and Intervention.

1. Introduction

With the development and change of society, Chinese college students are facing more and more psychological pressure and challenges. They are at an important turning point in their lives, facing multiple disturbances such as academic pressure, employment pressure, interpersonal relationships, etc., and psychological problems are becoming more and more prominent. Therefore, it is of great practical significance and theoretical value to study the psychological status quo and countermeasures of Chinese college students.

2. Analysis of the Psychological Status Quo of Chinese College Students

2.1. Prevalence of Psychological Health Problems among College Students

With the rapid development of society and the intensification of competition, college students' mental health problems have attracted increasing attention. College students are the future and hope of society, and their mental health directly affects personal growth and social stability. However, in reality, many college students face various psychological problems, and this prevalence has attracted widespread attention and research.

Firstly, the universality of college students' mental health problems is reflected in the aspect of pressure. During their college years, stressors such as academic pressure, employment pressure, interpersonal relationship pressure and other stressors continue to emerge, bringing tremendous psychological pressure to college students. They need to face high-intensity study tasks, anxiety about troubled employment prospects, competition with classmates and so on, and these pressures make college students' psychological burden heavy.

Secondly, the prevalence of mental health problems among

college students is also manifested in anxiety and depression. Many college students face uncertainty about their future and doubt about their self-worth, which often leads to anxiety and depression. Especially when facing the problem of graduation and employment, many college students feel helpless and hopeless, and then fall into depression.

In addition, the prevalence of mental health problems among college students is also manifested in their psychological adaptability. Many college students lack good psychological adaptability when facing new environments and challenges. They may not be able to deal with stress and difficulties effectively, leading to the emergence and aggravation of psychological problems.

In response to the prevalence of mental health problems among college students, both society and schools should pay attention to and pay attention to them. Families, schools and society should work together to provide more mental health education and support to help college students enhance their psychological adaptability, deal with stress effectively and improve their mental health. Only in this way can we better ensure the healthy growth of college students and the sustainable development of society.

2.2. Sources of Psychological Stress of College Students

Psychological stress of college students refers to the various stressors faced in study, life and social life, which have adverse effects on college students' psychological health. The sources of college students' psychological stress are various, mainly including the following aspects:

Academic pressure. College students face high demands and challenges in academics, including the heavy task of learning, the difficulty of courses, and the pressure of exams. Academic pressure comes from the pursuit of grades, the worry about future employment and the carrying of family expectations.

Employment pressure. College students face the reality of fierce competition for employment and worry that they can't find a job or a satisfactory job after graduation. Employment pressure not only comes from social competition, but also involves personal career planning, professional choice, internship experience and other aspects.

Interpersonal pressure. College students face a variety of interpersonal relationships with classmates, roommates, teachers and other people on campus, and the handling and maintenance of these relationships will bring a certain amount of pressure. At the same time, college students also need to adapt to new social circles and establish new friendships and interpersonal networks, which also brings them certain challenges and pressure.

Family pressure. After leaving their families and entering universities, college students are faced with redefining and assuming family responsibilities. Some college students may need to take on the financial burden of the family or the responsibility of taking care of family members, all of which will bring them a certain amount of psychological pressure.

Psychological problems and self-pressure. College students may face problems in self-identity, self-esteem and self-confidence in the process of growing up, and these problems will lead them to have a bad evaluation of themselves and stress. At the same time, college students also face worries about the future and doubts about their own abilities, all of which can bring them psychological pressure.

In conclusion, the sources of psychological stress of college students are multifaceted, involving academics, employment, interpersonal relationships, family and personal aspects. Understanding these sources of stress is of great significance to the psychological health of college students. Schools and society should pay attention to the psychological stress of college students and provide corresponding support and help to help them deal with stress effectively and maintain their psychological health.

2.3. Manifestations of College Students' Psychological Problems

Firstly, emotional problems are common manifestations of college students' psychological problems. College students often face academic pressure, interpersonal relationship problems and so on, which may cause them to develop bad emotions such as anxiety, depression and low mood. They may often feel tired, helpless, frustrated and lose interest in life.

