

Construction of Psychological Crisis Prevention System for College Students

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Abstract : Psychological crisis(PC) refers to the relatively unbalanced psychological state generated under the stimulus of crisis events. With the acceleration of the pace of social life and the continuous increase of competitiveness, it is easy to produce psychological problems because college students' psychology is not yet fully mature. College students occupy an important position in the society, and their PC has attracted much attention. The purpose of this paper is to construct a scientific and perfect PC prevention system for college students and to effectively solve the psychological problems of college students. Firstly, this paper discusses the related concepts of PC and psychological prevention, and deeply analyzes the significance of constructing the psychological prevention system for college students. Then, through the investigation and experiment on the prevention of college students' PC, the relevant conclusions are drawn. Finally, in view of the above experimental conclusions, this paper puts forward the specific strategies to construct the PC prevention system for college students. The experimental results of this paper show that the PC of college students in our country is relatively prominent, the measures to deal with the PC are relatively scattered, and the integrated PC prevention system has not been formed.

1. Introduction

The proportion of college students in the youth group is getting higher and higher, and has gradually developed into the main force of this group. Based on this background, fierce competition among college students, coupled with the impact of environment and other factors, will easily lead to a variety of psychological problems of college students, thus forming a PC. In recent years, the PC of college students has become more and more prominent, and the frequency of PC has become higher and higher, which has resulted in a series of bad events. Therefore, the analysis of college students' psychological problems and the construction of PC prevention system have a profound impact on the healthy growth of college students.

Foreign scholars started their research in this field earlier, and a series of research achievements have been made in the US, the Netherlands and other countries. In [1], the author systematically sorts out the development of the concept of PC, and defines it as "the consequences of crisis caused by major problems" according to its own nature. In [2], the author divides the essence of PC into three basic components and divides PC into three different categories. He believes that PC can be divided into three categories: situational, developmental and survivable. In [3], the author firstly explains the significance of PC prevention intervention, and combines the practical background to construct several theoretical models of PC prevention intervention, namely "grief counseling" model, balance model and cognitive model. Then, the author also explains the specific application of each model.

The research on PC in China started late, but it developed quickly and got some achievements. In [4], the author makes an in-depth analysis of the causes of college students' PC from the perspective of stressors and susceptibility factors. He believes that future problems, learning pressure and family economic problems are the main causes of PC. In [5], taking brammer's applied crisis theory

as the starting point, the author divided the types of college students' PC into developmental type, situational type, realistic type and personality type.

In order to construct a scientific and complete PC prevention system for college students, this paper firstly discusses the PC and related concepts of psychological prevention, and deeply analyzes the significance of constructing the psychological prevention system for college students. Then, through the investigation and experiment on the prevention of college students' PC, the relevant conclusions are drawn. Finally, in view of the above experimental conclusions, specific strategies for building a PC prevention system are proposed [6-7].

2. Method

2.1 PC and Its Prevention

This concept was first proposed by American psychologist G. C. Yip, who believed that when people's processing ability could not cope with the difficulties, they would have temporary psychological barriers and troubles, and their psychological state would also have short-term imbalances, which is PC [8]. Chinese scholars generally believe that PC is a relatively unbalanced psychological state generated under the stimulus of crisis events. Generally speaking, PC is mainly characterized by the following four aspects: timeliness, non-medical, danger and complexity [9]. In this state, the psychological bearing capacity is weak and it is easy to appear some extreme behaviors. Complexity means that the causes of PC are diverse, resulting from the joint action of external factors and internal factors, psychological factors and physiological factors [10-11]. PC prevention is to take a variety of effective measures to prevent the emergence of PC, reduce the probability of psychological problems.

2.2 Significance of Building a PC Prevention System for College Students

It is significance to construct an effective student PC prevention system, which includes the following aspects: first, to promote the overall healthy development of students. Through the investigation of relevant materials, it can be found that the PC of college students occurs more and more frequently,. Therefore, the construction of a comprehensive PC prevention system for college students is conducive to reducing the frequency of PC and promoting the all-round development of students [12-13]. Second, to promote the mental health education of college students to strengthen. At present, college students' PC prevention system has gradually become an important part of college students' mental health education. Third, to promote the implementation of ideological and political education for college students. A series of research results have proved that the correct quality of thought plays a decisive role in students' success, and the healthy development of psychological quality is an important basis for the formation of correct quality of thought. Therefore, the construction of a scientific and comprehensive PC prevention system for college students can help students set up a correct ideology and cultivate qualified socialist talents.

3. Investigation and Experiment of College Students' PC Prevention

In order to construct a scientific PC prevention system for college students, it is necessary to have a deep understanding of the current PC prevention situation, and with a large number of real and reliable experimental data as the support, this paper carried out relevant investigations and experiments. First, a survey of raw data. Through the way of web browsing and literature review, the author grasps the measures to prevent the PC of college students, and records and forms the original data. Secondly, college students PC prevention questionnaire survey. The objects of this questionnaire survey are students, staff members of mental health departments, department heads and teachers of psychological education from 30 universities in region A. The contents of the questionnaire include analysis of college students' psychological state, preventive measures of PC, self-solution of PC, school intervention and other aspects, ensuring the comprehensiveness of the survey. A total of 800 questionnaires were issued and 789 valid questionnaires were collected. SPSS software was used to conduct statistical analysis of the questionnaire results. Finally, a

scientific and efficient student PC prevention system is constructed based on the investigation results, and the system is modified and improved according to the expert opinions.

