

# Current Situation of College Students' Mental Health and Countermeasures

Liu Yang

Graduate University of Mongolia, Ulaanbaatar, 11000, Mongolia

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**Abstract:** This paper analyzes the current situation of college students' mental health, examines the manifestations of psychological problems and their influencing factors, and puts forward corresponding countermeasures and suggestions. Firstly, this paper introduces the background of the study and the purpose of the study, and then reveals the sources of psychological pressure and the manifestations of psychological problems faced by college students through investigation and analysis. On this basis, the paper puts forward a series of targeted countermeasures and suggestions in terms of mental health education and publicity, psychological counseling and intervention, establishment of support systems and enhancement of psychological quality. Finally, this paper discusses the implementation strategy and effect evaluation, with a view to providing theoretical support and practical guidance for improving the mental health of college students.

**Keywords:** College Students; Mental Health; Current Situation; Countermeasures; Influencing Factors.

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## 1. Introduction

With the increasingly fierce competition in the society, college students are facing unprecedented psychological pressure, and mental health problems have gradually attracted widespread attention. Mental health problems of college students are not only related to the development and happiness of individuals, but also affect the harmony and stability of the whole society. On the one hand, mental health problems may cause college students to suffer from academic impacts, tense interpersonal relationships, and even serious consequences such as suicide and crime; on the other hand, mental health problems may also bring certain burdens to the society, such as the consumption of resources in medical care, education, employment and so on. Therefore, it is of great practical significance to pay attention to the mental health of college students and put forward targeted countermeasures and suggestions. This paper focuses on the mental health of college students, aiming to raise people's attention to the mental health of college students and provide theoretical support for the improvement of their mental health. It is hoped that this study can provide a reference for the relevant departments to formulate policies and carry out mental health education, so as to promote the development of college students' mental health and realize the common progress of individuals and society.

## 2. The Current Situation of College Students' Mental Health

### 2.1. Sources of Psychological Stress

There are various sources of psychological stress among college students [1]. First of all, academic pressure is one of the main pressures faced by college students. The variety and difficulty of university courses, coupled with the uncertainty of employment prospects, puts college students under tremendous pressure in their academics. Secondly, interpersonal pressure is also a common source of psychological pressure for college students. College life is full of all kinds of interpersonal interactions, including relationships with classmates, teachers and family members,

and mishandling these problems can lead to the accumulation of psychological pressure. In addition, family economic pressure, employment pressure and the gap between self-expectation and reality are also the main sources of psychological stress among college students.

In order to improve the psychological health of college students, we put forward the following countermeasures and suggestions. First, strengthen mental health education and publicity. Schools should set up mental health courses, popularize mental health knowledge, and help college students establish correct mental health concepts and improve their mental quality. At the same time, through the organization of mental health lectures, psychological salons and other activities, to increase college students' attention to and understanding of mental health. Secondly, establish psychological counseling and intervention mechanism. Schools should set up psychological counseling centers to provide students with professional psychological counseling services, timely detection and resolution of psychological problems. In addition, psychological crisis intervention should be strengthened to intervene promptly with students who have suicidal tendency or other serious psychological problems. Again, a support system should be established. Families, schools and society should pay joint attention to the mental health problems of college students and provide necessary support and help for them. Families should give care and support, schools should create a good learning and living environment, and society should provide good employment and entrepreneurial opportunities. Finally, improve the psychological quality. College students should take the initiative to participate in all kinds of mental health activities, learn methods and skills to cope with pressure, and improve their own psychological quality [2].

### 2.2. Psychological Problems

College students have a variety of psychological problems, mainly including anxiety, depression, excessive pressure, interpersonal relationship problems and so on. Anxiety is mainly manifested as worry about the future, fear of not being able to adapt to the social and working environment, worry about academic performance and life chores. Depression, on

the other hand, is characterized by low mood, loss of interest in things, low self-evaluation, and even suicidal thoughts. Excessive pressure mainly comes from academics, employment, family and society, which puts college students in a constant state of tension and affects their physical and mental health. Interpersonal relationship disturbances are mainly reflected in communication problems with classmates, teachers and family members, which may lead to loneliness, low self-esteem and other psychological problems [3]. In addition, college students' psychological problems may also be manifested as obsessive-compulsive disorder, phobia, Internet addiction and so on. Obsessive-compulsive disorder (OCD) manifests itself in the repetition of certain behaviors or thoughts, such as cleanliness, sequencing fetish, and so on. Phobias, on the other hand, are excessive fear of specific things or situations, such as social fear, fear of heights, fear of closure and so on. Internet addiction refers to excessive dependence on the Internet, which affects study, work and life.