Secondly, behavioural problems are also a form of psychological problems among college students. Some college students may show behavioural abnormalities, such as over-dependence on parents, social withdrawal and escapism. Some may show self-injurious behaviours, such as self-harm and suicide.

In addition, physical problems are also a form of college students' psychological problems. When college students are under too much psychological stress, their bodies will also be negatively affected. For example, they may suffer from headache, insomnia, stomachache and other physical discomfort. In the long run, these physical problems may further affect their studies and quality of life.

In addition, social problems are also a common manifestation of psychological problems among college students. College students often need to adapt to new social environments and interact with people from different backgrounds. Some college students may avoid social

situations due to social anxiety, causing their communication with others to become difficult. They may feel lonely, isolated, and lacking in support and understanding.

Finally, cognitive problems are also a form of psychological problems among college students. College students may develop negative self-evaluation and negative cognitive biases about themselves. They may have doubts about their abilities and lack self-confidence. These cognitive problems may affect their learning motivation and sense of achievement.

To sum up, the manifestations of college students' psychological problems are diverse, covering emotional problems, behavioural problems, physical problems, social problems and cognitive problems. Early detection and resolution of these problems are crucial to safeguarding the psychological health of college students. Schools and society should provide appropriate support and assistance to help college students solve their psychological problems and improve their mental health.

2.4. Influencing Factors of College Students' Psychological Problems

The influencing factors of college students' psychological problems are multi-faceted, which will be analysed from three aspects: personal factors, social factors and environmental factors.

Firstly, personal factors play an important role in college students' psychological problems. Individuals' character traits, self-esteem, self-confidence, and coping ability all affect their psychological health. Some college students may be prone to psychological problems due to factors such as introversion and low self-esteem, which lead to their lack of positive coping when facing difficulties and pressure.

Secondly, social factors are also one of the important factors affecting the psychological problems of college students. College students are in the key stage of social role transformation, they face expectations and pressure from their families, classmates and society. Social phenomena such as college entrance examination, employment and competition also add great pressure to college students. At the same time, social expectations of college students often lead to an increase in their own psychological pressure, which may lead to psychological problems.

Finally, environmental factors also have an impact on college students' psychological problems. The living and learning environments of college students can have an impact on their psychological health. For example, excessive academic burden, high study pressure, lack of social support and family care may lead to the emergence of college students' psychological problems. Meanwhile, changes in the social environment, indifference in interpersonal relationships and cyber violence also have a negative impact on college students' mental health.

To sum up, the influencing factors of college students' psychological problems are multifaceted, including personal factors, social factors and environmental factors. Understanding and analysing the influence of these factors on college students' psychological problems can help to formulate corresponding prevention and intervention strategies and improve the psychological health of college students.

3. Analysis of the Influencing Factors on the Psychological Status of Chinese College Students

3.1. Academic Pressure

Academic pressure is an important source of psychological problems among Chinese college students. With the popularisation of higher education and the intensification of competition in society, college students face serious academic pressure. Academic pressure mainly comes from the heavy academic tasks and the requirements of academic performance [1].

First of all, the heavy academic task is one of the main causes of college students' academic pressure. College students need to face a large number of course studies, assignments and exams, and the content and difficulty of learning are relatively higher than that of high school. They need to complete a large number of learning tasks within a limited time, which brings them great pressure. At the same time, college students also face additional study tasks such as various club activities, internships and part-time jobs, which further increases their academic pressure.

Secondly, the requirement of academic performance is also an important factor contributing to college students' academic pressure. College students face a rigorous assessment system in their studies, including various examinations and credit requirements. They need to maintain a certain level of academic performance to meet degree requirements and competition for future employment. This assessment system can cause college students to feel pressure and worry that their performance is not good enough to affect their future development.