4. Discuss

4.1 Experimental Results and Analysis

Through the above investigation and experiment on the prevention of PC of college students, we can obtain the following experimental investigation data. The specific experimental data are shown in table 1 and figure 1 below.

Table 1. Comprehensive data of PC prevention system

Specific project	Actual data information	Ideal data information	Composite scores
Preventing efficiency	57.92%	89.17%	63.12
Measures to prevent	Faultiness	Complete	
Preventive effect	61.29%	97.17%	

*Data were collected from questionnaires and documents

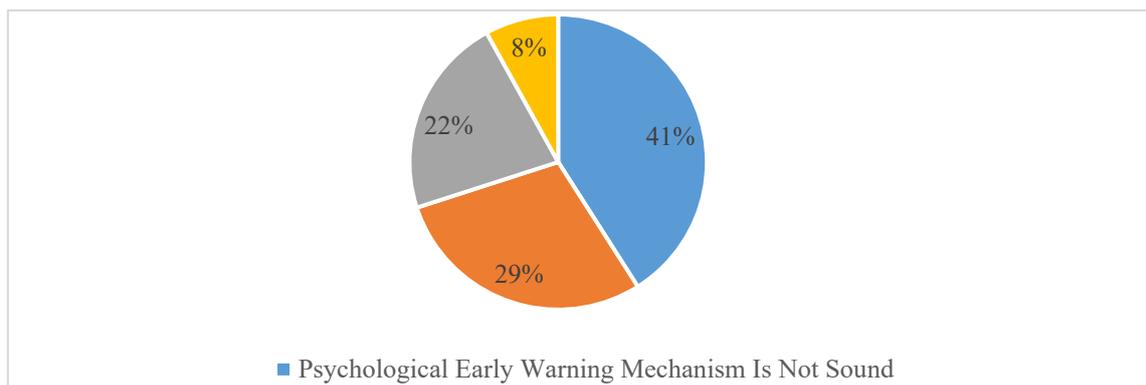


Figure 1. Problem analysis of the existing PC prevention system

It can be seen from the data in table 1 that the current PC prevention system has not yet achieved the ideal effect, and is far behind the ideal state in terms of defense efficiency, defense measures and defense effect. The prevention effect was only about 61%, far behind the ideal effect of about 97%. The comprehensive score of the existing PC prevention system was also relatively low, only 63.12 points. As can be seen from the data in figure 1, there are many problems in the existing PC prevention system, among which the most important ones are early warning mechanism, psychological counseling and self-guidance.

4.2 Establish a Scientific and Comprehensive PC Prevention System for College Students

(1) Establish a systematic and complete PC defense mechanism

As can be seen from the data in figure 1, a complete PC defense mechanism has not been established in China, which is the main problem existing in the current PC prevention system. In order to establish a systematic and complete PC defense mechanism, we must proceed from the following aspects: When the freshmen enter the university, the students' mental health status should be evaluated timely, and the students' mental archives should be established. On this basis, the students' mental status should be analyzed to facilitate the timely discovery of PC problems. Second, regular survey of mental health of college students. The more times of screening, the greater the chance of finding students' psychological problems. Timely intervention measures should be taken after the detection. Thirdly, the formation of joint force of early warning in the whole school; Form an integrated monitoring system of PC among individuals, groups, classes, departments and

schools to find out the objects of PC in time.

(2) To implement mental health counseling

The data in figure 1 show that the mental health counseling of college students in China has not been implemented, which affects the construction of the PC prevention system. Psychological health counseling for college students plays an important role in the prevention of PC. The implementation of the work should be done in the following aspects: first, the school should establish a counseling center, to provide daily psychological counseling services for students, to help students psychological counseling; Second, the school should promote the psychological counseling work vigorously. When providing psychological counseling to students, we must adhere to the principle of combining students' voluntary help with school's active counseling, comprehensively use a variety of therapies, and choose according to the specific situation of consultants, so as to maximize the efficiency of mental health counseling.

(3) Guide students to conduct self-intervention

The internal factors of individual students, such as personality factors and ideological factors, are the main factors for the formation of PC. Therefore, positive self-intervention by students can effectively prevent the generation of PC. Colleges and universities should realize the great role of students' subjective consciousness and guide students to conduct active self-intervention. First of all, to help students to establish a correct self-knowledge, establish a strong self-confidence; Secondly, teach students the way to regulate emotions. The generation of PC will prompt people to produce bad emotional reactions, if these emotional reactions do not resolve in time will make the PC further aggravated. Therefore, school professionals should teach students how to regulate their emotions and improve their ability to cope with bad emotions.

5. Conclusion

(1) The construction of the PC prevention system is of great significance to the overall development of students, the strengthening of mental health education and the implementation of ideological education;

(2) There are still many problems in the PC prevention system of Chinese college students, the most important of which are early warning mechanism, psychological counseling and self-guidance. This paper starts from these three aspects to build a comprehensive system of prevention system.

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