The manifestations of college students' psychological problems are different and the reasons behind them are complex, requiring attention and timely intervention. Through mental health education, psychological counseling and other ways, we can help college students cope with psychological problems, improve psychological quality and promote comprehensive development [4].

### **2.3. Influencing Factors**

There are many factors affecting the mental health of college students, including individual factors and environmental factors. Individual factors mainly include character traits, psychological quality, physiological condition and so on. Character traits such as introversion, sensitivity, anxiety and other personality traits can easily lead to excessive psychological stress and affect mental health. Psychological quality includes the ability to cope with pressure, emotional regulation, etc. People with strong psychological quality are more able to maintain a balanced state of mind in the face of pressure and challenges. Physiological conditions such as sleep quality and dietary habits also have an impact on mental health. For example, lack of sleep and irregular diet may lead to mood swings. Environmental factors include family environment, school environment and social environment. The influence of family environment is mainly reflected in the parenting style and family atmosphere. Parents who are overprotective or neglect their children's needs may lead to the formation of a dependent mentality or a sense of insecurity. The school environment such as study pressure and interpersonal relationships also have an impact on college students' mental health. Excessive study pressure and complicated interpersonal relationships may lead to increased psychological burden. Social environments such as social atmosphere and employment prospects also have an impact on college students' mental health. The social definition of success, employment competition pressure and so on may lead to anxiety, confusion and other psychological problems among college students [5]. In addition, mental health is also affected by some special factors, such as romantic relationships, Internet addiction and so on. In romantic relationships, breakups, emotional entanglements, etc. may lead to psychological trauma. Internet addiction makes college students overly dependent on the Internet, which affects social and emotional communication in real life, and then affects mental health.

To summarize, there are many factors affecting the mental health of college students, which require attention and intervention from multiple perspectives. To improve the mental health of college students, it is necessary for families, schools and society to work together to create a good environment for college students to grow up.

## **3. Countermeasures and Suggestions**

### **3.1. Mental Health Education and Publicity**

Mental health education and publicity play an important role in college students' mental health. Firstly, through education, students are guided to set up correct mental health concepts and recognize the importance of mental health, thus prompting them to take the initiative to pay attention to and maintain their mental health. Secondly, to publicize the knowledge of mental health, to help students understand the causes, symptoms and prevention methods of mental illness, and to improve their psychological quality and ability to cope with psychological problems [6].

In order to improve the effect of mental health education, schools can take various forms to carry out related work. Firstly, mental health related courses are offered so that students can learn mental health knowledge systematically and cultivate good mental quality. Secondly, organize mental health lectures and seminars, invite professional psychologists or successful people to share their experiences and insights, and stimulate students' attention to mental health. In addition, new media platforms such as the campus website and WeChat public number can be utilized to release mental health information and psychological tests, so as to facilitate students to understand and pay attention to their mental health at any time. At the same time, the construction of mental health education faculty is strengthened to improve teachers' professional quality and education and teaching level. Teachers with a background in psychology or relevant qualifications are selected, and they are trained and assessed to ensure the quality of mental health education. In addition, strengthen the communication and cooperation with families and society, pay joint attention to the mental health of college students, and form a trinity pattern of mental health education among schools, families and society [7]. Finally, focusing on the practical aspects of mental health education, organizing students to participate in all kinds of practical activities, such as psychological quality development training, volunteer services, etc., so that students can exercise their psychological quality in practice and improve their ability to cope with psychological problems. Through the above measures, it is expected to improve the mental health of college students and lay a solid foundation for their growth and development.

### **3.2. Psychological Counseling and Intervention**

Psychological counseling and intervention is an important means to improve the mental health of college students. At present, more and more universities have begun to pay attention to psychological counseling and intervention, and have established corresponding psychological counseling centers. Psychological counseling and intervention mainly includes individual counseling and group counseling in two forms, aiming to help students solve psychological problems, improve psychological quality and promote comprehensive development [8].