Academic pressure has a non-negligible impact on the mental health of college students. Prolonged academic pressure will cause college students to suffer from anxiety, depression, insomnia and other psychological problems. They may feel low self-esteem and self-blame, and even have a tendency to commit suicide. Academic stress also affects college students' social skills and interpersonal relationships, making it difficult for them to actively participate in social activities.

To cope with academic pressure, college students need to adopt some effective strategies. Firstly, they can arrange their study time reasonably, make study plans, break down tasks and avoid procrastination. Secondly, they can seek study counselling and help, and communicate and discuss with teachers and classmates. In addition, college students can relieve academic stress by participating in physical exercise, developing hobbies and interests, and engaging in relaxation training.

In conclusion, academic stress is an important source of psychological problems among Chinese college students. Understanding the causes and effects of academic stress and adopting effective coping strategies are important for the psychological health and overall development of college students. Schools, families and society should work together to provide better support and help for college students and promote their healthy growth [2].

3.2. Employment Pressure

Employment pressure is an important aspect of psychological problems among Chinese college students. With the intensification of social competition and the

uncertainty of the employment situation, college students are facing great employment pressure. Firstly, the intense competition in the job market, the rapid increase in the number of graduates and the relatively limited employment opportunities have led to increasing employment pressure. Many college students are worried about not being able to find an ideal job and that their abilities cannot meet the demands of the job market. Secondly, the change in the concept of employment has also brought pressure to college students. In the past, college students generally believe that as long as they have a diploma, they can easily find a good job, but the reality is not so. Nowadays, the job market attaches more importance to practical ability and experience, and has higher requirements for college students. This shift has left many college students feeling overwhelmed and confused. In addition, the expectations of families and society also put pressure on college students. Families want them to have a good job and achieve financial independence, while society's expectations of college students are also getting higher and higher. The pressure of such expectations makes college students feel heavy and unbearable. Facing the pressure of employment, college students often suffer from anxiety, depression, low self-esteem and other psychological problems. Therefore, coping with employment pressure has become an important topic for college students' mental health. In order to alleviate the employment pressure, schools can strengthen the training of employment guidance and career planning to help students better understand the job market and their own advantages and improve their employment competitiveness. At the same time, schools can also provide psychological counselling services to help students get rid of anxiety and pressure and strengthen their psychological resistance. In addition, society should also increase its support and care for college students, provide more internship and employment opportunities, and create a better employment environment for college students. Only with the combined efforts of many parties can we effectively alleviate the employment pressure of college students and promote their psychological health development [3].

3.3. Family Factors

Family factors play an important role in the psychological problems of Chinese college students. Family is the most important social environment in a person's growing up process, and the health and stability of the family has a vital influence on the psychological health of college students [4].

Firstly, family education style plays an important role in the formation of college students' psychological problems. Family education style includes parents' education attitude, education method and education process. If family education is too strict or too lenient, it may lead to the emergence of college students' psychological problems. Harsh education style is likely to cause excessive pressure on college students, leading to anxiety and depression and other psychological problems; while lax education style may lead to college students' lack of self-discipline and sense of responsibility, and the emergence of learning and life problems.

Secondly, family relationship also has a great influence on the development of psychological problems of college students. The harmony and support of family relationship is an important guarantee for the psychological health of college students. If family relationship is tense and conflicts are frequent, it will bring great pressure and trouble to college students. In contrast, a family environment with harmonious

and close family relationships can provide emotional support and a sense of security, which can help college students cope with various difficulties and challenges positively.

In addition, the economic status of the family will also have an impact on the psychological problems of college students. If the family is in financial difficulties, college students may face financial pressure and employment pressure, leading to psychological problems such as anxiety and low self-esteem. On the contrary, if the family's economic situation is better, college students may rely too much on their families and lack autonomy and independence, leading to psychological problems.

Countermeasures should be taken to address the influence of family factors on college students' psychological problems. Firstly, parents should pay attention to the science and reasonableness of family education, avoiding overly strict or overly loose education. Secondly, family members should strengthen communication and understanding among themselves and maintain harmonious family relationships. Finally, families should provide appropriate financial support and independent space to cultivate college students' self-reliance and sense of responsibility.

In conclusion, family factors are one of the important factors affecting the psychological problems of Chinese college students. Through the adjustment of family education style, improvement of family relationship and family economic support, the occurrence of psychological problems of college students can be effectively prevented and intervened [5].

3.4. Social Environment

Social environment is one of the important factors affecting the psychological health of college students [6]. In China, changes in the social environment have had a profound impact on the psychological state of college students.

Firstly, the increase of social competition pressure makes college students face more challenges and pressure. With the development of the society and the fierce competition in the job market, college students are facing the great pressure of employment pressure. Many college students feel anxious and helpless, worrying that they cannot find an ideal job. At the same time, the social requirements for college students' employment are getting higher and higher, making college students face more challenges and difficulties.

Secondly, changes in social networks have affected the mental health of college students. With the popularity of the Internet and the rise of social media, college students are more closely connected with social networks. The use of social media brings convenience to college students, but it also increases the pressure of social comparison and comparison. College students often see the success and happiness of others on social media, which can easily lead to low self-esteem and anxiety.

In addition, social expectations of college students also have an impact on their mental health. Families' and society's expectations of college students are often high education, high income and successful careers. Such expectations can put enormous pressure on college students and make them feel unbearable. Some college students constantly pursue higher academic achievement and social status to meet social expectations of themselves, neglecting their mental health.

In order to cope with the influence of social environment on college students' mental health, a series of measures need to be taken. Firstly, society should strengthen its attention and

support to the mental health of college students and provide more psychological counselling and assistance. Secondly, universities and families should strengthen education and guidance for college students to help them establish correct outlook on life and values. In addition, college students themselves should improve their psychological stress resistance and learn to deal with social pressure effectively.

In conclusion, the social environment is an important factor affecting the psychological health of college students, and measures need to be taken to alleviate the impact of social pressure on college students and improve their psychological health. Only in this way can college students better adapt to social changes and achieve their own development and growth.

4. Coping Strategies for Psychological Problems of Chinese College Students

4.1. School Psychological Counselling Service

School psychological counselling service is an institution or department that provides professional help and support for college students' psychological problems. Against the background of the increasing prominence of psychological problems among Chinese college students, the importance of school psychological counselling services has become increasingly prominent. In this section, the content, form and effect of counselling services will be explored from three aspects [7].

First, the content of school psychological counselling services mainly includes psychological counselling, psychological assessment and psychological education. Psychological counselling refers to helping students to solve psychological problems, adjust their emotions and change undesirable psychological behaviours through face-to-face communication with them. Psychological assessment refers to the scientific and objective evaluation of students' psychological conditions through professional psychological tests and assessment tools, which provide the basis for subsequent intervention. Psychological education refers to the provision of psychological knowledge and skills through lectures, training and courses to enhance students' mental health literacy.

Secondly, the forms of school psychological counselling services are diversified. In addition to traditional face-to-face counselling, there are now forms such as telephone counselling, Internet counselling and online counselling. The emergence of these forms makes it more convenient and quicker for students to obtain psychological counselling services anytime and anywhere. At the same time, school psychological counselling services can also expand the coverage of psychological services and meet the needs of different students by carrying out psychological theme lectures and organising psychological group activities.

Finally, the effect of school psychological counselling service is remarkable. Through psychological counselling service, students can get professional psychological support and guidance, get psychological problems solved and mental health improved. Research shows that school psychological counselling service has a positive impact on college students' mental health level, academic performance and interpersonal relationships. At the same time, school psychological counselling services can also help students establish positive psychological attitudes and healthy mental behavioural habits,

and improve their ability to cope with difficulties and stress.

In conclusion, school psychological counselling services play an important role in the prevention and intervention of psychological problems among Chinese college students. By providing professional psychological support and guidance, school psychological counselling services can help college students solve psychological problems, improve their mental health and promote their overall development. In order to better play the role of school psychological counselling services, schools should further strengthen the construction of psychological counsellor teams, improve the quality and level of services, and provide better psychological support and help for college students [8].