In the current situation of college students' mental health, many students face challenges in psychological pressure,

interpersonal relationship distress, and emotional problems. Psychological counseling and intervention provides psychological support for students through professional counselors, helping students to recognize their own problems, find ways to solve problems, and improve their ability to cope with stress. At the same time, group counseling can also enhance mutual understanding and communication among students, cultivate the spirit of teamwork and improve interpersonal skills. In order to ensure the effectiveness of psychological counseling and intervention, colleges and universities should strengthen the training and selection of psychological counselors to ensure that they have professional psychological counseling skills and rich practical experience. In addition, it is also necessary to establish a sound system of psychological counseling and intervention, clarify the counseling process, and provide students with timely and effective psychological assistance. At the same time, the combination of psychological counseling and ideological and political education should be strengthened, so as to guide students to establish correct values, enhance their psychological quality and resist various psychological risks. In the process of implementing psychological counseling and intervention, it is necessary to pay attention to personalized services and develop personalized counseling programs according to the psychological characteristics and needs of students. For students with serious psychological problems, timely referral measures should be taken to send them to professional psychological hospitals for treatment. At the same time, it is also necessary to pay attention to the follow-up effect of psychological counseling and intervention, through tracking surveys, feedback and other ways to understand the changes in the psychological situation of students, adjusting the counseling strategy, to ensure the continuous improvement of psychological counseling and intervention work.

In conclusion, psychological counseling and intervention plays a pivotal role in college students' mental health education. By strengthening psychological counseling and intervention, it can help college students cope with psychological problems, improve psychological quality, promote healthy growth, and cultivate more excellent talents for our country [9].

### **3.3. Establishment of Support System**

Establishing a support system is crucial to the mental health of college students. First of all, family support is the foundation. Family members should pay attention to the psychological needs of college students and provide emotional support and understanding. Parents and educators should maintain communication with students to understand their stress and distress and provide appropriate guidance and support. In addition, the family environment should create a positive and loving atmosphere so that students can feel the warmth and support of the family. Secondly, schools should also play an important role. Schools should establish a sound psychological counseling system and provide professional psychological counseling services. Psychological counseling centers can provide students with personalized counseling and treatment to help them solve their psychological problems. In addition, schools should carry out mental health education and publicity activities to raise students' attention to and awareness of mental health. Schools should also establish student mutual aid organizations to encourage students to support and help each other [10]. Finally, society should also

provide support for students. The community should pay attention to the mental health problems of college students and provide them with more resources and help. The media can strengthen the publicity of mental health knowledge and raise public awareness of mental health. The government and social organizations can provide financial and resource support to promote the development of mental health.

To summarize, the establishment of a support system is crucial to the mental health of college students. Families, schools and society should all play a role in providing students with emotional support, professional counseling and mutual help organizations to jointly promote the mental health of college students [11].

### **3.4. Enhancement of Psychological Quality**

Enhancing psychological quality is one of the important countermeasures to maintain the psychological health of college students. College students are in a critical period of their lives, facing a variety of challenges and pressures, and improving their psychological quality will help them better cope with these challenges and pressures. First of all, college students should learn to know themselves correctly, identify their own strengths and weaknesses, and establish self-confidence. Secondly, they should cultivate good emotion regulation ability, learn to maintain a positive mindset in different situations and express their emotions reasonably. In addition, college students should also strengthen their psychological endurance, be able to remain calm in the face of setbacks and difficulties, and actively seek ways to solve problems. In order to enhance their psychological quality, college students can actively participate in various psychological trainings and activities, such as psychological lectures, psychological salons, psychological workshops, etc., to learn mental health knowledge and skills. In addition, participating in extracurricular practice and volunteer service is also an effective way to improve psychological quality, through which college students can exercise their communication and collaboration skills and enhance social adaptability. At the same time, college students should also pay attention to self-care, maintain a good work schedule, rationalize study and life, and pay attention to physical and mental health. Families, schools and society should also work together to create favorable conditions for college students to improve their psychological quality. Families should pay attention to their children's mental health and create a warm and harmonious family atmosphere; schools should offer mental health courses and strengthen the construction of psychological counseling and service system; society should pay attention to college students' mental health problems and create a good social environment. Through the joint efforts of many aspects, the improvement of college students' psychological quality will be effectively guaranteed [12].

In short, improving psychological quality is the key to maintaining the mental health of college students. College students themselves should establish a correct concept of mental health, actively face psychological problems, and improve their psychological quality through various ways. Families, schools and society should also pay attention to the mental health of college students, and work together to create favorable conditions for improving psychological quality. Only in this way can college students better cope with life challenges and realize their own value.