4.2. Mental Health Education and Publicity

Mental health education and publicity is one of the important strategies to solve the psychological problems of Chinese college students. By carrying out mental health education and publicity activities, it can improve college students' understanding of and attention to mental health, enhance their psychological adaptability, and help them better cope with stress and difficulties [9].

Firstly, mental health education and publicity can improve college students' knowledge of psychological problems. Through activities such as mental health education courses, lectures and workshops, mental health knowledge can be taught to college students so that they can understand and recognise the existence and impact of psychological problems. At the same time, by publicising campus mental health resources and services, university students will know that they can seek help and support, reducing their rejection and neglect of psychological problems.

Second, mental health education and publicity can improve the psychological resilience of college students. By teaching methods and skills to cope with stress and difficulties, it helps college students learn positive psychological adjustment and coping strategies, and improves their mental resilience and stress tolerance. In addition, by promoting positive values and attitudes towards mental health, college students are guided to establish positive mental health concepts and cultivate an optimistic mindset, so that they can better cope with challenges and difficulties in life.

Finally, mental health education and publicity can promote the construction of a campus mental health environment. By publicising mental health policies and regulations, strengthening the construction and management of campus mental health services, and providing diversified psychological support and assistance, a good mental health atmosphere and environment is created for college students. At the same time, by publicising the importance of mental health and advocating the attention and support of the whole society to the psychological problems of college students, we can form a mental health protection system with the combined efforts of the family, the society and the school.

To sum up, mental health education and publicity is an important strategy to solve the psychological problems of Chinese college students. By raising college students' awareness of psychological problems, enhancing their psychological adaptability, and promoting the construction of campus mental health environments, they can help college students better cope with psychological stress and distress and improve their mental health. Therefore, the school and society should strengthen the attention and support for college students' mental health education and publicity work, and

jointly escort the mental health of college students [10].

4.3. Academic Stress Management

Academic stress is one of the main psychological problems faced by Chinese college students at present. Academic stress mainly stems from the heavy learning task, the increase of competitive pressure and the high demand for their own performance. Excessive academic stress not only affects students' learning and academic development, but also may lead to mental health problems. Therefore, academic stress management has become an important part of solving psychological problems of college students [11].

First, schools can provide academic guidance and counselling services to help students make reasonable study plans and improve their learning efficiency. Schools can offer courses on learning methods and time management, teach students scientific learning methods and time management skills, and help students arrange their time better, allocate their energy reasonably, and improve their learning effect.

Secondly, schools can build a good learning environment. The construction and management of school libraries, study rooms and other learning places should be paid attention to, so as to provide students with a quiet, comfortable and suitable environment for learning. At the same time, schools can also organise study groups or study communities so that students can communicate with each other, cooperate in learning and solve learning problems together.

In addition, schools can guide students to treat academic performance correctly. Schools can strengthen psychological education for students and help them establish correct learning concepts and evaluation standards, understanding that the essence of learning is to improve their own abilities and knowledge, rather than just pursuing high scores. By cultivating students' interest in learning and their ability to learn independently, academic pressure can be reduced.

In addition, individual students need to be proactive in managing their academic stress. They can avoid procrastination and stress concentration by scheduling their time and allocating their energy wisely. In addition, students can also relax and relieve academic pressure by participating in interest groups, exercising and communicating with friends.

In conclusion, academic stress management is one of the important ways to solve the psychological problems of college students. Schools and individuals should work together to help college students effectively deal with academic stress and maintain their psychological health by providing academic guidance and counselling, creating a good learning environment, and establishing correct learning concepts and evaluation standards.

4.4. Employment Stress Management

Employment pressure is one of the important psychological problems faced by Chinese college students. With the intensification of social competition and the uncertainty of the employment situation, college students are under great pressure of employment stress. Employment stress has a negative impact on the psychological health of college students, such as anxiety, depression, low self-esteem and other problems. Therefore, effective employment stress management is crucial to help college students maintain their psychological health [12].

Firstly, college students should have a reasonable understanding of employment pressure. They need to understand that employment does not happen overnight and

requires time and effort. They should set up a correct concept of employment, not to pursue the perfect job too much, but to choose a suitable career development direction according to their actual situation and interests.

Secondly, college students should make clear career plans. They can learn about their own interests and strengths by participating in activities such as internships and social practice, so as to prepare themselves for future employment. At the same time, they can also seek career guidance and counselling to understand the current needs and trends of the job market and formulate their personal career development plans.

In addition, college students should cultivate a positive mindset. They can release pressure and maintain a good mental state by participating in sports, communicating with friends and taking part in hobbies. At the same time, they can also learn some techniques to cope with pressure, such as relaxation training and self-regulation, in order to cope with various difficulties and challenges in the process of employment.

Finally, schools and society should provide more support and assistance. Schools can offer relevant career guidance programmes, provide employment information and resources, and help students understand the job market and employment skills. The society can strengthen its care and support for college students, provide employment opportunities and internships, and offer college students more space and opportunities for development.

In conclusion, effective employment stress management is crucial to maintaining the psychological health of college students. College students should have a reasonable understanding of employment pressure, make clear career plans, cultivate a positive mindset, and the school and society should provide more support and help. Through these measures, college students can effectively cope with employment pressure and maintain their psychological health.

4.5. Family Support and Care

Family is one of the most important support systems in a person's growth process, and plays a vital role in the mental health of college students. Family support and care are of great significance in helping college students cope with psychological problems and improve their mental health.

Firstly, family support can provide emotional security and support. College students face many challenges and pressures, such as academic pressure and interpersonal relationship pressure, etc., and these emotional burdens can negatively affect mental health. Family support, however, can provide emotional support and security for college students through emotional listening, understanding and care, so that they can feel the support and care of their families, reduce psychological pressure, and enhance self-confidence and stress resistance.

Secondly, family support can provide substantial help. When college students face difficulties and challenges, families can provide material and economic support, such as providing funds and helping to solve living problems. This kind of substantial help can reduce the burden of college students so that they can better cope with difficulties and reduce the generation of psychological pressure.

In addition, family care can promote good communication and interaction among family members. When facing psychological problems, college students often need to communicate and interact with their family members. The

care and understanding of family members can break the communication barriers, help college students express their emotions and needs, and gain the support and understanding of family members.

Finally, family support and care have a long-term impact on college students' mental health. A warm, supportive and caring family environment can cultivate college students' positive mental health attitudes and habits, improve their self-esteem and self-confidence, and enhance their resistance to setbacks and adaptability, so that they can better cope with all kinds of pressure and difficulties.

In summary, the importance of family support and care for college students' mental health cannot be ignored. Family members can help college students cope with psychological problems and improve their mental health by providing emotional support, substantive help and good communication. Therefore, families should pay attention to the mental health problems of college students, strengthen interaction and communication with college students, provide them with warmth and support, and jointly create a good mental health environment.

4.6. Social Support and Advocacy

Social support and advocacy are one of the important means to solve the psychological problems of Chinese college students. In the social and cultural context of China, social support and advocacy have special significance and role. Social support can provide college students with emotional support, recognition and comfort, and help them relieve psychological pressure and negative emotions. At the same time, social advocacy can prompt the society to pay attention to and pay attention to the mental health problems of college students and promote the formation of a good social atmosphere and support system [13].

Firstly, social support can be realised through various forms. On the one hand, close people such as family, friends and classmates can give emotional support and care to college students and help them establish positive interpersonal relationships. On the other hand, social organisations, volunteer groups and schools can provide professional psychological counselling and support services to give college students professional help and guidance. The importance of social support lies in the fact that it can make college students feel that they are not alone and that there are people who care about and support them, thus enhancing their self-confidence and stress resistance.