## 4. Implementation Strategy and Effectiveness Evaluation

### 4.1. Implementation Steps

When implementing the mental health improvement strategy for college students, it is first necessary to conduct a comprehensive mental health assessment, which includes collecting data through questionnaires, psychological tests, etc., to understand the basic situation of students' psychological stress, prevalence of mental illness, etc. Based on the results, targeted mental health education programs and activities should be developed, which should cover psychological quality improvement, stress management, and interpersonal relationship management. Based on the assessment results, targeted mental health education programs and activities should be developed, which should cover psychological quality improvement, stress management, and interpersonal relationship management. At the same time, a professional psychological counseling team is established to provide students with individual counseling and group counseling, giving professional guidance for different types of psychological problems [13]. In addition, it is also a key step to establish a mental health support system, which includes building a psychological assistance hotline, a network consulting platform, and creating a student mutual aid organization, so that students can receive timely help when they encounter psychological distress. In addition, communication with parents and teachers should be strengthened, so that all parties can pay attention to students' mental health together and form a favorable environment for home-school co-education. Finally, the effectiveness of the implementation strategies should be evaluated, and the strategies should be adjusted according to the feedback to ensure that the mental health improvement work is carried out continuously and effectively [14].

### 4.2. Effectiveness Assessment Methods

First of all, a combination of quantitative and qualitative methods was used to assess the effects. Quantitative methods are mainly used to collect data through questionnaires and psychological tests to quantitatively assess the changes in the mental health status of college students. Qualitative methods, on the other hand, use interviews and case studies to gain an in-depth understanding of college students' feelings and feedback about mental health services [15]. Second, scientific questionnaires and psychometric instruments are designed to ensure the reliability and validity of the data. The questionnaire should cover the main aspects of the current situation of college students' mental health, such as psychological pressure, psychological problems, psychological needs, etc. The psychological test can be chosen from recognized national and international organizations. Psychological tests can use recognized psychometric tools at home and abroad, such as depression self-assessment scale, anxiety self-assessment scale and so on. Again, the implementation of the assessment process should ensure the representativeness of the sample and the fairness of the assessment process. A certain number of college students are randomly selected as assessment samples to ensure the general applicability of the assessment results. Meanwhile, the whole assessment process should follow the psychology research ethics and protect students' privacy and rights. Finally, the collected data are statistically analyzed, such as descriptive statistics, t-test, ANOVA, etc., in order to

determine the trend and significance of the changes before and after the implementation of mental health countermeasures. In addition, qualitative analysis can be used to uncover the deficiencies and worthwhile improvements in college students' mental health services.

To summarize, by combining quantitative and qualitative methods, scientifically designing questionnaires and psychometric tests, ensuring sample representativeness and assessment fairness, as well as rigorous statistical analyses, we can effectively assess the actual effects of college students' mental health countermeasures and provide powerful support for improving college students' mental health.

### 4.3. Expected Effects

By implementing the above strategies, we expect to significantly improve the mental health of college students. First, mental health education and publicity will help students enhance their awareness of psychological problems and improve their psychological quality so that they can better cope with the stresses of study and life. Second, the development of psychological counseling and intervention can provide students with professional psychological support, timely resolution of psychological distress and prevention of psychological problems. In addition, the establishment of a support system will help to form a favorable campus atmosphere in which students can feel the care and support from their families, friends and teachers. At the same time, we expect that the implementation of these strategies will improve students' sense of well-being and reduce the incidence of psychological disorders. Through effectiveness evaluation methods, such as questionnaires, psychometric tests and interviews, we can monitor and evaluate the implementation effects to ensure the effectiveness of the strategies. During the evaluation process, we will also adjust and optimize the strategies according to the actual situation in order to make them more in line with the needs of college students' mental health.

In conclusion, through the implementation of these targeted countermeasures, we expect to improve the mental health of college students and promote their overall development. At the same time, this will also help to cultivate excellent talents with psychological quality and social adaptability, and contribute to the development of our country.

## 5. Conclusion

In today's society, the mental health of college students is getting more and more attention. After an in-depth analysis of the current situation of college students' mental health, we recognize the psychological pressure and challenges faced by college students. In order to improve the mental health of college students, we have put forward a series of practical countermeasures and recommendations, including strengthening mental health education and publicity, providing psychological counseling and intervention, establishing a support system, and improving psychological quality. By implementing these strategies, we expect to effectively address the mental health problems of university students and create a healthier psychological environment for them to better cope with the challenges of academics, life and the future. At the same time, we recommend that the current status of college students' mental health be evaluated regularly so that emerging problems can be identified and solved in a timely manner to ensure the continuous improvement and effectiveness of mental health work.

In conclusion, the study of the current situation of college students' mental health and countermeasures is a long-term and important work. Only through in-depth understanding and solving the mental health problems of college students can we promote their comprehensive development and cultivate more excellent talents for the society. Let's work together to escort the mental health of college students and help their bright future.

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