Secondly, social advocacy can be realised through various channels. The media is an important channel, which can pass on information and knowledge about college students' mental health through publicity reports and columns to promote and guide the public to pay attention to and pay attention to college students' psychological problems. The government and social organisations can also promote the mental health of college students by formulating relevant policies and projects, and providing the necessary support and resources. In addition, educational institutions and schools can also strengthen mental health education and develop the psychological quality and coping ability of college students.

The importance of social support and advocacy lies in the fact that they can solve the psychological problems of college students at root. Through social support, college students can feel the care and support of the society, thus reducing psychological pressure and anxiety. Through social advocacy, it can prompt the society to pay attention to and care about the

psychological problems of college students, and promote the formation of a good social atmosphere and support system. Therefore, social support and advocacy should become an important means to solve the psychological problems of college students, which requires the joint efforts and attention of the whole society. Only through the power and support of society can we really help college students solve their psychological problems and improve their mental health.

5. Prevention and Intervention of Psychological Problems among Chinese College Students

5.1. Importance of Mental Health Education

Mental health education plays a crucial role in today's society. With the continuous development of society, people are facing more and more pressure and challenges. Especially at the university level, students face various psychological disturbances such as academic pressure, employment pressure, and interpersonal relationship problems. Therefore, providing mental health education has become a very necessary initiative.

Firstly, mental health education helps to improve the psychological quality and psychological adaptability of college students. Through mental health education, students can learn about their psychological state and psychological needs, and learn how to deal with various difficulties and challenges properly. They can learn to manage their emotions effectively, build a positive mindset, and enhance their self-confidence and self-esteem. These abilities are crucial for them during their university years and in their future lives.

Secondly, mental health education helps prevent and reduce the occurrence of psychological problems. Through mental health education, students can learn about the common symptoms and causes of psychological problems and learn how to prevent and cope with them. They can learn to seek help and support, solve psychological troubles in time and avoid further deterioration of the problems. Mental health education can also improve students' knowledge and understanding of psychological problems and reduce discrimination and prejudice against mental illness.

In addition, mental health education helps promote the overall development of students. Mental health education not only focuses on students' mental health problems, but also on their interpersonal relationships, career development, self-knowledge and other aspects. Through mental health education, students can learn about their interests and strengths and choose majors and careers that suit them. They can learn to communicate, co-operate and solve problems with others and improve their interpersonal skills.

To sum up, mental health education is of great significance to the development and growth of college students. It can not only improve the psychological quality and psychological adaptability of college students, prevent and reduce the occurrence of psychological problems, but also promote the overall development of students. Therefore, we should pay attention to the implementation of mental health education to provide better psychological support and help for college students.

5.2. Principles of Mental Health Intervention

Mental health intervention refers to helping individuals solve psychological problems and improve mental health through professional psychological methods and techniques.

When carrying out mental health intervention, the following principles need to be followed:

Principle of Individualisation. Mental health interventions should be tailored to the characteristics and needs of individuals. Each person's psychological problems are unique and require a targeted intervention plan. Individualised intervention programmes are designed to achieve the best results by understanding the individual's psychological profile, background and goals.

Principle of Integration. Mental health interventions should be comprehensive, taking into account the psychological, physical, and social aspects of the individual. Psychological problems often interact with other aspects of the problem, so the overall situation of the individual needs to be taken into account in the intervention process in order to promote mental health in a comprehensive manner.

Stage principle. Mental health interventions should be targeted according to the stage of development of the problem. The manifestations and needs of psychological problems are different at different stages, so intervention strategies need to be adjusted accordingly. Early intervention can prevent further deterioration of the problem, medium-term intervention can help individuals solve problems, and late intervention can help individuals recover and rebuild mental health.

Lifelong principle. Mental health interventions should be lifelong, focusing on long-term follow-up and support. Psychological problems are often the result of long-term accumulation and development, so interventions also need to be ongoing. Through the establishment of a healthy psychological support system and the provision of ongoing psychological education and counselling services, individuals can be helped to maintain their mental health.

Principle of Diversity. Mental health interventions should use a variety of methods and techniques to meet the needs of different individuals. The solution of psychological problems often requires interventions from multiple perspectives and levels, including cognitive, behavioural and emotional aspects. Through the flexible use of various intervention techniques, individuals can be helped to recognise and solve problems from multiple perspectives and improve their mental health.

In conclusion, mental health intervention needs to be based on the characteristics and needs of individuals, consider different aspects comprehensively, provide targeted intervention according to the developmental stage of the problem, focus on long-term follow-up and support, and use a variety of methods and techniques in order to promote the development of individuals' mental health.

5.3. Methods and Approaches of Mental Health Intervention

Mental health intervention is a series of interventions for college students' psychological problems, aiming to help college students solve their psychological troubles and improve their mental health. The following methods and approaches can be used in mental health intervention:

Psychological counselling. Psychological counselling is a way to help college students understand and solve their psychological problems through face-to-face communication between professional counsellors and college students. Psychological counsellors can provide professional psychological support and guidance to help college students better cope with psychological stress and distress.

Psychological education. Psychological education is to improve college students' awareness of mental health and self-regulation ability through training and publicity activities on mental health knowledge. Through psychological education, college students can learn effective coping strategies and understand the causes and solutions of psychological problems, thus improving their mental health.

Psychological training. Psychological training is to improve the psychological adaptability and stress resistance of college students through a series of training in psychological skills and methods. For example, through positive thinking training, emotion regulation training and stress management training, etc., it helps college students adjust their mindset, reduce psychological pressure and enhance their psychological resilience.

Social support. Social support refers to the provision of emotional support and substantive help to help college students cope with psychological problems through channels such as family, friends and social organisations. Establishing good interpersonal relationships and social networks and gaining the understanding and support of others are important for the psychological health of college students.

Create a good learning and living environment. Universities can provide students with a good learning and living environment and create a positive, harmonious and stable atmosphere. By improving learning conditions, strengthening student management and services, and improving students' self-management ability, they can provide better mental health protection for college students.

In summary, the methods and approaches of mental health intervention are diverse, and can be used to improve the mental health of college students through psychological counselling, psychological education, psychological training, social support and the creation of a good learning and living environment. When implementing mental health interventions, comprehensive measures need to be taken according to the specific conditions and needs of college students to promote their mental health growth.

6. Conclusion

In the course of the research on the psychological status quo and countermeasures of Chinese college students, we carried out in-depth analyses and discussions on the psychological problems of college students. By analysing the psychological status quo of college students, we found the prevalence of college students' mental health problems, and understood the influence of academic pressure, employment pressure, family factors and social environment on college students' psychological problems. In response to these problems, we propose a series of coping strategies, including school psychological counselling services, mental health education and publicity, academic stress management, employment stress management, family support and care, and social support and advocacy. At the same time, we also emphasised the importance of mental health education and the principles of mental health intervention, and introduced some methods and approaches of mental health intervention.

Through this study, we have recognised the seriousness and complexity of university students' psychological problems and the urgency of solving them. College students are the future of the country, and their psychological health is directly related to the development of the country and the stability of society. Therefore, we must actively promote the mental

health of college students and provide them with better support and assistance.

However, we should also realise that solving the psychological problems of college students is a long-term and complicated process that requires the joint efforts of all parties. Schools, families, society as well as college students themselves need to participate together, pay attention to the mental health of college students and take effective measures for prevention and intervention. Only through the joint efforts of the whole society can we create a healthier and more harmonious psychological environment for college students.

Finally, we hope that this study can provide some insights and references for the work on college students' mental health, promote the solution of college students' psychological problems, and enhance the level of college students' mental health. Meanwhile, we also hope that more researchers can participate in this field in the future and jointly promote the development of college students' mental health. Let's work together to escort the psychological health of college students and contribute to the progress of society.

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